



# STUDENT PARENT SUPPORT INITIATIVE

Funding provided by the Minnesota Department of Health



OCTOBER 2013

## UPCOMING EVENTS:

- **Support Groups:**  
ECC 123  
Every Tuesday  
12:00-1:00P.M.
- **Fall Family Supper & Carnival:**  
Lindgren Child Care Center  
Oct 17th  
5:30 -6:30P.M.
- **Bowling:**  
Atwood Underground  
Oct 25th  
5:30-7:00P.M.
- **Trick or Trunk:**  
ECC Parking Lot  
Oct 31st  
5:00-6:30P.M.

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# Enjoying Campus With Your Children

Are you looking for ways to include your children on St. Cloud State's campus? In addition to the Student Parent Support Center's family fun nights, check out these great family friendly events SCSU has to offer:

### SUPER FRIDAYS:

Super Fridays is a drop off children's program designed for children ages 5-11. The program consists of different Fridays each having a unique theme. The program goes from 6:00 - 9:00pm. They will have the opportunity to achieve success, build confidence and develop positive self-esteem through a variety of recreational experiences. Each session will focus on sport activities and techniques of the child's choice, games, crafts, and just lots of FUN! A snack will be provided, as well as, many opportunities to get in the pool!

<http://www.stcloudstate.edu/campusrec/programs/reckids/superfridays.asp>

### SWIMMING LESSONS

Are available for adults and children through Campus Recreation.

<http://www.stcloudstate.edu/campusrec/aquatics/childswimlessons.asp>

### CLIMBING WALL

<http://www.stcloudstate.edu/campusrec/outdoorendeavors/climbingWall/default.asp>



"Super Fridays"  
Photo Credit: St. Cloud State Campus Recreation

### GO TO A GAME

SCSU students with a current and validated ID card are admitted free to home athletic events. For information on purchasing tickets for adults or children, visit <http://www.stcloudstate.edu/athletics/tickets/default.asp>

### ATTEND A CULTURAL EVENT

SCSU offers many free and low cost events that are family friendly. Check out the events calendar <http://www.stcloudstate.edu/events/default.asp>

### GO BOWLING

SCSU has a recently renovated bowling alley on campus and the

rates are reasonable.

<http://www.stcloudstate.edu/atwood/underground/default.asp>

### COMMUNITY EDUCATION

St. Cloud and the surrounding school districts also offer a wide variety of community education opportunities and early childhood education opportunities, please visit the websites for more information.

St. Cloud School District 742 [https://ssl.dwebsite.com/secure2/ce\\_isd742/php/public.php](https://ssl.dwebsite.com/secure2/ce_isd742/php/public.php)

Sauk Rapids-Rice School District 47 <http://www.isd47.org/sauk-rapids-rice-community-education/recreation-departments/sauk-rapids-recreation/>

Sartell-St. Stephen School District 748 <http://www.sartell.k12.mn.us/community/community-education>

### PLAY OUTSIDE

For a complete list of St. Cloud Parks and other fun community activities visit <http://www.ci.stcloud.mn.us/index.aspx?NID=9>

This information provided by Melanie Guentzel, Ph.D., Director of Graduate Student Services

# Adult Student's Study Guide

By: Campus Explorer

<http://www.campusexplorer.com/college-advice-tips/E34493AE/Adult-Students-Study-Guide/>

## Brush up on these study tips to help you get the most out of your college education.

“Motivation  
is what gets  
you started.  
Habit is  
what keeps  
you going.”  
~Jim Rohn

You're a busy person.

You work 9-5, have class from 6-8, and a household to run the rest of the day.

There are kids to feed, dogs to walk, laundry to be laundered, and on top of all of that: homework to be completed (and on time).

It's difficult to set aside time specifically for assignments, and it can be even more challenging to find uninterrupted time to complete the assignments.

The good news is: you're not alone. Thousands of adult students are just like you, and use the following adult student study guide to help them manage all of their responsibilities.

### Develop a Routine and Let Your Family Know About It

Make a weekly schedule. Set aside time specifically for studying and post that schedule for all to see. Form a habit of sticking to the schedule and referring to it when your family has questions. Make your schedule an expectation, not just an afterthought, and ensure that your family and friends respect your need for study time.

### Make a List

To-do lists allow you to prioritize and organize your work. You can incorporate household tasks into your list, or segregate household items from school items. Update the list as often as possible so you don't have to worry about forgetting an assignment that somehow slipped your mind.

### Incorporate Your Family

When possible, let your kids or spouse help you study. There's nothing in the rules that says you have to do this alone, so use your resources and family bond to make learning fun. You will get the help you need and your family will feel more involved.

## Adult Student's Study Guide (continued)

### **Use a Consistent Study Area**

While it may be difficult to find a perfect study area, make sure you have room to stay organized. Don't just pile your papers and books on your bed; find a table and spread out. Develop a comfortable, well-lit space where you know you can get things done.

### **Reward Yourself**

Rewards aren't just for kids. When you've completed a big assignment or worked hard for a period of time, take a break or plan a movie night with friends. Let rewards keep you motivated, and prevent you from burning out.

### **Find Uninterrupted Study Time**

Whether you need to wake up 15 minutes before the kids or use some of your lunch break for studying, uninterrupted study time will allow you to work the most efficiently. Be creative. Find pockets of time throughout the day and use them to their full potential.

### **Form a Study Group**

If you need help sticking to a schedule or find working in groups to be more advantageous, don't be afraid to reach out to other students in your class. Forming a study group with fellow students can not only improve your grades, but can also build an in-school social support for you, with others that can relate to the stress of exams and papers.

### **Stay Motivated**

As an adult student, you have a much better understanding of what motivates you. Use this wisdom and keep the motivation high as you study. Remember the goals you set out in the beginning and don't be afraid to refer to them when you're feeling unmotivated. Maybe you want to help your family, or get a higher paying job but no matter what the motivation, remember that you've committed all this time and money for a reason. Don't let it go to waste.

***"If you cut classes and made it in high school you will NOT be able to do that in college."***



## Apple-Pie Mini Muffins

- 1 1/3 cups white whole-wheat flour
- 1/2 cup plus 1 Tbs. packed brown sugar, divided
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 1/2 cup chilled butter, divided
- 3/4 cup buttermilk
- 1 egg
- 2 Granny Smith apples, peeled and cut into 1/4-in. cubes
- 1/3 cup roasted pumpkin seeds
- 1/2 cup rolled oats

1. Preheat oven to 400 F. Line 36 1 3/4-in. muffin cups with paper baking liners; set aside. In a small bowl, whisk together flour, 1/2 cup brown sugar, baking powder, cinnamon, and salt; set aside.
2. Melt 1/4 cup butter. In a medium bowl, whisk together buttermilk, egg, and melted butter. Stir dry ingredients into wet ingredients until just combined. Fold in apples; set aside. In a food processor, combine pumpkin seeds, oats, and remaining butter and brown sugar.
3. Fill liners almost to top. Sprinkle each with 1 tsp. of seed mixture. Bake for 15 minutes or until lightly browned. Let cool for 5 minutes; remove from cups and let cool completely. Store covered at room temp for up to 3 days or freeze for a month and thaw on the counter.



## Color By Number



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