



STUDENT PARENT SUPPORT INITIATIVE

Funding provided by the Minnesota Department of Health



UPCOMING EVENTS:

- **Support Groups:**
ECC 123
Every Tuesday
12:00-2:00
- **Main Street:**
Atwood Mall
Sep 3rd
11:00-3:00P.M.
- **Grant Celebration Party:**
Alumni Room,
Atwood
Sep 13th
10:00-12:00P.M.
- **Family Weekend:**
Various Locations
Sep 27th—29th
Special SPSC
programming Friday evening!
5:00-9:00P.M.

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SEPTEMBER 2013

Welcome and Welcome Back!

We Received the Grant to Continue the Program!

Minnesota Department of Health and its Community and Family Health Division has received a Notice of Grant Award from DHHS/Office of Adolescent Health and the Pregnancy Assistance Fund. The MDH was fully-awarded its budget request, which means that St. Cloud State University will receive funds for fiscal years 2014-2017 to continue supporting student parents through the Student Parent Support Center.

This is such great news and we are very excited to continue serving students who are pregnant and parenting. We will continue to do this by offering support group meetings, parent education workshops, family fun nights, and more. We are also open to your ideas and sugges-

tions on how we can continue to improve the program!

Although the program will have the funding it needs to continue doing great work here on campus, unfortunately I will be saying "goodbye" at the end of the month. I will be leaving St. Cloud State University and will be moving to California where my fiancé lives. He and I have decided at this point in time it is the best place for us to start moving forward with our life together. I have a special place in my heart for this program and all of you, and I will do whatever I can to help support students and a new coordinator through the transition. This would be a great time for students that have been involved over the past year to volunteer or offer extra support as well! As if you aren't busy

enough! I have never had a more fulfilling job, so much so, that it is hard to call it a "job." Working with all of you has been truly amazing. I will carry my experience and all of you with me in my future endeavors, which I hope includes working with student parents. Your participation and support has played an integral part in the success of this program and its continuation.

For those that would like to stay in touch, my personal email is altoppe02@aol.com. I would love to hear from you and see where your career here at SCSU takes you. The sky is the limit! You all are an inspiration to me. Thank you from the bottom of my heart.

~Amanda Toppe

A New Season

Happy Fall Semester! For those who do not know, I am the graduate assistant for the Student Parent Support Center. I really enjoyed working with this program last Spring and am very excited to be with the program throughout the 2013/14 school year.

As we walk through this transition process, please know that I

will be around to help the new coordinator get on his or her feet with the program, as well as, to continue providing resources to you and answer your questions.

I am also a student parent here at SCSU. I have a six year old son and am in the Community Counseling Master's Program. I have a passion for working with

parents and fully relate to the craziness of being a parent and student. I will be in the office and at events 20 hours a week. Know that you are welcome to stop by to chat or just say hi. I look forward to getting to know everyone better and to meet our new parents!

~Brittany Paasch

College Survival Tips for Students with Children

Borrowed From: Susan Warfield, MSW, LICSW
Program Director, the Student Parent HELP Center (SPHC)
University of Minnesota—Twin Cities



2013 Graduate,
Phylicia with son,
Zach, at End of the
Year Picnic.

*“Professors will
not nudge,
pester and
remind you of
things you need
to do like your
teachers might
have.”*

1. **Secure reliable childcare prior to starting your first week of college classes.**
 - Childcare is not provided for free once you are a college student.
 - There are centers on many campuses, but they charge similar fees to other community based child care centers, and child care is expensive.
 - Do not “piece together” informal child care arrangements. You **MUST** have reliable, daily childcare lined up for the entire term, NOT “Grandma watches my son on Monday and my friend watches my son on Tuesdays...” If one person backs out on you, gets a job, etc., you could fail your classes due to absences.
 - Reliable, quality child care and the ability to pay for it is the number one “make it or break it” point for student parents in college. So have a game plan!
 - There are really good child care grant options at the college level. (See point #9).
2. **Have a talk with your MFIP worker ahead of time about your college plans.**
 - Not every worker will approve education plans for their clients.
3. **Evaluate your time management skills and correct any issues you have with attendance, being on time or your ability to juggle all the multiple tasks a student parent has to manage.**
 - Use your tech tools, cell phone, Google calendar, etc., to log your class schedule and the due dates for your class assignments.
 - Professors will not nudge, pester and remind you of things you need to do like your teachers might have. Missing one deadline for one assignment in college can cause you to fail the class. Many college classes have maybe 3 substantial papers or projects that your entire grade is based on and missing even one will lead to a D or an F for the course.
4. **Have your financial house in order.**
 - If you have racked up credit card or other debt try to get it cleaned up **BEFORE** you enter college. Being buried in debt and trying to pay even small tuition payments or text book charges when you are already “under water” will create a huge amount of stress, even if you get good financial aid coverage.
 - Even though financial aid will cover most college cost for low income students, you still have to be responsible with that money.
 - Often you will be given a large check from a student loan or other financial aid at the beginning of the term. This is **NOT** usually money to spend as you like, it often must be saved to pay future tuition or account charges.
5. **Evaluate your own study habits and tweak them if needed **BEFORE** you enter college.**
 - Don’t just rely on your own evaluation, ask your current teachers to evaluate your classroom performance, preparedness, organizational abilities and study skills prior to leaving high school.
 - If there is a study skills course at the college you attend take it during your first year if you have **ANY** worries about past grades or your study habits.

College Survival Tips (continued)

6. Attendance is EVERYTHING in college!

- If you cut classes and made it in high school you will NOT be able to do that in college. The classes move faster, the material is harder and the competition stiffer.
- Missing one day of college class is typically the equivalent of missing a week or two weeks of high school. Some classes only meet once per week.
- Most professors have their own attendance policies. Some are as strict as getting dropped an entire letter grade for each day you are absent.
- You often have to have proof you or your child was sick. So EVERYTIME you go to the doctor for you or your child and miss a day of class or were late for an assignment due to that illness, make the doctor give you a medical excuse. (Colleges have no right to ask what your health issue was but many colleges can make you produce proof that you had a legitimate reason to be absent.)
- There is often NO opportunity to make up missed work in college.
- They will almost NEVER let you make up a missed final, the bigger the university or class size the less chance there is they will let you make up the final even if you are sick.
- Not having a babysitter or having the babysitter back out on you at MOST colleges does not qualify as a legitimate , excused absence. Most professors will tell you it was your responsibility to have had child care lined up before classes started. (See point #1).

7. If you worked to support yourself in high school you may not be able to do that in college.

- Parenting is a full time job and so is college, working more than part time while attending a four year university could hurt your grades.
- You can get work study jobs that are far easier to manage than off campus jobs due to the lack of commute time and the fact they are more understanding about giving time off for study days.
- You can in some cases live completely off your financial aid and student loans. But, you must be willing to live cheaply, be able to manage your money well and give up a lot of extras.

8. Find / develop a support network on campus as soon as you arrive on campus.

- The St. Cloud State Student Parent Support Center is a great option for students who are admitted to SCSU. We have a weekly parent group, family friendly activities and events, and a social space just for student parents with two laptops, as well as, toys and books for children.

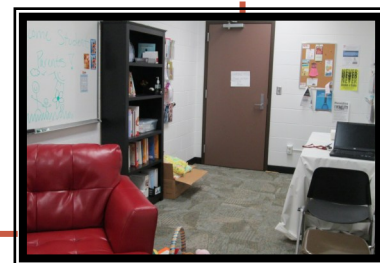
9. Know what your child care grant options are!

- Post Secondary Child Care Grant: MN State Grant eligible students can use in-home or center care, must take at least 6 credits and meet income guidelines, pays out directly to you at most colleges, applications available through your financial aid office.

10. Pay close attention to all of your application deadlines!

- Almost everything you need to know is on-line now on the college websites and for the financial aid applications at FAFSA.gov.
- Priority processing for financial aid is typically around March 1st of the year PRIOR to the one you are wanting financial aid for. When you first apply as a new undergraduate student it can be even earlier.
- Every week you wait to file your FAFSA after the priority processing deadline passes decreases your chances for aid.

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



SCSU's Student Parent Support Center's Social Space.

Recycled Paper Tube Collage

1. Gather up tubes and cut them into a variety of shapes. Depending on the age, you may need to help your child with the cutting or have the pieces cut already before beginning.
2. Dip the cardboard pieces in a puddle of white glue and place them on a recycled cardboard base (bottom of a gift box, side of a cereal box, etc.). Make sure to shake off your excess glue before gluing down on the cardboard base/background. Arrange them any way you like.
3. Let it dry.
4. Paint with different colors until you can no longer see any of the brown of cardboard.
5. Display and Enjoy!

***Share pictures with us** of your child making this collage and see them displayed on our website and in next month's newsletter!

Email pictures to:
yspsiga1@stcloudstate.edu



Before and After

From: "The Chocolate Muffin Tree"
<http://www.thechocolatemuffintree.com/2011/03/recycled-paper-tube-collage.html>



Vegetarian Taco Chili

- 2 (15 oz) cans kidney beans
- 2 (15 oz) cans black beans
- 3 (15 oz) cans whole kernel corn
- 1 (30 oz) jar salsa of choice
- 1 (1 oz) package taco seasoning
- Tortillas
- Tortilla chips
- Cheddar cheese

Drain and rinse beans and add to crock pot. Drain corn and mix with beans.

Add salsa and taco seasoning and stir.

Cook on high for 2 hours.

Serve with tortillas, chips, sour cream, and cheese for garnish.

Serves about 10
people.

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