



# STUDENT PARENT SUPPORT INITIATIVE

*Funding provided by the Minnesota Department of Health*



## UPCOMING EVENTS:

- **Lunch N' Learn—  
Healthy Relationships & Boundaries:**  
2-4-2014  
ECC 123  
12:00-2:00pm
- **Lunch N' Learn—  
FASFA/Financial Aid  
Information:**  
2-11-2014  
ECC 123  
12:00-2:00pm
- **Celebrate! Sledding  
& Chili Cook Off:**  
2-15-2014  
Riverside Park  
11:30am-1:30pm
- **Lunch N' Learn—  
Academic  
Resources:**  
2-18-2014  
ECC 123  
12:00-2:00pm
- **Lunch N' Learn—  
Hot Topic Discussion: Bullying:**  
2-25-2014  
ECC 123  
12:00-2:00pm

## Welcome back from the SPSC!

We are thrilled to be back working with you and the SCSU campus to promote and support Student Parents! This coming Spring Semester we have a lot of fun programming planned for you. We encourage you to become involved at the level you are able and to reach out to us at any point with questions, stories of success, concerns, need to connect, etc. We are HERE TO SUPPORT YOU! Your success is the purpose of our program.

With the New Year we do have some new updates with the program. One update is that I, Liz Knudson, was hired as the new Coordinator of the program here at SCSU. I previously worked at St. Cloud

Technical and Community College in the TRiO: Student Support Service Program for the past 4.5 years. I love working in higher education and truly have a passion for working with non-traditional populations. Outside of my work, I enjoy spending time with my 4 year old son, doing yoga, reading, cooking, going to concerts, watching hockey, taking photos, and getting outdoors! I would truly love to meet you in person, please stop by for a visit!

The 2nd update is that we were approved through Minnesota Department of Health and the Office of Adolescent Health (our grant funding sources) for a continuation of the Student Parent Support Initiative

Grant! This simply means that we will be around on campus building connections and resources through 2017! We want to engage students and increase participation in our program so we can bring awareness to campus and really get the student parent population established in the campus community. We believe strongly in the need for campus resource creation specifically around the support of student parents and non-traditional students! Please join us in this mission! Your Student voice is the most powerful source to create movement and change!

*(continued on pg 2)*

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***“Everything is  
in a process of  
change,  
including you—  
always.”***

***~Unknown***



I want to encourage us all to think about where we are at right now and then think about where we will be tomorrow, 6 months from now, 4 years from now. We are all a part of change, whether it is internal or external. Change is happening around us all of the time. We can choose to participate in it or watch it passively pass by us. Know that the work you are doing today and always will help grow who you are and will be

then passed on to your family, your friends, your co-workers, etc. It is amazing how one step at a time can get us to a place more amazing than we had imagined. Keep this in mind in the moments of stress, frustration, and anxiety. We are all part of this change together, and as the new coordinator of the program I want to help support you through the different stages of your education. Please reach out and connect so we know

how to best support you! Best wishes this Spring Semester!

**Liz Knudson**



Hello! My name is Brittany Paasch. I have been the Graduate Assistant for the Student Parent Support Center for one year and will continue with the position through this Spring semester. In May I will be graduating with my Masters in Community Counseling. I have always been a Student Parent while in college here at St. Cloud State for my undergraduate degree, as well as, my graduate degree. My son will be turning 7 this March. He is enjoying 1st grade but can't wait until he can go to college too! I am looking forward to another great semester growing and learning with all of you!



Hello students! I am Heather Peart. I have been attending the Student Parent Support Center since fall semester. I just recently got to join this wonderful team and work here as a student worker. I am so excited to be doing something like this where I can help other student parents throughout their educational experiences. I currently have an associate's degree as a medical assistant and decided to further my education with a double major in community psychology and chemical dependency counseling. I will be starting my internship in the fall and am looking forward to a great career path for me and my family. I have 2 children ages 7 and 2. They keep me very busy and motivated. We as student parents can all make it work together with each other's support. Please come join us and let us help and support you in any way we can. Wishing everybody a great spring semester!

# Connect with Us!

## Face-to-Face

We love to see you! We love when you stop by just to say hi so don't be shy :D We are in **ECC room 114A**.

## Phone

**320-308-3246**

## Email

Liz — [eaknudson@stcloudstate.edu](mailto:eaknudson@stcloudstate.edu)  
Brittany — [yspsiga1@stcloudstate.edu](mailto:yspsiga1@stcloudstate.edu)

## SCSU Website

<http://www.stcloudstate.edu/sps/>

This website has everything you could want to know about the Student Parent Support Center including dates, times, and places to all our events. There are also links to grant information, press spotlights, testimonials, and information on community and campus resources. So much to explore!

## Facebook

<https://www.facebook.com/scsustudentparentsupportcenter>

Like us on Facebook to get notifications on our events, as well as, links to interesting articles and other forms of inspiration as you work hard at being the best parent and student you can be!

## Pinterest

<http://www.pinterest.com/SCSUSPSC/>

We are excited to introduce our Pinterest page! Follow us as we add to a collection made just for student parents.

## Social Space

We have a space available just for student parents and their children. Take advantage of a quiet place to eat, sleep or study. There is also an amazing collection of books on many parenting and student topics available for you to check out. We are also beginning a laptop loan program for your convenience!



# Frozen Banana Penguins

From blog: "Adventures of our Crazy Life"

## What You Need:

Bananas

Chocolate Chips

Orange Candies

Whatever you want to use for eyes

## What To Do:

- (1) Cut your bananas in half. Each half will be 1 penguin.
- (2) Melt 1/2 cup of chocolate chips in the microwave for 30 seconds. Stir the chips and then put in the microwave for 30 more seconds or until chocolate is smooth. If you need more chocolate, melt more.
- (3) Dip the bananas in the melted chocolate covering the top and the sides.
- (4) Break the orange candies in half for the feet and the beak. Use a little extra chocolate to help the feet stick.
- (5) Add eyes.
- (6) Spray tin foil with pan spray and place in the freezer for about 20 minutes.

CRAFT CORNER

From: [valentines-2014.com/kindergarten-activities-for-valentines-day/](http://valentines-2014.com/kindergarten-activities-for-valentines-day/)

