

SPRINGFIELD COLLEGE



Springfield College **CONNECT**

News and Happenings from Alden Street

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This newsletter is published by the Division of Student Affairs as a communication tool for our parents and families to stay informed.



Vice President for Student Affairs Slandie Dieujuste (center) joins students in making stuffed animals at a recent Campus Activities Board-sponsored Winter Wonderland event.

Greetings from the Vice President for Student Affairs

Dear Parents and Families:

As we near the end of the fall semester, we are grateful that we have been able to provide our students with as normal as possible on-campus experiences. While we're

ending one semester, we are already busy preparing for the new one ahead. Please pay attention to key dates and move-in protocols for the spring semester.

We wish you joy, peace, and new beginnings during this holiday season!

Sincerely,



Slandie Dieujuste, PhD

Follow me on Instagram [@Dr.Slandie](#).

Helping Your Student Manage Stress

With final exams and final projects approaching this month, here are a few tips to share with your student as they prepare for the end of the semester:

1. **Unplug from the distraction of social media.** Scrolling social media eats up valuable time and increases anxiety. Encourage your student to limit their social media use to a small window of time each day.
2. **Preparation reduces panic.** Encourage your student to maintain a clean, uncluttered study space and make good use of any study guides provided by professors. Recommend that they re-read notes and review previous quizzes and tests early on in the preparation process. Cramming for tests is generally ineffective; suggest that they study in small chunks leading up to exams.
3. **Sleep!** - Sleep is the number one thing we tend to sacrifice when busy, but lack of sleep increases stress and causes us to lose focus. Ask your student to aim for eight hours of sleep each night to restore their body and maintain balance.
4. **Get moving and avoid fueling on sugar.** Even 15 minutes of exercise can lower stress and help with productivity. Encourage your student to go for a walk, a hike, a swim, or a run. Avoid the urge to eat sugary snacks and, instead, fuel up on berries, nuts, whole-grain snacks, oatmeal, and dark chocolate.



Housing News

24-Hour Quiet Hours

24-hour quiet hours begin on Friday, Dec. 17 at 10 p.m. until the remainder of the fall semester when residence halls close.

Winter Break Housing

All residence halls will close for winter break at 5 p.m. on Thursday, Dec. 23 and re-open at noon on Tuesday, Jan. 18, 2022.

If a student needs to stay on campus during any part of winter break, they must submit a break housing application (via their PrideNET account). We encourage residents to make sure they bring all necessary items (passports, medications, laptops, etc.) with them when they leave for break. Card access will be granted only to students who have submitted the break form on time. **The application is due by noon on Monday, Dec. 20.**

Closing Checklist

Before your student departs campus, please confirm they took care of the following:

- Open their window blinds.
- Close and lock all windows.
- If they have a thermostat, set it to 70 degrees.
- Lock their bedroom and suite doors.
- Defrost personal mini/micro-chill refrigerator.
- Remove all garbage/recycling from the room.
- Remove or seal all open food.
- Turn off all lights.
- Unplug their personal electronic items.
- Take all plants and fish home for break.
- Return their room/suite keys with the completed **express checkout envelope** and deposit in the office lockbox.

If your student has any questions, please encourage them to call us at (413) 748-3102 (we are open Monday through Friday 8:30 a.m. to 4:30 p.m.) or email us at reslife@springfield.edu.

COVID Testing and the Return to Campus

Returning undergraduate students will move in Tuesday, Jan. 18 in three shifts: 8-11 a.m., 11 a.m. to 2 p.m., or 2-5 p.m. (students selected move-in times via the housing portal on PrideNET).

- ***All students must first visit the PE Annex at 239 Wilbraham Ave. to receive a COVID test from the Health Center staff.***
- Vaccinated and unvaccinated students arriving from abroad are required to have a negative COVID-19 **PCR** test taken within one week (preferably 72 hours) of arriving on campus. Students who do not comply will need to quarantine. **Antibody** testing is not acceptable.
- Any student who is not fully vaccinated (14 days post-final dose) is required to provide proof of a negative COVID-19 **PCR** test taken within one week (preferably 72 hours) of arrival to campus. Students who do not comply will not be allowed to move into the residential halls. **Antibody** testing is not acceptable.
- While not required, it is recommended that all students receive a COVID test 12-14 days prior to their arrival on campus.
- Any student who has tested positive within the past 90 days will be exempt from surveillance testing (which includes pre-arrival testing, arrival testing, and weekly surveillance testing) after they provide documentation of their positive test to the Health Center staff (healthcenter@springfield.edu). **Students are still required to**

report to the testing center for clearance prior to moving into their residence hall/suite.

- The positive results from a home test **will not** be accepted. If you test positive using an at-home COVID-19 test, you should have a confirmatory COVID-19 test done through a health care provider, urgent care facility, pharmacy, or local testing center.

If you have questions, please contact the Health Center staff at (413) 748-3175 or healthcenter@springfield.edu for assistance.

Optional COVID Testing Expanded

With the emergence of the omicron variant and rising cases in Massachusetts, the College is expanding our free optional COVID testing to include all students and employees for the remainder of the semester. While testing provides a “snapshot” in time, we hope this information helps students feel more confident they are doing all they can to protect their family, friends, and campus community. All testing will take place in our testing center (239 Wilbraham Ave.). The last day for testing will be Wednesday, Dec. 22.

- Mondays (Dec. 13 and 20): 10 a.m. to 5:30 p.m.
- Wednesdays (Dec. 15 and 22): 8:30 a.m. to 3:30 p.m.
- Thursdays (Dec. 9 and 16): 8:30 a.m. to 3:30 p.m.

Results should be available the evening following the test.

Facilities Hours of Operation for Finals Week and Beyond

With the end of the semester and the departure of the majority of students from campus comes temporary changes to hours of operation for some facilities on campus. [Check the latest information](#) on when select buildings are open. We look forward to the beginning of the semester on Jan. 19, 2022, and the return of regular hours of operation.



Winter Wonderland: Springfield Style

After popular demand, the ice skating rink will be making its return for the spring semester. The rink will be moving to a new, more central location on Abbey Green. We will be planning activities around this space, as well as offering open skate times (as weather permits). If your student has a pair of skates at home please send them back with your student in January. Don't own a pair of skates? That's okay! We have skates available for students to use for free (Springfield College ID card required for check out). Don't know how to skate, but still want to give it a go? Not to worry! Rink hours will be shared through the student activities and campus recreation social media accounts, as well as on PrideNET.

Members of our Campus Activities Board are excited to be sponsoring the spring semester Welcome Back Week activities with road trip-themed events. Students also can expect to be entertained with many other events organized by staff of the Office of Student Activities, including the Student Government Association Spring Club/Organization Fair (Jan.24), a curling tournament, a sophomore class retro prom, Leadership Lock-In, Sti-Yu-Ka, a spring concert, and much more. Continue to follow us on instagram [@scactivities](https://www.instagram.com/scactivities) for information on the latest events.

Upcoming Events, Activities, and Athletic Competitions

While the end of the semester is drawing near, there are still events and activities happening on campus. If your student is looking for a break from studying, encourage them to visit the [athletic calendar](#) and the [programming calendar](#) for ideas.



Counseling Corner

Diet culture and body image have always been areas of concern with college students as they are searching for ways to fit in and are consumed by the desire to look a certain way. College students can struggle with their relationships with food, and this tends to be heightened with the approaching holidays. Families tend to have a significant influence on an individual's relationship with their bodies and eating. Even for those who don't have a negative relationship with food because of a parent or family member, it is still clear that families influence the way one feels about food and their diet.

It can be difficult for parents to find the words and actions to lovingly support their students as they navigate these challenging issues when home for the holidays. Having the ability to talk about these feelings, in a safe and non-judgmental zone, can be helpful. Listening to your child and validating their experience rather than offering

advice or criticism can be an effective way of offering support. Remaining curious about who your children are becoming and giving them a place to have a voice can help them recharge before returning to campus.

About the Division of Student Affairs

The Division of Student Affairs aims to foster an engaging and inclusive co-curricular learning environment where students grow as leaders while exploring, understanding, and living the Humanics philosophy. The Division is comprised of the following offices and programs: Spiritual Life, Community Standards, Alcohol and Other Drug Education, Dean of Students, Undergraduate Student Orientation Programs, Career Center, Counseling Center, Housing and Residence Life, Student Activities and Campus Union, Campus Recreation, Center for Service and Leadership, Veterans and Military Services Center, and the Health Center.

Join the Springfield community online.

Get an inside look at what life is really like at Springfield College.



Springfield College is a smoke free/tobacco free campus.

Employment Opportunities

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