Greetings from the Office of Student Life
Hello families, parents and supporters of Clarkson students!

The Office of Student Life wanted to take an opportunity to introduce the Assistant and Associate Directors of Student Life, Megan Munley and Kristen Avery! You may have seen us sharing posts on the Parents & Family Facebook Page and your students may have seen us masked up on campus (like in this photo from this year’s Spirit Week!). Both Megan and Kristen have been a part of the Office of Student Life for around two years and have a passion for working with college students and providing opportunities for co-curricular development and just plain fun!

Kristen and Megan have spent this semester connecting with your students and have made the most of a less-than-usual semester. This semester, the Office of Student Life hosted over 20 virtual events with topics ranging from spoken word poetry to leadership development to game nights! The Office of Student Life also worked with other University departments and student clubs and organizations to provide fun break day activities with your students.

Megan and Kristen are excited to continue to bring fun, fulfilling and fantastic programs and events to your students for the Spring 2021 semester.

We hope that you have a safe and restful holiday season.

Sincerely,
Kristen Avery, Associate Director of Student Life
Megan Munley, Assistant Director of Student Life

Campus Safety & Security
The Department of Campus Safety & Security (CSS) continues to foster good relationships with Students through two public relations programs. Aside from the 24/7 availability and service to the campus community which we take great pride in, Safety & Security cherishes good and positive relations with its students and staff.

This semester CSS continued with its Birthday Card Program where students with a birthday are emailed an e-birthday card on the week of their birthday. The card that celebrates this occasion also comes with a gift. A coupon card obtained at the CSS office after showing the e-birthday card, that can be redeemed at Schuler Cafe (Starbucks) for one specialty coffee.

A second program this semester is called the "Good Knight" Commendation. This is a Commendation that is awarded to both students and staff that demonstrate good citizenship. This may simply be turning in found property or holding the door open for another. The commendation also comes with a $5 gift card for the Clarkson Bookstore or Frazer Spirit Store at the Cheel Center.
Career Center Updates

As we wrap up the year, the Career Center would like to provide some important updates to families:

Career Fair

Career Fair is virtual again in the Spring, and will run from February 8th through February 12th. We’re hoping by adding extra days, students will be able to have more opportunities to interact with employers.

- Last semester we had over 700 students participate. We’d love to see even more participation in the Spring.
- All students from all majors and class years are encouraged to attend!
- Students can schedule appointments with registered employers now in the Career Fair Plus app.
- Our team is working every day to register new employers!
- Career Fair will overlap with the spring semester Break Days. The full series of Break Days with no classes spaced throughout the semester can be found at: https://www.clarkson.edu/student-administrative-services-sas/academic-calendar

Career Services

The Career Center is available to help over the break! Here is a list of important dates:

- Career Advisors have availability for one-on-one until December 11th - students can schedule appointments on Handshake.
- Resumania is happening now! Submit resumes by December 1st and receive feedback before December 11th.

Find us on YouTube!

This year we started recording webinars and posting them on our YouTube channel. We’ve had a lot of success getting important information out to students this way, with some videos having 300+ views! We have videos already posted and more to come. Find info on topics like:

- Negotiating Offers
- How to use the Career Fair Plus App
- How to Ace a Virtual Interview
- Fall 2020 Employer Panel - Career Fair Advice from Top Employers

If your student is struggling to find a job or professional experience, please have them contact our office immediately by emailing career@clarkson.edu. We look forward to continuing to help students succeed.
Student Success Center
Each year students in the First Year Seminar (FYS) complete a final project around contemporary topics. This year's topics included Media, Global Citizenry, Service Learning, Sustainable Solutions, Structural Inequalities, and Innovation. The FYS Staff is proud to announce this year's winner and honorable mention.

The Winner is SECTION 66! 🎉
Students: Robert Boll, Graham Coates, Cullen Kerchner, Trevor Mosley, Declan Reagan and Evan Turner
Topic: Sustainable Energy Goals at Clarkson: How to be More Efficient
Peer Educator: Reese Swedberg
Master Peer: Bre Hamilton
Check out their presentation [here](#).

Honorable Mention goes to SECTION 83 🌸
Students: Miranda Conduit, Ryan McCarthy, Alexa McKee, Breanna Schremmer and Kyle Stottlar
Topic: Structural Inequalities in STEM Institutions
Peer Educator: Corinne Bernd
Master Peer: Anthony Bertocchi
Check out their presentation [here](#).

Clarkson McNair Scholars Program
The Clarkson McNair Scholars Program offers a 10 week summer research experience with a stipend, plus room and board package totalling more than $4000. The summer program includes workshops designed to explore the graduate school application process, GRE prep classes, graduate school visits, faculty and peer mentoring and opportunities to present your research locally and at national conferences. Our goal is to help you successfully pursue a graduate degree.

To be eligible, you must be an American citizen or permanent resident, an underrepresented student or a first generation college student and from a low income background, have a GPA of 2.8 or higher and have completed your sophomore or junior year.

For more information please contact Debbie or Marj at the CUPO office ~ dgshipp@clarkon.edu

Residence Life
The Office of Residence Life is excited to announce the winner and highlights from our Third Annual First-Year Cup initiative!
Starting in 2018, our on-campus first year students (in the quad as well as living in Donahue, the Clarkson School, and Honors Program) have competed and built comradery on their floor/ in their area by attending events hosted by the university.

Every year our office collaborates with departments, clubs, groups, and offices who host events such as athletic contests, guest speakers, team building events, cultural, social, career, and educational opportunities which earns points for attendance towards their floor.

At the end of the semester the floor (or area) with the most points wins! Some of the goals for this initiative are to help acclimate our first year students to Clarkson’s resources, get to know other first year students, and have fun experiences!

Below are some examples of this years events (all optional) including:

- Diversity and Inclusion Activities Fair
- Intramural sports participation
- On-Campus Trick or Treating
- Virtual Costume Contest
- Knight Classes about budgeting and adapting your learning style
- Constitution Day Trivia
- Roommate Olympics hosted by the Clarkson Union Board
- The Fall Career Fair
- Hall decorating competition for 90’s themed Spirit Week

We have given out prizes over the years such as dinner with President Tony Collins, a bus trip to Destiny Mall USA in Syracuse with events paid for (like indoor go karts, mini golf, arcades and more), and personalized Clarkson gear!

This year we will be giving out personalized Clarkson gear to the winning floor, as well as adding them to the First Year Cup Plaque which hangs in Price Hall.

After 23 designated event opportunities partnered with a wide range of offices, departments, clubs and groups across campus, we gave out over **2100 points to students** in the first year class who attended those events throughout the semester.

Our winning floor with 250 points this fall was…
Past winners have included: Ross 1 - Outdoor Enthusiasts (2018), and Reynolds 3 - STEM Ed. (2019)

We wish everyone happy holidays and a great break! We cannot wait to see you all in the new year!

Advice from the Director of Counseling: Planning for a Lower Stress Holiday Season and School Break

We often anticipate the holidays in expectation that it will be a joyful time. It can be easy to forget that it can bring its fair share of stresses, as well. These may be related to the mismatch between expectations and reality, challenges in spending increased time with extended family, ii financial challenges. This year, most of us will also need to alter our usual traditions to stay safe in light of the COVID pandemic. For college students, the holidays can be a time to catch up with family and friends from home. However, it is also a time when they miss their friends and established routine at school. There is the potential for tensions around family expectations as students, who have been living away at school with their own schedules and lifestyles, and parents, who may still have expectations from when their student was in high school, try to negotiate new relationships and expectations as the student is moving through their transition into being an independent adult.

There are a number of steps families can take to help ensure that the holiday season remains positive and reduce potential sources of stress.

- **Consider your expectations!** Try to have realistic expectations and focus on the aspects of holiday (and the time you student will be on break) that you can control and do your best to "let go" of the aspects you can not control. Include others in discussions about plans and interests to help ensure that there are aspects of the time together that everyone can look forward to. As soon as possible, have a conversation with your student about rules and expectations. Listen to what they think is fair and use that to start your discussion.

- **Be flexible!** Some of our usual plans may need to change in order to keep ourselves and our loved ones safe and healthy. Although this may be disappointing, focus on the reasons to change your approach. Consider new ways of doing things or to adapt to current restrictions. Who knows, you may find new traditions or aspects of the winter holidays that you'll want to continue into the future!

- **Plan ahead for potential challenges.** If finances are tight, establish a budget and/or have a family discussion on how to enjoy the season without creating financial strain. Will family members that find it stressful to be around each other be part of gatherings? Consider if there is a time of day that is best to meet, if having a time-limited event or gathering would be best, or how to minimize conflictual interactions. (Check out this article on negotiating conversations with people who have differences of opinions: https://www.apa.org/topics/stress-conversations

- **Care for yourself!** One of the best things you can do to ensure you can make the most of the good times, and be prepared to cope with the challenges, is to not neglect
self-care. Be sure you get enough sleep, you balance any holiday food indulgences with healthy foods, and regularly move your body. The research is strong that moving your body and getting outside are both FANTASTIC for your mental health. Find a way to do one or both that you enjoy. Support your loved ones in doing the same!

- **Allow others to care for themselves.** Some people thrive in social and family interactions and others need a more “down time”. What stresses one person out may not be distressing to someone else. Try to be accepting of differences and work with your loved ones needs. Compromise and flexibility can go a long way to creating a holiday season (and school break) that everyone can enjoy!

(Coreen Bohl, Director of Counseling)

**International Center**

The International Center (IC), located in suite 2300 ERC, serves as the central office for global opportunities and support for our international community.

Even in the midst of a pandemic, the International Center is committed to Clarkson being a global campus. This semester we have 218 students from 38 countries enrolled in classes. Some are on campus while others are studying remotely. No matter their physical location, the globalized mind is still an integral part of learning. For the spring semester, we are expecting a total of 66 new international students representing 13 countries.

Encourage your student to find out more about global opportunities. There are many types of experiences from one week to one year available. Students should begin planning a global experience early in their academic careers so they are able to participate! The first round of semester abroad applications for Fall 2021 and Spring 2022 are currently open. This application period will close on January 31, 2021. Our wide array of opportunities can be found in [CU Global](#).

Contact [internationalcenter@clarkson.edu](mailto:internationalcenter@clarkson.edu) for more information.

Photos submitted by: Jada Flanagan ’21, Jacob Merritt ’21 and Meghan LaBombard ’20.

**Dining Services Update**
The dining services staff hope that students enjoy a restful break during this holiday season. Students will also be excited to see some of the changes we have planned for the Spring 2021 semester. See below for new offerings throughout the dining locations on campus. Service hours will remain the same in all locations next semester.

**Ross Brooks**

- Continue to expand Vegan Station and provide different foods in Simple Servings, expanding salads “to go”

**Student Center and Campus Satellites**

- Servery will continue to offer popular selections including grill, pasta, taqueria and global stations
- Menu offerings will also expand and include weekly “Limited Time Offers”
- Continue to offer “Late Night” services
- Starbucks to continue with current set-up
- Marketplace to remain a deli and pick-up locations for simply-to-go
- Concrete café to streamline service hours to accommodate Healthy Pantry
  - Healthy Pantry to reopen as pick-up location for simply-to-go offerings including breakfast sandwiches, soup, salads, sandwiches

**Cheel Campus Center**

- After much consideration and after discussing with students Subway will be discontinued with new food service options available
- Two new options will be available to students, including the Adirondack Grill and Foothills Pizza - come and try our specialty calzones! - KnightCard and Meal Plan will be accepted

**Knight Card**

Knight Card, utilized through your student’s ID card, functions similarly to a debit card and can be used at various businesses throughout the Potsdam community as well as vending machines and Main Street and Starbucks. However, Knight Card cannot be utilized at other campus dining locations. We encourage students to add funds to their Declining Balance to be used at campus dining when not using Meal Exchange. To add funds to Declining Balance, students should email studentfinancials@clarkson.edu with their full name, student ID number, and the amount of money they would like to add. Declining Balance funds roll over from fall to spring but do not roll over between academic years (from spring to fall).

**Spring 2021 Dining Service Hours**
- RoBro: Mon-Sun 7a-8p
- Servery: Mon-Sun 11a-8p
- Servery Late Night: 8:30p-11p
- Marketplace: Mon-Fri
  - Breakfast 8a-10:30a
  - Deli 10a-2p
  - Grab-n-Go 8a-4p
- Main Street Café: Mon-Fri 11a-8p
- Concrete Café/Healthy Pantry: Mon-Fri Breakfast HP 7a-8:15a/Concrete 8:30a-10a, Lunch Concrete Café 10:30a-11:30a/HP 11:45a-12:45p

If you have any questions or concerns, please reach out to anyone on our Clarkson Dining team:

- Bill Masullo, GM – Bill.Masullo@sodexo.com 503.883.1881
- Kyle Mayette, Executive Chef – Kyle.Mayette@sodexo.com
- Beth Gooder, Operations Manager – Beth.Gooder@sodexo.com
- Courtney Ploof, Director of Catering and IT – Courtney.Ploof@sodexo.com.