Session Goals

• Introduce you to services and resources
• Introduce you to staff/students who are here to assist your student
• Answer your questions
• Reduce anxiety or concerns you have
• Provide you with contact information to use once you return home
• Have fun
Division of Student Affairs: Our Goals for Your Student

✔ Graduate
✔ Get involved
✔ Have an international experience
✔ Become a part of the Racer family
Topics to be covered in the following slides:

- Great Beginnings
- Counseling Services
- Health Services
- Multicultural Initiatives
- Student Support Services
- Student Engagement
- First-Generation Racers

- Veteran Student Services
- Campus Safety
- Title IX
- Student Disability Services
- Racer Dining
- Residential Colleges
- Housing/Residence Life
Role of Student Affairs

- **We care about your students.** We want them to have a positive campus life experience, be successful academically and graduate.
- **To assist** you and your students
- **To connect students** with various living and learning resources
Great Beginnings: Begins August 11

- Activities to get acquainted with campus and ease the transition into college life
- Fun events for Residential and Commuter students to meet, interact, and learn from each other
- Visit Racer One Stop for assistance with financial aid, Bursar, and registration
- Residential college move-in and so much more!

www.murraystate.edu/greatbeginnings
MENTAL HEALTH SERVICES AVAILABLE

University Counseling Center
Division of Student Affairs
C104 Oakley Applied Science Building
270.809.6851

On-call counselors available 9-3 Monday-Friday during the school year

Email: msu.counselingcenter@murraystate.edu
Website: murraystate.edu/counselingcenter
SERVICES OFFERED

• Counseling sessions are free and confidential
• On-call counselors are available to meet with walk-ins for questions or crisis intervention
• We offer individual, couples, and family sessions when appropriate
• Sessions are scheduled biweekly at the Counseling Center (weekly at the Psychological Center)
• Initial paperwork can be completed remotely
ISSUES WE CAN HELP YOU WITH

• Adjusting to new situations
• Depression
• Managing stress
• Homesickness
• Anxiety, fear, nervousness
• Poor anger control
• Grief or loss
• Eating and body image issues
OTHER COMMON ISSUES

- Relationship or social issues
- Suicidal thoughts
- Family problems
- Diversity and cultural issues
- LGBT concerns
- Self-awareness and self-care
- Asperger’s Disorder
- Trauma recovery
CONFIDENTIALITY

• Discussions with counselors cannot be shared with anyone without a signed release from the student

• This means that we cannot speak with professors, roommates, or even parents

• In emergency situations, we may need to break confidentiality if we are concerned for the client’s safety
MORE FREE COUNSELING AVAILABLE

Psychological Center
Psychology Department, 401 Wells Hall
270.809.2504

On-call counselors available during business hours Monday through Friday

Counseling and comprehensive assessments available throughout the year

Website: murraystate.edu/psychologicalcenter
• A free suite of online tools for well-being, resilience, and behavioral health.
• Login in at https://us.taoconnect.org/login using your Murray State credentials that you use for your myGate access.
• View an informational video on TAO Connect at https://vimeo.com/444538223
Health Services

- Murray State University’s health services are provided by Village Medical Primary Care of Murray.
- The clinic is staffed with one Nurse Practitioner
- Health Services is located on the first floor of Wells Hall, facing the quad
- Hours:
  - Fall and Spring Semesters: M-F; 1-5 pm
  - Summer Session: M-F; 12-3 pm
Services Provided:
- Urgent Care
- Primary Care
- Preventative Services
- Rapid testing on-site and send-out testing (LabCorp)
- Immunizations
- Allergy Injections
- Physical Exams
- Radiology and Cardiology Testing (main location)
Health Services

- Services rendered will be processed through the student’s health insurance.
- A discounted self-pay rate is offered for those uninsured.
- Other local options:
  - Village Medical Primary Care (Main office)
  - Murray Medical Associates
  - Murray Calloway-County Hospital
  - Fast Pace
What Makes Our Campus Safe?

• University Police Department
  ▪ 24 hour a day patrol on campus
  ▪ Rapid response times to emergencies
  ▪ Police Officers are sworn/certified by Kentucky Peace Officers

• Racer Patrol
  ▪ Student employees of Police Department
  ▪ Provide security, surveillance & safety escorts

• Murray State Police 911 Center
  ▪ 24/7 answering of emergency calls
  ▪ Certified police Dispatchers
WHAT MAKES OUR CAMPUS SAFE?

Emergency Call Boxes

RacerAlert Emergency Notification
- Text messaging
- Outdoor sirens
- All campus emails
- Social media alerts

LiveSafe Mobile App
- Chat with Police
- Report tips
- GoSafe
Keeping Campus Safe
Safety Programs

- Alcohol education
- Drug abuse
- Sexual assault
- Personal safety
- Property protection
- Fire safety and emergency procedures
- Racer Patrol escorts
- Bridging the gap
Parking Services

• Everyone must individually register their vehicle to park legally on campus
• All parking is by license plate only, this is your “Virtual Permit”
• Any vehicle driven to campus must be registered
• Each individual operating the vehicle on campus must have their own parking registration (accounts may not be shared)
• All changes to vehicles driven to campus must be updated on your parking account by you before vehicles on campus to prevent parking citations
• Review Parking Regulations at www.murraystate.edu/parking
• Observe all parking signs
• Questions, concerns, or issues call or email Parking Services
• Check out Murray State University Parking Office on Facebook
Title IX & PARENT Orientation
What is it? It is more than the law that increases participation by women in sports. The law is much broader. Title IX of the Education Amendments of 1972 (Title IX), 20 U.S.C. §§ 1681 et seq., prohibits discrimination on the basis of sex in education programs or activities operated by recipients of Federal financial assistance.

Why must MSU comply? As a recipient of Federal financial assistance, MSU is required by Title IX to ensure that all of its education programs and activities are free from discrimination on the basis of sex. Non-compliance could mean the loss of federal funding (Student Financial Aid, Grants, etc.)
Title IX: Project RACERS

Resources – Resources available to the university community are provided for students (See information on back of handout)

Advocacy – The Women’s Center and Parents may advocate for those experiencing sexual assault, sexual harassment, relationship violence or sexual misconduct

Consent – Members of the University community understand that consent is necessary

Education – There are some educational components offered to the university community (General Alcohol Education, Campus Climate Survey regarding alcohol and General Title IX Training using Canvas®)

Reporting – All allegations of sexual assault, sexual misconduct, relationship violence and stalking should be reported to the Title IX Coordinator, Ms. Camisha Duffy, 270.809.3155.

Safety – Universities around the country are also required to distribute timely warning notices about alleged crimes on or near the university campus. Download a key safety tool, the LiveSafe app. (See handout for sample)
INSTITUTION WIDE EDUCATIONAL EFFORTS

Our general Alcohol Education online course provides a college-level alcohol education program aimed at educating students about alcohol and its effects on the mind and body. Whether or not they drink, the programming empowers students to make well-informed decisions and better cope with the drinking behavior of peers. All data collected is anonymous and cannot be tied to a single user. The aggregated data collected will be used to inform our alcohol and sexual violence prevention education. First year students will receive an email in late July or August inviting them to begin and complete their online Alcohol Education course.

Project R.A.C.E.R.S. is an online program designed to help prevent sexual violence, stalking, and relationship violence. The program provides general information about Title IX, reporting, and campus resources available. Students and the entire university community at MSU will receive an email in late July or August inviting them to begin and complete their annual Title IX training.
Our Title IX Coordinator

- Camisha Pierce Duffy, Executive Director of the Office of Institutional Diversity, Equity and Access (IDEA)
- Oversees Title IX complaints and investigations to provide equitable resolutions
- Assisted by Deputy Title IX Coordinators & Investigators, Blaire Bushart and J. Owen Butler
- Help the university deter gender-based discrimination
- Talk with us if you learn of sexual harassment, sexual violence, sexual misconduct, stalking or relationship violence
- Grievance procedures online: www.murraystate.edu/titleix
- Contact: 270.809.3155 or msu.titleix@murraystate.edu
Office of Student Disability Services

Mission Statement:

The Office of Student Disability Services is committed to promoting the full participation of students with disabilities in all areas of university life. The Office of Student Disability Services works with MSU faculty and staff to provide equal access to University resources, academics, programs and activities for students with disabilities.
Students WE Serve:

The Office of Student Disability Services provides accommodations and academic support services to students with disabilities. These disabilities include cognitive (i.e. learning disabilities, attention deficit disorders, and traumatic brain injuries), psychological disorders, seizure disorders, autism spectrum disorders, sensory, mobility, or other physical or other chronic health impairments. The SDS office also works with students with temporary disabilities and expecting mothers.
The Office of Student Disability Services coordinates and administers accommodations and enhanced academic support services for students with documented disabilities. To receive services and accommodations a student must:

- Be registered with the office.
- Provide Current Documentation of disability (no more than three years old).
- Contact the Office of Student Disability Services to arrange a meeting/intake with a staff member to request accommodations.

How to Register:
Accommodations:

All accommodations are based on each student’s documented disability. Accommodations may include, but are not limited to:

• Extended testing time
• Distraction-reduced testing environment
• Textbooks in alternate format
• Classroom accommodations
• Housing and parking accommodations (main campus)
• Meal plan accommodations (main campus)
Other Support Services (Main Campus Only):

- Project PASS (Program for Achieving Student Success) is an enhanced academic support program for new freshman. This program offers a more comprehensive level of academic support for approximately 50 incoming freshmen each fall semester. Project PASS includes the following areas of enhanced support: scheduling assistance during RACER Nation Orientation, an early move-in program, specialized support classes, and mentoring/tutoring services.

- There is no extra cost to enroll in our Project PASS program, with the exception of a small fee for our early move-in program, and our mentoring/tutoring services ($15/hour).
Residential Colleges

Clark College
Regents College
Elizabeth College
Richmond College

Hart College
Springer-Franklin College
Hester College
White College
Residential Colleges

What are Residential Colleges?
• NOT “dorms”
• They are living and learning communities for ALL of our students.

Why do we have Residential Colleges?
• Sense of belonging; Making connections
• Smaller communities within the larger campus
Residential Colleges

- More opportunity to develop leadership skills
- More opportunity to participate in intramurals
- More opportunity to connect with faculty and other students
- Each College has a Faculty Head who is a senior member of the faculty with an office in their respective residential college
Office of Multicultural Initiatives, Student Leadership & Inclusive Excellence

Mission Statement

The mission of the Office of Multicultural Initiatives, Student Leadership and Inclusive Excellence (OMI) is to advocate and encourage a campus environment that embraces diversity and helps students grow personally and academically. Our programs and services are designed to address the leadership development, cultural competency, curricular and co-curricular needs of our multicultural student population, to help them adjust to campus life and enjoy a successful college career. The Office seeks to enhance the retention, success, and graduation rates for multicultural students at Murray State University.
Office of Multicultural Initiatives, Student Leadership & Inclusive Excellence

Emerging Scholars Institute (ESI)

Diversity Scholars Program

Special Clubs/Interest Groups

Community Outreach

Conferences/Symposiums
COMMUNITY COMMITMENT
“ENTER THIS COMMUNITY UNDERSTANDING THAT YOU WILL BE CHANGED BY HAVING BEEN HERE.”

Each person who accepts membership in the University community must accept that membership obligates them, regardless of roles or responsibilities, to understand that MSU is committed to practicing several basic principles of inclusive excellence:

1. Accepting one another.
2. Learning from one another.
3. Creating an atmosphere of positive engagement.
Housing and Residence Life

Students who live on campus at least 2 years are more likely to:

• Complete their collegiate goals.
• Get to know a faculty member outside the classroom.
• Get involved on campus.
• Enjoy the college experience.
Housing and Residence Life

• We have an online housing application process. Information is in your Summer O app on how to apply or on the website at murraystate.edu/housing.

• Students will receive an email in their Murray State email account with instructions on how to see their housing assignment.
Commuting from home?

Please complete the proper paperwork to avoid a housing charge on your account.

Staff is available to help you with this today.
Need info?

- Please visit murraystate.edu/housing. For frequently asked questions and housing disability information.

- There will also be info tables in the Curris Center today between 4:30 and 6:00. We will be available with information and help during this time.
GOOD TIMING!

You’ll be the first to try our Brand-New meal plans.
Your dining experience is more than great food. It is a community experience centered on culinary expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility.

Join us to experience the comfort, convenience, outstanding food, and inviting atmosphere designed especially for you.

Your Dining Team

WELCOME

AWARDS & ACCOLADES

Chick-fil-A One Million Dollar Award for outstanding sales

Ozzi Earth Day renewability contest finalist
Meet the Team

Jim Halcombe
General Manager

Volana Milan
Operations Manager

Joseph Hall
Retail Manager II

Sonya Lasater
Catering Manager

Charly Kizzire
Area Controller

David Blank
Field Marketing Specialist

Joseph Fistrovich
Campus Executive Chef
Let’s Have Some Fun

At Racer Dining, food is the foundation for fun. Join us for weekly and monthly special events and promotions, like build-your-own dessert bars, restaurant style dining nights, and classic holiday feasts. We believe that relationships are strengthened around the table.
Limited Time Offers

• Meal time is about much more than just great food. It’s a chance to recharge, catch up with friends, and have fun! Exciting limited-time offers enhance the dining experience. Join us each month for events, giveaways, and special menus.

Pop Up Restaurants

• Dining halls are great, but every now and then we like to do something special. Pop-up restaurants transform dining locations into high-end restaurants serving a variety of cuisines. From steak to seafood to a create-your-own dessert bar, you’ll love all of our options.

Promotions

• Every week will bring new promotions and celebrations, including chances to win prizes, such as trips, gaming systems, or Amazon gift cards. Be on the lookout for event calendars and a chance to win!
We are committed to creating healthy environments for our guests. Central to this effort is providing healthy, nutritious foods. We’ve listened to our customers. We’ve researched marketplace trends. Our executive chefs and registered dietitians work together to create an exciting collection of recipes. The result is Mindful – an approach that focuses on transparency of ingredients, delicious food, satisfying portions and clarity in message so that making Mindful choices becomes second nature.
Bite for Universities

THE APP YOU’LL USE EVERY DAY

- Transparent and accurate menus at your fingertips
- Filters to highlight or hide menu items based on your specific dietary need
- Never miss one of our great events
- Exclusive sweepstakes and contests
Seasons: Main hot line station featuring chef-inspired menus that incorporate seasonally based ingredients.

Pressed: Made-to-order deli station, featuring a wide variety of breads, wraps, proteins, cheeses, and toppings and the option to panini press.

Harmony: Our plant-based station, Harmony serves delicious vegetarian and vegan entrees and sides daily.

Simple Servings: Station that provides safe and appetizing food choices for our customers with food allergies, gluten intolerance, and those who prefer simple foods.

Craft It: Interactive made-to-order station, highlighting diverse cuisines for a delicious, customizable experience.

Semolina: Selection of rotating pastas, sauces, and breadsticks.

Neapolitan: Delicious fresh made pizzas.
Homemade cookies, cakes, bars and pastries, plus ice cream and festive seasonal treats.

Craving breakfast for dinner? No problem! We have waffle irons, bagels, cereal and more available all day.

Our salad station hosts a selection of leafy greens, freshly prepared vegetables, toppings and dressings, as well as a variety of prepared salads, hummus, and raw veggies.

EVERYDAY FAVORITES

Breakfast options include hot menu items on the Seasons line as well as a made-to-order omelet bar at Craft It.

Burgers, hot dogs, fries, and rotating specials can be found at the Burger Shop station, as well as a variety of condiments so you can customize your burger.

We serve a rotation of hearty, delicious, made-from-scratch soups every day.

Craving breakfast for dinner? No problem! We have waffle irons, bagels, cereal and more available all day.

Homemade cookies, cakes, bars and pastries, plus ice cream and festive seasonal treats.
All foods served at this station are prepared exclusively with ingredients which do not contain the following food allergens.

❤️ MILK ❤️ WHEAT ❤️ SHELLFISH ❤️ TREE NUTS
❤️ EGGS ❤️ SOY ❤️ PEANUTS ❤️ GLUTEN

They are prepared in a facility which uses these ingredients in the production of other dishes. Although we take measures to ensure against this, the possibility of cross-contamination through contact with other foods does exist.
Meet our district dietitian

Katie Ullery

Services Include:
• Food allergy management and support for new and/or current students
• Special diet accommodation requests
• Nutrition education and guidance
• Healthy dorm cooking demonstrations
• Nutrition and wellness programming
• Sports nutrition

QUESTIONS?
Contact Katie at katherine.ullery@sodexo.com
Local, Sustainable.

We purchase locally whenever possible for the freshest ingredients in our recipes. We source 100% sustainable seafood, eggs from cage-free chickens, ethically and responsibly sourced coffee, and fresh milk from local dairy farms.
Starbucks, Steak 'n Shake, Tres Habaneros, and Subconnection are all new locations in the Curris Center. Also check out Einstein's Bros. Bagels in Waterfield Library.

You can use GrubHub to order ahead on campus!
Meal Plans

*All students are required to purchase a meal plan for four semesters, excluding summers.*

Murray State offers four levels of on-campus dining plans for our students. These plans are available to all undergraduate students, whether you live in an on-campus residence hall or elsewhere off-campus.

Detailed information about meal plans can be found at www.murraystate.edu/dining
Join our team!

We employ hundreds of students across campus every semester. With positions available in our dining hall, retail locations, and catering staff, we’ve got a place for you! Working for Racer Dining means wages starting at $9/hour, flexible scheduling, opportunities for advancement, free food, and more perks!

https://external-careers-frontlinesodexo.icims.com
CONNECT WITH US!

STUDENTS Text racerdining to 82257
SEND A LITTLE
love
FROM HOME!

WHETHER IT'S A SPECIAL OCCASION,
A RANDOM SURPRISE SHOWING YOU CARE,
OR SIMPLY SAVING YOUR STUDENT A TRIP
TO THE STORE, A DELIVERED PACKAGE
IS SURE TO BRIGHTEN YOUR STUDENTS' DAY!

Favorite Packages

• Giant Frosted Chocolate Chip Cookie
• Cupcake Delight
• Birthday Party
• #LookGoodFeelGood
• Otis Spunkmeyer Cookie Jar
• And more!

gifts.sodexomyway.com
Our student culinary council meets with the Racer Dining management biweekly to discuss student satisfaction, exchange ideas, share sneak peeks of upcoming projects and more!

At Racer Dining, we offer paid internships, particularly in marketing and human resources. If you are interested in getting real-world experience in either of these fields, send us an email for more information!

Text RacerDining to 82257 to receive text alerts about campus dining.
What is Student Support Services?

• Student Support Services (SSS) is a federally funded program from the U.S. Department of Education. SSS provides intensive services for income eligible, first-generation, and/or students with disabilities. All students must also possess an academic need. All services are FREE to qualifying students.

• For more information please contact:

    MeLissa Cooper, Director
    261 Blackburn Science Building
    mcooper@murraystate.edu
    270.809.4510
What can SSS offer your student?

- Free Tutoring
- Free Printing
- Secondary Academic Advising
- Financial Aid Guidance
- GUI Series Support Courses
- Computer Lab
- Grant Aid/Scholarships
Center for Student Engagement and Success

- Student Engagement and Success is committed to the success and retention of all students through guidance, support, and cultivation of their personal well-being and academic success.

- If students need help and they don’t know where to start, start with us! We can help with:
  - Successful transitions
  - Time management and study habits
  - Campus involvement
  - Connects with faculty and support offices
  - And much, much more!
The office is also responsible for
- **Supporting student success** through many avenues including the use of the Starfish Student Success Network and student “Raise your hand” for help feature.

- **Partnering with Student Affairs** to host Family Weekend where parents and family can spend a weekend with their student and enjoy many activities including lunch and a football game. Go to [www.murraystate.edu/family](http://www.murraystate.edu/family) for more information.

- **Publish the e-newsletter** for parents and family. Go to [www.murraystate.edu/family](http://www.murraystate.edu/family) to sign-up for the newsletter.

- **Advising undeclared majors** and supporting these students as they explore opportunities and make an educated decision about a major.

**Staff:** Peggy Whaley, Director and Jennifer Smith, Assistant Director

**Website:** [www.murraystate.edu/success](http://www.murraystate.edu/success)

**Email:** msu.success@murraystate.edu

**Phone:** 270.809.2274 or 2684

**Office:** 425 Wells Hall
First in the Family! Students are first-generation students if they are in college and neither parent has completed a four-year degree.

In Fall 2021, First-Generation students made up 44% of the undergraduate population.

Many faculty, administrators, and staff are First-Generation, too.

Other famous First-Gen ens:
- Sonia Sotomayor: Associate Justice, US Supreme Court
- Walt Disney: Magnificent Dreamer
- Michelle Obama: 44th First Lady of the United States
First-Generation Community at Murray State

Campus Resources:
- Division of Student Affairs: muraystate.edu/studentaffairs
- Faculty, administrators, and staff who are also First-Generation
- Instructors, academic advisor, and First-Generation supporters

National Resources:
- I’m First! – imfirst.org
- First Generation College Students – firstgenerationcollegestudents.org
- Center for First-Generation Student Success – www.coenet.org
VETERAN & MILITARY STUDENT SUCCESS

Colleen Anderson
VA School Certifying Official
270.809.4677
canderson2@murraystate.edu

AJ Cunha
Coordinator of Veteran and Military Student Success (VMSS)
270.809.5343
acunha@murraystate.edu

Main Office: 270.809.3754 or msu.va@murraystate.edu

Helpful Links
VA Education Benefits: https://www.benefits.va.gov/gibill
Kentucky Tuition Waiver: https://veterans.ky.gov/Benefits/Pages/Education-for-Veterans-in-Kentucky.aspx
Murray State VMSS Website: https://www.murraystate.edu/military/veterans/index.aspx
Food Pantry:
The food pantry open from 10:00 am to 2:00 pm on Mondays, Wednesdays, and Fridays during the spring and fall semesters. Summer hours are Mondays and Wednesdays from 10:00 am - 2:00 pm. No questions asked – students only need to bring their student ID (Racer Card).

Curbside Service:
Students may place an online, confidential food request. Students are notified by email so they can pick up their food order at the front of the Curris Center. This service is available year round. To place an order, go to this link.
Safe Communities America

• 23 designated communities in the US/278 worldwide
• Only public university designated in the world
• Designated based on data and evaluation to promote safety and health and to prevent injury
• Determines what areas of safety and health are in greatest need of attention and to focus on those
• Committed to a process of continuous improvement
• Save lives, improve health and reduce injuries
Here to help – Just ASK

- **Don Robertson**, Vice President for Student Affairs and Enrollment Management, EMAIL: drobertson@murraystate.edu
- **Peggy Whaley**, Director of Student Engagement and Success, EMAIL: pwhaley@murraystate.edu
- **Jennifer Smith**, Assistant Director of Student Engagement and Success, EMAIL: jsmith143@murraystate.edu
- **Jen Caldwell**, Coordinator of Student Conduct and Special Projects, EMAIL: jcaldwell@murraystate.edu

- **Offices**: Wells Hall, Room 425
- **Phone**: 270.809.6831 Toll free: 1.800.909.1507
Powerpoint Slides Posted at: www.murraystate.edu/studentaffairs

Questions?