



# MURRAY STATE UNIVERSITY

We are Racers.



***In this issue of Parents & Family Connection Racer News:***



**Welcome to Fall Semester!**  
**Great Beginnings**  
**Mental Health Resources**

**Family Weekend  
and So Much More!**

## Welcome Racer Families!



Dear Racer Families,

We are so excited for the start of the fall semester today, August 20, 2024. We are also thankful that you have entrusted us to provide your student with excellent learning and living experiences. Starting college is a momentous occasion for both students and parents alike. We understand the mix of excitement and apprehension that comes with this transition, and we are here to support and guide your student. Our dedicated team of faculty, staff, and student leaders are committed to fostering an environment that promotes academic excellence, personal growth, and a positive campus life. This same level of commitment and support is extended to our veteran parents and their students who are returning for their sophomore, junior, or senior years.

Communication is vital to ensuring your child's success. We've included information below to help you and your student start the semester off right. This newsletter will be sent on a bi-weekly basis starting today and will be filled with relevant information for you to support your student. We encourage you to review each issue and discuss important dates and events with your student.

The staff and faculty of Murray State University welcomes you and your student to the Racer Family! Please contact us at 270.809.6831 or [msu.success@murraystate.edu](mailto:msu.success@murraystate.edu) if you need more information or assistance.

You and your student have my best wishes for a successful year!

Sincerely,



Dr. Don Robertson, Vice President  
for Student Affairs and Enrollment Management

(Pictured above: Dr. Don Robertson and Dunker)

# Great Beginnings Lead to a Great Semester



Great Beginnings gives you the opportunity to acquaint yourself with the campus and the community, easing the transition to Murray State University life. You will get assistance in a variety of areas like financial aid, advising, and meal plans. There will be many opportunities for residential and commuter students to meet, interact through a variety of activities, and learn from each other.

[Great Beginnings  
Read More](#)

## Racer One Stop



# RACER One Stop

- Academic Advising
- RacerCard
- Registrar
- Student Financial Services

## AUGUST 14–16

**CURRIS CENTER,  
SMALL BALLROOM**

10 a.m. – 4 p.m.

**VIRTUAL BY APPOINTMENT**

2 – 4 p.m.

## AUGUST 17 (SAT.)

**CURRIS CENTER,  
SMALL BALLROOM**

10 a.m. – 4 p.m.

## AUGUST 19–23

**CURRIS CENTER,  
SMALL BALLROOM**

10 a.m. – 4 p.m.

**VIRTUAL BY APPOINTMENT**

2 – 4 p.m.

## AUGUST 26

**CURRIS CENTER,  
SMALL BALLROOM**

10 a.m. – 4 p.m.

**VIRTUAL BY APPOINTMENT**

2 – 4 p.m.

Help is always available via **PHONE, EMAIL AND ONE STOP**. For more information or to schedule a virtual appointment, visit **MURRAYSTATE.EDU/ONESTOP**.

Racer One Stop  
Read More





## See You in September!

Email [msu.family@murraystate.edu](mailto:msu.family@murraystate.edu)  
with questions.

# Family Weekend 2024



MURRAY STATE  
UNIVERSITY

## September 13-15

Scan the QR Code or visit  
[murraystate.edu/familyweekend](http://murraystate.edu/familyweekend)  
to learn more, view the  
schedule, and register.



Murray State welcomes you to Family Weekend on

September 13-15, 2024

>> [View the Schedule](#) <<

**New this year!**

*Family Fun Field Day*

*A portion of Family Weekend ticket proceeds will support the Racers Helping Racers campus food pantry*

> > [Register/Purchase Tickets](#) < <

Please email [msu.family@murraystate.edu](mailto:msu.family@murraystate.edu) with questions.

**See you in September!**

# Caring About Racers Everyday (CARE) Box



The We CARE (Caring About Racers Everyday) Box initiative allows family members or friends an opportunity to send a We CARE Box and supportive note to a student. We CARE Boxes are provided free of charge to students by the Center for Student Engagement and Success.

[---> Request Form <---](#)

## **Submission Deadline:**

Requests will be processed weekly on Wednesday mornings at 9:00 am (CST). Requests received after this time will be processed the following week.

## **Pick-Up Logistics:**

Students will be contacted by email, text and phone to pick up their box in the Lowry Center, First Floor (M-F; 8:00 am - 4:30 pm) near offices G9 and G11. Please consider informing your student they will be contacted by us and encourage them to pick up their box. Boxes not picked up by December 17, 2024 will be re-labeled and used in the future for others.

Please contact staff at [msu.success@murraystate.edu](mailto:msu.success@murraystate.edu) with questions. Thank you!

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## Mental Health Services for Students



## STUDENTS, we are here for *you!*

### MENTAL HEALTH SERVICES FOR STUDENTS

**University Counseling Services** and the **Psychological Center** provide a variety of on-campus counseling services, including both in-person and virtual sessions. Both of these locations offer scheduled and walk-in sessions.



University Counseling Services



Psychological Center

Murray State's partnership with **TimelyCare** provides **24/7 access** to virtual mental health services. Learn more about these new services and download the TimelyCare app.



TimelyCare

The **Center for Student Engagement and Success**, as well as the **Office of Student Enrichment, Academic Excellence and Leadership** are committed to the personal well-being and success of our students through a variety of important services and programs.



Center for Student Engagement and Success



Office of Student Enrichment, Academic Excellence and Leadership



**MURRAY STATE**  
UNIVERSITY

Equal education and employment opportunities M/F/D, AA employer.

Murray State University has expanded its student mental health resources through a new partnership with TimelyCare, a 24/7 virtual health and well-being provider that serves more than 2.3 million students at over 350 campuses nationwide. The partnership is an extension of Murray State's ongoing student mental health resources.

Through TimelyCare on their phone or other device, Murray State students can select from a wide-ranging menu of virtual care options in all 50 states at no cost and without the barrier of traditional insurance, including:

- On-demand mental health and emotional support (TalkNow)
- Scheduled counseling from licensed mental health providers
- Psychiatric support from licensed mental health providers
- Health coaching
- Basic needs assistance
- Care navigation
- Peer community
- Digital self-care content

Students are encouraged to download the Murray State TimelyCare app through Apple's App Store, Google Play or at [timelycare.com/murraystate](https://timelycare.com/murraystate) in order to set up their profile, select a provider who fits their needs,



and schedule an appointment.

Murray State's Quality Enhancement Plan (QEP) is titled "MSU Matter – Racers Care." As part of the University's accreditation requirements, the current QEP is focused on mental health and well-being and is an important part of the University's strategic plan.

"Murray State University will continue its focus in this vitally important area of mental health and well-being," Murray State President Dr. Bob Jackson said. "This new partnership with TimelyCare provides 24/7 virtual access and is an extension of our ongoing student mental health services and resources. I am grateful for our Board of Regents, administration, faculty, staff and students for their efforts as we follow through on our institutional mission and strategic plan to support our students throughout their experience at Murray State University."

"We have dedicated faculty and staff who lead multiple areas of student mental health services and support. This new partnership through TimelyCare will enhance and supplement our existing resources," Murray State Vice President for Student Affairs and Enrollment Management Dr. Don Robertson said. "TimelyCare's 24/7 coverage and availability, particularly during nights, weekends and holidays, helps meet the needs of our students in making these key services accessible and available at any time."

Some of Murray State's student mental health resources include the following:

- [University Counseling Services](#) and the [Psychological Center](#), which provide a variety of on-campus counseling services, including both in-person and virtual sessions. Both of these locations offer scheduled and walk-in sessions.
- Murray State's partnership with [TimelyCare](#) which provides 24/7 access to virtual mental health services. Students can learn more about these new services by downloading the TimelyCare app.
- Murray State University's [Center for Student Engagement and Success](#), as well as the [Office of Student Enrichment, Academic Excellence and Leadership](#) are committed to the personal well-being and success of students through a variety of important services and programs.



## The Three Mental Health Options for Murray State Students

	Counseling Center	Psychological Center	TimelyCare
Location	C104 Oakley Applied Science	401 Wells Hall	timelycare.com/murraystate
Hours	8:00-4:30 Monday-Friday	8:00-4:00 Monday and Friday 8:00-6:00 Tuesday and Thursday 8:00-5:00 Wednesday	Counseling services by appointment; some services available 24/7
Services offered	Individual counseling (biweekly) Couples counseling Group counseling	Individual counseling (weekly) Family or couples counseling Psychological assessments	Individual counseling Limited psychiatry services Self-help resources
On-call	9:00-2:00 Monday-Friday	On-call services during open hours	TalkNow & self-help available 24/7
After-hours emergencies	Call MSU Police at 270-809-2222, call 988, or go to the nearest emergency room	Call MSU Police at 270-809-2222, call 988, or go to the nearest emergency room	TalkNow & self-help available 24/7
Counselor status	Licensed mental health providers and graduate students under supervision	All services are provided by graduate students supervised by psychologists	Scheduled counseling is provided by licensed mental health providers
Population seen	MSU students only	Faculty, staff, and students Community members	MSU students only
Format	Face-to-face and virtual sessions available	Primarily face-to-face sessions offered	Virtual sessions only
Prices for counseling	Free	Free for faculty, staff, and students Sliding-scale fee for community	Free
Prices for assessment	No psychological assessments offered	\$50 for faculty, staff, and students Sliding-scale fee for community	No psychological assessments offered
Access from where?	Sessions only if both parties are in KY	Sessions only if both parties are in KY	Counseling available anywhere in the USA; TalkNow available everywhere
Getting started	Send an email to <a href="mailto:msu.counselingcenter@murraystate.edu">msu.counselingcenter@murraystate.edu</a> to request the link to the paperwork; cases are assigned weekly; your counselor will email you to schedule your first appointment	Come in during open hours when you have 45-60 minutes to fill out paperwork in person; cases are assigned weekly; your clinician will call you to schedule your first appointment	Go to the TimelyCare app or <a href="https://timelycare.com/murraystate">timelycare.com/murraystate</a> to sign up for services. You will set up your profile and select a provider, then you can schedule your first appointment.
Calendar schedule	Open Monday - Friday when the university is open	Open when classes are in session, except for winter term	Open 24/7/365
Phone	270-809-6851	270-809-2504	833-4-TIMELY (833-484-6359)
Website	<a href="https://murraystate.edu/CounselingCenter">murraystate.edu/CounselingCenter</a>	<a href="https://murraystate.edu/PsychologicalCenter">murraystate.edu/PsychologicalCenter</a>	<a href="https://timelycare.com/murraystate">timelycare.com/murraystate</a>

updated 8/6/2024

## News from Around Campus





## Advocacy at Any Level

Mrs. Neal, MSU Talent Search Director, and Mr. Justin Thomas, MSU Talent Search Assistant Director (pictured top left), represented MSU TRiO with their presentation recently at the Spring KY TRiO meeting in Berea, Kentucky. The title of the presentation was, "Advocacy at Any Level." For more information about MSU's TRiO Student Support Services (SSS), please visit [murraystate.edu/ssss](http://murraystate.edu/ssss)

Student Support Services Participant and McNair Scholar, Austin Ford (pictured left), recently had an article published in Historia.org. The article, "History Remastered: From Ancient Ash to Faded Ink." looks at the future of AI and Historiography. Ford is a non-traditional History and Religious Studies major at MSU. The article can be accessed [here](#).



## School of Nursing and Health Professions



Welcome back to all Racer families as we begin a new school year! All of us at the School of Nursing and Health Professions can't wait to help teach and inspire our students that come through our doors. Within SONHP we have many exciting things happening that we would love to share with you.

We are thrilled to announce the construction of our new home, expected to be completed in 2026. With the new facility there will be three total floors housing faculty and staff offices, classrooms, state-of-the-art laboratory spaces, and an expanded hands-on simulation center. Pictured below is a rendering of the proposed building that will sit on 16th Street across from Alexander Hall.

Thanks to a \$957,959.00 grant awarded to the School of Nursing and Health Professions, we were able to establish the Anatomy and Physiology Success Center on the 3rd floor of Mason Hall, where there are six Anatomage tables that students can learn from through digital 3D cadavers. These tables have created tremendous success in student learning and understanding when it comes to taking both, Anatomy and Physiology. You can learn more about the tables [here](#).

Once again, we are so thankful to all of you as you are part of the Racer family. Let's have a great school year!





The May 2024 Bachelor of Science in Nursing (BSN) program graduates have achieved an incredible pass rate of 100% for the National Council Licensure Examination (NCLEX), pending the Kentucky Board of Nursing acceptance. Above is a picture of the class during their white coat ceremony when they started their Nursing program journey.



## College of Humanities and Fine Arts

### Student Spotlight: Ian Brockman

Ian Brockman is a senior history major with a minor in museum studies at Murray State University. Ian interned at the Joseph Holt Home in Hardinsburg, Kentucky, this summer. During his internship, he will research Judge Holt, his family home, and his property while giving guided tours of the Holt Home. Ian's internship is a part of the degree requirements for his minor in museum studies.





## College of Education and Human Services

### Save the Date!

The College's Annual Fall Picnic is Thursday, August 29 from 11 am to 1 pm on the south lawn of Alexander Hall. Join in the fun, food, and games. See you there!



**Career Services**

Don't miss the Hire-A-Racer Part-Time Job Fair at Murray State University! This event is your chance to connect with on-campus departments and local businesses looking to recruit student workers.



## Wrather West Kentucky Museum to host traveling Smithsonian exhibit



The Murray State University Libraries are pleased to celebrate the centennial of the Wrather West Kentucky Museum by bringing the traveling Smithsonian Exhibit, **FOOD: Transforming the American Table**, to the community for the fall season. Along with this free exhibit, which opens August 20, Wrather will also host a series of associated community events connected with the theme of the exhibit, including an interactive lecture with chef Sara Bradley and a food tasting event. [Learn More!](#)



## **IMPORTANT DATES**

**Please Review and Discuss with your Student!**  
**For the complete list of all dates and more details, visit**  
**[murraystate.edu/deadlines](http://murraystate.edu/deadlines)**

### **Weather Alerts and Closures**

Alerts will be posted at [murraystate.edu/raceraalert](http://murraystate.edu/raceraalert)  
and on Murray State's social media platforms.

--> Families are encouraged to sign up for  
Racer Alert Text Messages  
at [murraystate.edu/raceraalert](http://murraystate.edu/raceraalert) <--

## **Racer Parent Perspective**



**Welcome, Racer Families!**

Welcome, Racer families, old and new  
The fall semester is beginning  
And we've got lots in store for you!  
For those new to this space, get ready for the ride  
We'll share helpful information to help you take it all in stride.  
For those families who are back,  
You know we're here to help you and your student stay on track!  
We will listen and provide support  
We encourage you to do the same  
But life's not perfect, and when we make mistakes  
There is no shame.  
Ask your questions, don't be shy  
If we can help, we'll give it a try  
We're always ready, just say the word Go  
Welcome to the Finest Place We Know!

Written by **Jennifer Smith**, Assistant Director in the Center for Student Engagement and Success, and proud parent of a Murray State University alumna ('22, '24).

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## Alumni Association



Are you an alumnus/alumna of Murray State with a child or grandchild currently enrolled for the fall? Are you a current or lifetime member of the MSUAA? If you answered 'yes' to one or both of these questions, *You're Family is Invited!* Join the Murray State University Alumni Association at the Sid Easley Alumni Center Saturday, Sept. 14, 3:30-5:30 p.m., and enjoy brats with all the fixings, sides, dessert, and a cash bar as part of a **VIP Family Weekend Legacy Game Day Experience** all for free! Please [RSVP by Friday, Sept. 6](#) for catering purposes. *Anyone under the age of 21 must be accompanied by an adult.* Kick-off for the Racers v. Mississippi Valley State game at Stewart Stadium is 6 p.m. Go Racers!





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[Division of Student Affairs](#) | 270.809.6831 | [msu.family@murraystate.edu](mailto:msu.family@murraystate.edu)



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