



MURRAY STATE UNIVERSITY

We are Racers.



In this issue of Parents & Family Connection Racer News:



**Family Weekend
Mental Health Resources
Racer Parent Perspective**

Important Dates
and So Much More!

Family Weekend 2024



See You in September!

Email msu.family@murraystate.edu
with questions.

Family Weekend 2024



MURRAY STATE
UNIVERSITY

September 13-15

Scan the QR Code or visit
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](#)

Events Returning This Year! Mr. MSU and Racer 5K

[Register/Purchase Tickets*](#)

[Learn More through the Frequently Asked Questions \(FAQ\)](#)

Please email msu.family@murraystate.edu with questions.

See you in Soon!

* Registration for Family Weekend and Fall Fanfare closes on September 11 at 11:59 pm (CST).

* For football tickets, the discounted promo code will expire Friday at noon the day before the game.

FAMILY WEEKEND SPECIAL

Extended Family Weekend Hours:

Friday, September 13th | 8:00 a.m. - 6:00 p.m.

Saturday, September 14th | 10:00 a.m. - 5:30 p.m.

Sunday, September 15th | 11:00 a.m. - 2:00 p.m.

Champion Classic Long Sleeve Tees - 25% off
Special Price \$18.75





Staying positive
doesn't mean you have to
be happy all the time.

It means that even on
hard days you know that
there are better ones
coming.



The mental and emotional well-being of our students is important to us. The resources found on the [mental health resources website](#) (hyperlinked text or scan the QR code) provides you and your student with primary resources, both on and off-campus, that can help your student be a successful Racer. Students Matter! We care about them. Email msu.success@murraystate.edu with questions.



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



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

A College Mental Health Checklist for Students

"College can be one of the most exciting times in a young adult's life—and one of the most stressful. Being away from home for the first time, without the support of family, is both freeing and frightening. Given these big life changes, along with the anxiety and uncertainty of the last few years, it's no surprise that the percentage of college students with mental health issues continues to rise" ([Newport Institute](#)).

[Read More](#)

[Download the Checklist](#)

Life Kits from NPR

[Congratulations, you're in college! Now what?](#) Getting into college can feel like the hard part. But once you're accepted, you've got to find your way around campus, pick out classes, make new friends and figure out a plan to graduate on time.

[**College is important. So is mental health. Here's how to study without burning out.**](#) Should you hand-write your notes or use a laptop? What about flashcards? Does highlighting even do anything? Here's how to improve your study habits, remember what you've learned and keep college stress under control.

[**How to survive college when you are paying for it.**](#) A few takeaways from college students.

RACERS HELPING RACERS

Food pantry for students in need

Are you a student in need or know of a student that needs help?

The Racers Helping Racers is a food pantry for Murray State University students. To receive assistance, please bring your student ID (Racer Card) when coming to the food pantry. No question asked!

HOURS OF OPERATION



You can place an online food order once a week that can be picked up on Tuesdays or Thursdays. Once your order is ready, you will receive email instructions on when and where to pick up your food. All you need is your student ID. All information is kept confidential.

HOPKINSVILLE

Spring & Fall Semesters

M,W,F: 10AM-2PM

TH: 4PM-8PM

Summer & Winter Break

M & W: 10AM-2PM

RACERS HELPING RACERS CURBSIDE

Racers Helping Racers has opened a food pantry on the Murray

REGIONAL CAMPUS FOOD PANTRY



270.809.4499



msu.racershelpingracers
@murraystate.edu



Blackburn Science
Building Room 244

State Hopkinsville
Regional Campus
M: 4PM-7:30PM
W: 12PM-4PM
TH: 4PM-7PM
F: 11AM-3PM

CONTACT US



IMPORTANT DATES

Please Review and Discuss with your Student!
For the complete list of all dates and more details, visit
murraystate.edu/deadlines

Weather Alerts and Closures

Alerts will be posted at murraystate.edu/raceralert
and on Murray State's social media platforms.
--> Families are encouraged to sign up for
Racer Alert Text Messages
at murraystate.edu/raceralert <--

NEED MEDICAL CARE?



Village Medical™

**is providing health services
on the first floor of Wells Hall.**



Scan for more information



**Health Services
Read More**

Racer Parent Perspective



In the [Center for Student Engagement and Success](#), we work all summer to prepare for students return in the fall. For me, part of the prep includes reading books and articles to learn more ways to serve our students. One book I read, and refer back to often, is *Leading Gen Z: Insights and Strategies for Managing, Parenting, and Teaching Generation Z* by Eric Kirby, Ph.D., J.D. Over the next few newsletters, I will share some of these insights with you in the hope that it helps you better connect with your college-aged student. It's important to keep in mind that every student and family is different, and what works for some may not work for others. You have to find what works for you! I also think it's important that we not take ourselves too seriously. Some of the funniest moments from my childhood are parenting 'mis-steps'...my mom still gets us rolling with laughter with her accounts of trying new parenting techniques. Take the following information as needed, if it applies to you, and with a grain of salt. As always, if we can help, let us know! Studies show that Generation Z "holds a deep affection for their parents, considering them trusted mentors." This connection is as a result of openness and trust. Gen Z parents are more likely to be able to have the hard conversations that they didn't have with their own parents. Dr. Kirby shares the first two recommendations for parents:

1. "Maintain open communication channels: Regularly engage in conversations about daily experiences, interest, and challenges. Create a family culture where questions and discussions about any topic are encouraged, and listening is as important as speaking. This open dialogue reinforces the parent-child connection." For me, the key word here is listening. Practicing active **listening** is critical as we all want to feel **heard**. It helps develop that trust that we want to build with our student.
2. "Embrace a multifaceted mentorship role: Actively involve yourself in your child's life as guides, friends, and advisors. Share your experiences and wisdom in a way that **respects their independence and perspectives**. This approach helps in building a strong, supportive bond." There are two important keys in this recommendation: respect and independence. We want our students to respect us, but we have to be willing to show them the same respect. That means allowing them to be independent, to make mistakes (they must make mistakes to grow and learn), and to thrive! If they fall, we must listen to them without judgement when they ask for help. Nothing is more rewarding as a parent when our students do what we've raised them to do. We can't hold them back. When they thrive, we have to be willing to let them.

*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).*

News from Around Campus



School of Nursing and Health Professions

Join us on Saturday, September 14th, as the School of Nursing and Health Professions is the College of the Game! We are opening up our doors on the second floor of the Applied Science Building from 9:30 am to 10 am where you will get to participate in the Make Your Own Trail Mix Bar and get a tour of our Food Science Lab. After you get done there, from 10 am-11 am head on over to Mason Hall and watch a demo of our Anatomage tables in our Student Success Center Open House. Don't forget, starting at 5 pm as you enter the gates of Roy Stewart Stadium, SONHP will have a table set up with giveaway items for our MSU Racer fans as the Racers take on Mississippi Valley State at 6 pm!

If you are interested in receiving the School of Nursing and Health Professions monthly newsletter, please reach out to srudolph5@murraystate.edu.



ORDER OF EVENTS

9:30-10:00 FOOD LAB OPEN HOUSE
[2ND FLOOR APPLIED SCIENCE NORTH]

**10:30-11:30 STUDENT SUCCESS CENTER
OPEN HOUSE**
[3RD FLOOR MASON HALL]

**5:00-6:00 FIND US AT THE GATES OF
ROY STEWART STADIUM HANDING OUT
GIVEAWAY ITEMS**

6:00 MSU VS MISSISSIPPI VALLEY STATE

SATURDAY SEPT 14





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, *Your 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!



College of Humanities and Fine Arts

Three Murray State Alumni from the Department of Music trumpet studio, who are now graduate students at the University of North Texas, were selected through competition audition to join the highly-respected UNT Wind Symphony under the direction of Prof. Eugene Corporon. Pictured are Ben Gerkins from Bowling Green, KY (D.M.A. - Trumpet Performance), Abby Ward from Princeton, KY (D.M.A. - Trumpet Performance) and Ryn Jenkins - showing their MSU pride with a "Shoes Up!" - from Murray, KY (M.M. - Trumpet Performance). We applaud their work and artistry as they take the next step in their musical journey.





Honors College Kicks Off the New Year with Retreats and Honors 101

In early August, the Honors College kicked off the 24-25 academic year with two retreats held at Brandon Springs Group Center in Dover, TN. The first retreat, Honors Prime, held August 5-7, had 33 attendees who are new incoming Honors College students. The second retreat, held August 12-14, had 16 attendees who are new incoming Honors College Students and Presidential Fellows. Several current Honors College students attended each retreat to assist. Both retreats included team-building activities, an exciting murder mystery, outdoor recreation including canoeing and swimming, and tips and advice from Honors

College faculty and students. Both retreats were excellent for building connections between and among students, as well as getting them engaged in the Honors College community and Murray State.

Honors 101 took place August 16-August 19, in the few days before Fall 2024 classes began. For Honors 101, incoming Honors College students were assisted with move-in by Honors Faculty, Staff, and Students. They were also invited to Winslow for a group dinner, and to Franklin Commons for a reception and games. On Saturday, breakfast was served in the Quad, the famous Racer One was available for photos, and Honors Faculty led students through a rotation of interesting and fun problem-solving activities and student panels. On Monday, an academic orientation meeting was held, and that night, an ice cream social at Franklin wrapped up the event.

Classes began on Tuesday, August 20, and new students have seemed very excited to get the ball rolling on their first semester! The Honors Student Council (HSC) had their first meeting of the semester on August 20 in the Franklin Commons, and they meet weekly. HSC plans social events, such as an Honors College formal, as well as other fun activities throughout the year. All Honors College students are invited to attend each week.

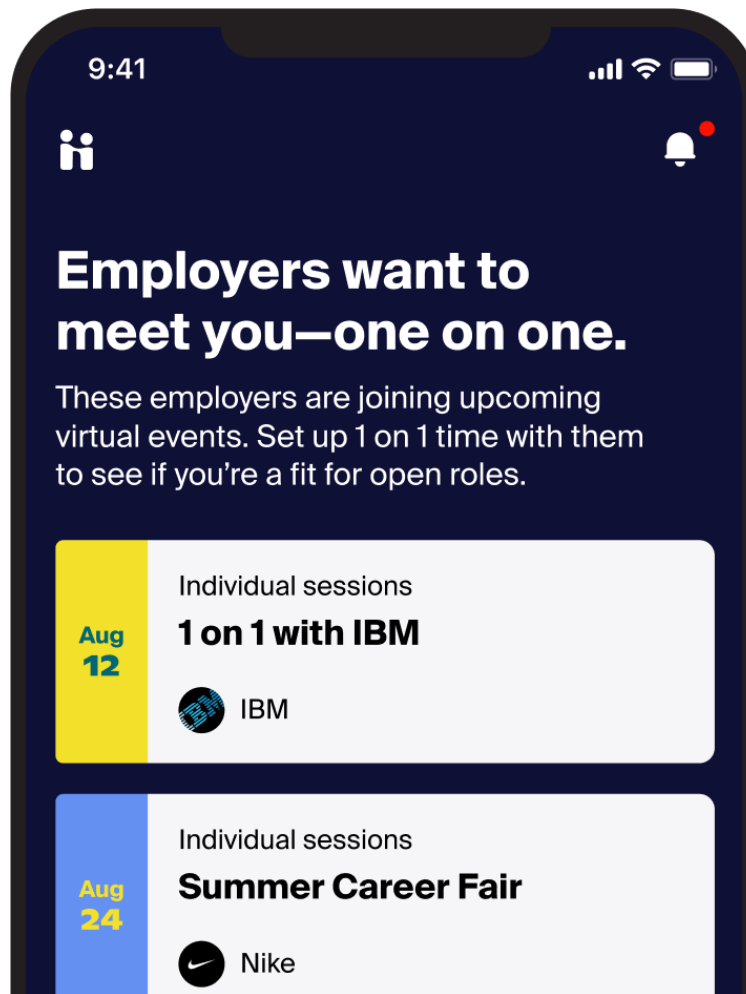
Other Honors College activities planned for the semester include a group excursion, a trip to ECU for Kentucky Honors Roundtable, Scholars Week, Family Weekend, football game tailgates, and Homecoming. Current Honors enrollment is 540, with an incoming freshman group of 186 students. The Honors College is newly under the direction of Jessica Naber, a Professor in the School of Nursing and Health Professions, and she and the entire Honors College staff are enthusiastic about the year ahead!



Nonprofit **CONNECTIONS**

SEPT 10TH
10 AM – 1 PM
CURRIS CENTER BALLROOM

**COME AND TALK WITH
NONPROFIT LEADERS TO LEARN
ABOUT WAYS YOU CAN VOLUNTEER &
SERVE TO HELP MEET THE
NEEDS IN OUR COMMUNITY**



Handshake: The #1 Way Racers Find Jobs

Murray State students and alumni are encouraged to get on and utilize [Handshake](#), the online Career Management Platform for Racers! Over 10,000 employers post positions with the [Career Services](#) office, and Handshake is the central 'hub' for these listings. These positions include on-campus jobs, part-time positions, internships, and full-time roles. Students can also create their own personal profile and (if they choose to), make it public so employers can find them!

Handshake is also the best way to find out about career events, such as interview days, employer visits, special seminars, and career fairs.

Students can get started today by visiting murraystate.joinhandshake.com and logging in with their MyGate credentials. For more information, please contact the Career Services office at 270-809-3735 or msu.careerservices@murraystate.edu



Murray State University

FREE SPEECH ZONE

SCAN THE QR CODE
TO SEE UPCOMING
RESERVATIONS IN
OUR FREE SPEECH
ZONE!



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



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View this email [online](#).

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