



MURRAY STATE UNIVERSITY

We are Racers.



In this issue of Parents & Family Connection Racer News:



Family Weekend: *Thanks for Attending!*
Study Abroad Fair
Speed Networking

Thanks for Attending Family Weekend!

Family Weekend 2024



MURRAY STATE
UNIVERSITY

September 13–15

**We are family.
We are community.
We are Racers.**



Thank you for joining us at Family Weekend 2024! We hope you and your family had a fantastic time and created lasting memories with the Racer Family throughout the weekend.

Congratulations to our **Family Weekend 2024 Outstanding Parents/Family** - Crystal and Jason Squires with daughters Izzy (MSU sophomore; Richmond Residential College) and Chloe (pictured above top left).

Congratulations to all nominees (pictured below):

Dave Wahl nominated by Naomi Bell of Elizabeth Residential College

Rianna Bishop nominated by Meegan Lane of RH White Residential College

Kari and Mike Bryant nominated by Will Bryant of Hart Residential College

We value your experience and would love to hear your thoughts. If you attended any Family Weekend events, please take a moment to share your feedback by completing this [short survey](#). Your input will help us make future events even better!

Thank you again for being a part of this special weekend.



Back Row (L-R): Jordan Garner (Student Affairs), Peggy Whaley (Student Affairs), Tre Chestnut, Dr. Don Robertson (VP Student Affairs and Enrollment Management)

Front Row (L-R): Dave Wahl, Naomi Bell, Mike Bryant, Will Bryant, Kari Bryant, Izzy Hatfield, Chloe Squires, Crystal Squires, Jason Squires, Dr. Tana Field (Richmond RC College Head)



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.

Racers Helping Racers Food Pantry



Murray State University operates the Racers Helping Racers food pantry to help students who are struggling to afford food. Racers Helping Racers is located on the second floor of the Blackburn Science Building and is open Mondays, Wednesdays, and Fridays from 10 a.m. to 2 p.m. and on Thursdays from 4 p.m. to 8 p.m. Full-time, part-time and commuter students can use the pantry on a weekly basis. Pantry items are non-perishable and include breakfast foods, vegetables, soups, microwave meals, pasta/pasta sauce and hygiene items. In addition to the main campus food pantry, Racers Helping Racers provides an online food request program. Through Racers Helping Racers Curbside, students can fill out an online order form to choose items for a food box. Students will receive an email letting them know their box is ready for pickup. Students can complete an online, [confidential form to request food](#) on a weekly basis.

A satellite food pantry is available at the Murray State Hopkinsville Regional Campus. Students can select non-perishable food and hygiene items on a weekly basis. The food pantry options are open to all students with a Murray State ID and must complete an application through a QR code which is confidential and no questions are asked.

For questions, students may call (270) 809-6984 or visit the food pantry [webpage](#).



Student Basic Needs



Basic needs are the foundation of a successful academic journey, encompassing safety, nourishment, shelter, financial stability, and holistic wellness. At Murray State, we believe in fostering an environment where every student can flourish. That's why we're dedicated to supporting those facing insecurities in their basic needs.

We've created this website as a hub of resources for students encountering challenges in meeting their essential needs. Whether it's food, housing, or overall well-being—physical, psychological, or spiritual—we're here to help. Together, let's build a compassionate and inclusive community where every student feels valued and supported.

Website: murraystate.edu/sbn



IMPORTANT DATES

Please Review and Discuss with your Student!

For the complete list of all dates and more details, visit

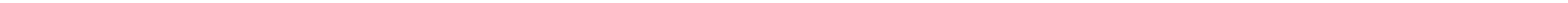
murraystate.edu/deadlines



Weather Alerts and Closures

Alerts will be posted at murraystate.edu/raceraalert and on Murray State's social media platforms.

--> Families are encouraged to sign up for Racer Alert Text Messages at murraystate.edu/raceraalert <--



NEED MEDICAL CARE?



Village Medical™

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



Scan for more information



MURRAY STATE
UNIVERSITY

**Health Services
Read More**

Racer Parent Perspective





We've made it through the first month of classes! Can you believe it? I hope you're doing well with all the changes at home, and that you're able to help your student with the changes they're experiencing as well. This week, I'm continuing to share recommendations from Dr. Eric Kirby's book, *Leading Gen Z: Insights and Strategies for Managing, Parenting, and Teaching Generation Z*, and in my opinion, these two recommendations are probably two of the most important.

1. "Involve them in decision-making. Include your Gen Z children in discussions about significant family matters, such as vacation planning, household projects, or financial decisions. This involvement not only empowers them but also teaches valuable life skills." Students today are happy to be told what to do, but that doesn't set them up to be able to make decisions in the future. We want our kids to be able to make educated decisions for themselves, research the pros and cons of an important decision, and feel good about the decision they made. This skill comes with practice. We can start building those skills with them sooner rather than later, and help them build their confidence as well.
2. "Foster financial literacy together. Recognize your influential role in your child's financial habits. Engage in discussions about budgeting, saving, and making informed purchase decisions. Encourage them to set financial goals and offer tools or resources to help them understand money management." YES! I was fortunate and had a father who was a banker, so my brother and I got a very early start learning about the importance of managing our money. It helped us in countless ways, but probably the most impactful thing I learned was that if you don't have it (money), you don't spend it. Many young people get in trouble with credit cards and spending thinking they'll pay later. Not all debt is bad, but frivolous spending and no budget for your spending is a slippery slope. Spend intentional time with your student discussing the importance of responsible money management.

We hope you were able to join us during the Family Weekend activities last weekend! We enjoy having families visit campus, and we know your students enjoy having you here to show you what they've been learning and doing. Homecoming will be next month, October 18-19, and we hope you return to campus to visit! As always, we're here to help you and your student have the best experience possible. Let us know if you need anything.

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



University Libraries

Celebrating 100 Years as an FDLP Library!

Join us on Constitution Day for a small reception in honor of University Libraries being designated as a Federal Depository Library 100 years ago! The Federal Depository Library Program (FDLP) was established by Congress in 1813 to ensure free and open access to U.S. government information, and we joined the program in June 1924. Cake, cookies, and other refreshments will be served in the Reference section on Waterfield Library's main level on Tuesday, Sep 17, 2024, at 1:30 PM. [Learn more about the University Libraries.](#)



Study Abroad Fair: September 19

Are you looking for the opportunity to do more with your education? To get out of the classroom and put your knowledge to the test? To engage with the world in a way you never imagined?

Are you ready to EXPERIENCE your education? Educational opportunities of a lifetime await at the Education Abroad Office's Fall 2024 Study Abroad Fair! Stop by the Curris Center on Sept. 19 from 11 a.m. to 2 p.m. to learn more about upcoming study abroad programs!

Representatives will be on hand to discuss everything from the application process to how you can use your existing Murray State scholarships and financial aid to help fund the program. We hope to see you there!

Interested individuals can [register in advance](#) for the event!



College of Humanities and Fine Arts

Murray State junior Graphic Design major from the Department of Art and Design, Mara Gagel, enjoyed an intense experience as an intern designing toys to be sold at Disney Theme Parks. Mara, originally from Louisville, held her full-time internship in Indiana at Light Up Toys, a company whose largest client is Disney. Mara designed a variety of different toys that light up, blow bubbles, and take photos. Mara created concept proposals, toy mock-ups, and finished designs while working closely with the Disney design team.

and ultimately creating designs that would be approved by the design team leader. Mara was also able to animate and do production work on an original animated film with an unknown release date. Mara looks forward to beginning work on her senior project next semester. Congratulations Mara, the Department of Art and Design is very proud of your work!



School of Nursing and Health Professions

Thank you to everyone who attended and supported the School of Nursing and Health Professions at the Family Weekend events! We are so proud of everything that our students are accomplishing and learning here at Murray State. Through your support, we can provide the best possible experience for the students.

Coming up on Saturday, September 28th, our Student Occupational Therapy Association is hosting a Color Run & Walk fundraiser to raise awareness of the program and what Occupational Therapy is. The goal is to raise money for the scholarships provided for our students in the program and to support and give back to Cassidy's Cause and the Merryman House, located in Paducah, KY. This event will take place on Murray State's campus with registration at 8:30 am and a start time of 9 am. We hope that you can join us! Registration is \$20 and the link to register can be found [here](#).

If you would like to sign up to receive our monthly SONHP newsletter, please email srudolph5@murraystate.edu



Speed Networking with Employers

Ready to jumpstart your career? Join us for an electrifying evening of Speed Networking where YOU can meet top employers!

Happening Tuesday, Sept. 17 at 5:30 p.m. in the Recruitment Welcome Center in the Curris Center (across from Chick-fil-A), students can connect with industry leaders, discover exciting opportunities, and make lasting impressions—all in a fast-paced, dynamic setting.

Whether you're looking for internships, full-time positions, or simply expanding your professional network, this is the event you don't want to miss!

Why Attend?

•*Rapid Connections*. 5-7 minute conversations with a wide range of employers •*Career Insights*. Get tips, advice, and insider knowledge straight from the pros •*Opportunities*. Learn about interviews, internships, and more—on the spot.

Bring your resumes, business cards, and enthusiasm!

[RSVP's are greatly appreciated.](#)

Questions? Contact Career Services at msu.careerservices@murraystate.edu





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 with questions. Thank you!



Racer Dining by Sodexo wants to hear from YOU

Racer Dining by Sodexo is committed to continuously look for ways to better serve our students, faculty and staff. The Customer Satisfaction Survey allows us to capture feedback on critical areas, such as food quality, variety, availability of healthy items, and customer service. Complete the short survey at the link below for your chance to win these prizes!

1st Prize - \$250 in Flex

2nd Prize - \$100 in Flex

3rd Prize - \$50 in Flex

[Fall 2024 Customer Survey](#)

Please complete the survey by 9/30/2024.





Homecoming 2024

October 18 - 19



We can't wait to welcome you back to campus in 2024 for Murray State's Homecoming! From the parade to Tent City and special reunions to the big game, the Murray State Office of Alumni Relations, in collaboration with the Murray State University Alumni Association, the MSUAA Black Alumni Network, Campus Activities Board, Racer Athletics and others, has in store for you a robust schedule of activities. Learn more at murraystate.edu/homecoming

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



[Manage](#) your preferences | [Opt Out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

Division of Student Affairs at Murray State University 425 Wells Hall | Murray, KY 42071 US

This email was sent to .

To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.