



MURRAY STATE UNIVERSITY

We are Racers.



In this issue of Parents & Family Connection Racer News:



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Important information about Murray State Health Services



Currently, [Campus Health Services](#), located on the 1st floor of Wells Hall (on the Quad side), is operated by Village Medical. Village Medical will no longer operate the Campus Health Services after Friday, October 4, 2024, at 12 noon.

Starting on Monday, October 14, [Campus Health Services](#) will be operated by Murray-Calloway County Hospital (MCCH)/Murray Medical Associates (MMA). Campus Health Services will serve as a satellite location for MCCH/MMA and will continue to be located on the 1st floor of Wells Hall (on the Quad side). The hours, effective October 14, will be 8 a.m. – 4:30 p.m. Monday through Friday (closed 12:30 – 1:30 pm for lunch) for the fall and spring semesters. Campus Health Services is available to students, faculty, staff and the campus community. There are designated parking spaces located directly south of the Nash House, on 16th Street, for individuals visiting Campus Health Services.

Campus Health Services will be closed from Friday, October 4, at 12 noon until Monday, October 14, at 8 a.m. for transition purposes. If there is a medical need between these dates, please contact one of the two offices below:

[Murray Calloway-County Hospital/Murray Medical Associates](#)

300 South 8th Street
Suite 380 West
270.753.0704
Hours 8 a.m. - 5 p.m.; Closed 12 noon - 1 p.m. for lunch
Walk-in clinic is at the same location.

[Village Medical](#)

1000 South 12th Street
270.759.9200

For emergency medical treatment, call 911 or go to the nearest emergency department. MCCH has emergency services located at 803 Poplar Street (the entrance is on 9th Street), Murray, Kentucky.

Allergy shots will be available on Tuesday, October 8, if scheduled in advance with Village Medical. Please schedule at Campus Health Services before 12 noon on Friday, October 4.

Students who are current patients with Village Medical through Campus Health Services may continue their patient experience with Village Medical at 1000 South 12th Street or submit a record request for their records to be transferred to MCCH/MMA to continue to be seen through Health Services. For more information about transferring your medical records, you may learn more [here](#).

Student Hubs Open!



OPEN!

STUDENT HUBS IN
LOWRY!

FIRST-GEN THRIVE LOUNGE

STUDY, RELAX,
GAMES, COMPUTERS,
PRINTER

LOWRY
CENTER
ROOM 2C
(2ND FLOOR)

SEE
YOU
THERE!

MEETING SPACE

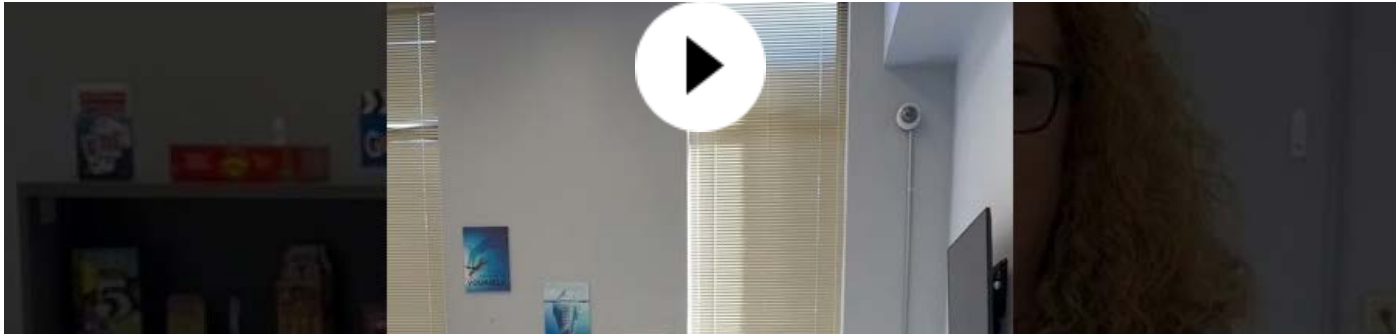
GROUP WORK,
MEETINGS, TEAM
BUILDING



MURRAY STATE
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Student Engagement and Success

The Center for Student Engagement and Success is pleased to remind families and students about the First-Generation Thrive Lounge and Meeting Space located in room 2C of the Lowry Center. The lounge and meeting space provide students with a designated space to minimize distractions, increase productivity, support overall well-being and give students a sense of ownership over their academic journey. Students should expect a welcoming environment to relax, study or find resources to assist them.





Campus Buzz

School of Nursing and Health Professions

The School of Nursing and Health Professions welcomes you to join us during our 2024 Racer Homecoming and 60-Year Celebration of Nursing Excellence!

To catch up on the latest happenings within the School of Nursing and Health Professions, sign up for our monthly newsletter by emailing srudolph5@murraystate.edu.

Join us to celebrate

Homecoming 2024 &
60 Years of Nursing
Saturday, October 19th
Murray, Kentucky



order of events

8:45 am: Parade Lineup

*Questions regarding lineup please contact Dr. Erica Brown at
erowe1@murraystate.edu*

9:30 am: Homecoming Parade Begins

Main Street

9:30 am - 12:00 pm: Brunch and Open House

Come and Go at Mason Hall - Celebrating 60 Years of Nursing

11:00 am - 2:00 pm: Tent City

Come and Go at Roy Stewart Stadium

2:00 pm: Homecoming Football Game

Murray State vs Illinois State

Donations supporting the School of Nursing and Health Professions
along with student scholarships can be made at
www.murraystate.edu/giving



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.

Please contact staff at msu.success@murraystate.edu with questions. Thank you!





Department of Global Languages and Theatre Arts

The Department of Global Languages and Theatre Arts begins its language and theatre season and is excited to announce its October events.

First is our children's show, *Snow White* by Marjorie Sokoloff, on Saturday, October 5, at 2:30 pm in Robert E. Johnson Theatre. This children's show is for preschool to 4th grade students. The Witch was the fairest one of all first, and she will not be silenced any longer! This updated version of the classic story unveils the villain's perspective, from her tragic childhood to her quest for revenge. So, how did the story really go? Join all seven quirky dwarves, a tongue-tied prince, a sassy mirror, a dancing chicken, and Snow White in a tale about beauty, friendship, and happily-ever-afters with a twist.

We will also perform *Steel Magnolias* by Robert Harling on October 24-27 in the Wilson Studio Theatre. For tickets, go to [Universe.com](https://universe.com), Click on Find Events > scroll to Find Events Near You (Murray), or go to our Tickets page at murraystate.edu/theatre.

The action is set in Truvy's beauty salon in Chinquapin, Louisiana, where all the ladies who are "anybody" come to have their hair done. Helped by her eager new assistant, Annelle (who is not sure whether or not she is still married), the outspoken, wise-cracking Truvy dispenses shampoos and free advice to the town's prosperous curmudgeon, Ouiser ("I'm not crazy, I've just been in a bad mood for forty years"); an eccentric millionaire, Miss Clairee, who has a raging sweet tooth; and the local social leader, M'Lynn, whose daughter, Shelby (the prettiest girl in town), is about to marry a "good ole boy." Filled with hilarious repartee and not a few acerbic but humorously revealing verbal collisions, the play moves toward tragedy when, in the second act, the spunky Shelby (who has diabetes) risks pregnancy and forfeits her life. The sudden realization of

their mortality affects the others but also draws on the underlying strength—and love—which give the play and its characters the exceptional quality to make them truly touching, funny, and marvelously amiable company in good times and bad.

On October 25, we will host regional schools in the Curris Center for our annual Global Language Showcase. This regional festival allows language students of all levels to participate in fun, creative events representing a variety of languages and cultures.



Murray State Women's Center

October 2024

Services and Activities Open to All Murray State Students



Breast Cancer Awareness: Paint Party
Oct 1st - 4th from 9 am to 2 pm
Stop in at your convenience to paint a special canvas for someone important to you!



Breast Cancer Awareness: Open House
Oct 16th from 9 am to 2 pm
Shop our bra closet, pick up detection and prevention information on breast cancer and cervical cancer, and enjoy lots of other free items!



Free HIV/Hep C Testing
Oct 22nd From 10 am to 2 pm
LivWell will be back on campus providing testing and free safe sex products!

Parent/Family Member Referral



If you are concerned for your student, please consider submitting a [Parent/Family Member Referral](#). Staff from [Student Engagement and Success](#) will outreach to your student based on the information you provide in the referral form.



Racer Parent Perspective



Midterms and fall break are right around the corner, and students are looking forward to the break! Check in with your student to see how they're doing in their classes, how they're connecting with others socially, and ask if they need anything to enhance their experience. The next two recommendations from Dr. Eric

Kirby's book, *Leading Gen Z: Insights and Strategies for Managing, Parenting, and Teaching Generation Z* are perfect reminders as we get ready for our students to return home for the break!

1. "Align with their interests and preferences: Show genuine interest in their hobbies, music, and social media trends. This strengthens your relationship and keeps you informed about their world, enabling you to offer more relevant and personalized advice." YES! This advice is right on the money. Your student WANTS TO CONNECT WITH YOU! Allowing our kids to share what they like to do is a great way to connect, and it doesn't have to be a one-way exchange. Share what you're interested in too. Maybe since they've been in college you've started a new hobby...include them in your interests! Better yet, plan a trip or activity for fall break that you both will enjoy. You'll forever appreciate the memories you create together.
2. "Guide independence with a supportive hand: Encourage autonomy in your Gen Z child by supporting their endeavors and allowing them to make their own decisions (within reason). Provide a safety net of guidance and advice, letting them know you're there when needed." Again, I say YES! It's tough, but we have to loosen the reins a bit and start letting our students make decisions on their own. That's part of the learning process, and where the growth and maturity come from. It's important to be there for our (adult) children if and when they need You'll be rewarded time and time again as you witness their confidence growing!

When I said that students are looking forward to fall break, I meant it. For most, a routine has been established and they're settled. That being said, as the semester has progressed, the workload has increased. Your student may be feeling a little overwhelmed by the work. If we can help, please let us 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).*

Midterm Grades



Midterm grades are due October 16 and will be posted in myGate and Starfish for students to review and take action as necessary. Please encourage your student to review grades. Let us know in [Student Engagement and Success](mailto:msu.success@murraystate.edu) (msu.success@murraystate.edu) how we can help. We'll also be outreaching to students about this important academic information.

Free Tutoring



Learn about free tutoring at www.murraystate.edu/tutoring

Free Tutoring in Lowry!

In-person and online Penji sessions available for Fall 2024 in the following subjects:

Study Skills

ACC 200

AST 115/116

BIO to 300

CHE 101, 105, 111, 201, 210, 215,
310, 311, 320, 325

CIV 201, 202

CSC 101, 199, 145

ECO 230, 231



EES 110

FIN 230, 330

LST 240

MAT to 250

PHI 202

PHY to 236

POL 140

PSY 180

SOC 133

SPA 101, 102, 201

Scan the QR code to see a schedule for each subject and for other campus tutoring options. Contact Sarah Williams (swilliams85@murraystate.edu) with questions.



MURRAY STATE
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Student Engagement and Success

Career Services



TWO-DAY

CAREER EXPO

PROFESSIONAL DRESS REQUIRED

LOCATED AT THE CFSB CENTER



COMPLIMENTARY TROLLEY SERVICE



Equal education and employment opportunities MFD, AAEC, 504

ALL MAJORS CAREER AND GRAD SCHOOL FAIR

October 1 | 2–5 p.m.

Attendees will receive a \$40 Murray State graduate school application fee waiver.

STEM AND OSH FAIR

October 2 | 2–5 p.m.

- Hundreds of organizations seeking students for internships and full time positions
- Over 30 industries represented
- Vast networking opportunities
- Graduate school opportunities
- **FREE** professional headshots on-site
- Career Fair tours available for first-time attendees
- Complimentary trolley service available (stops located at the CFSB Center and Curris Center)
- For freshmen and sophomores — network and ask about internships
- For juniors and seniors — secure employment after graduation



MURRAY STATE
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Career Services



Scan to access list of attending organizations

[murraystate.
joinhandshake.com](https://murraystate.joinhandshake.com)

Multiple Career Fairs happening in October!

Your students will have multiple opportunities to connect with prospective employers all throughout the month of October. These events are incredibly valuable to students interested in internships, full-time opportunities, and graduate schools:

- Tuesday, October 1: [All Majors/Grad School Fair](#) (2:00pm - 5:00pm) / CFSB Center*
- Wednesday, October 2: [STEM/OSH Fair](#) (2:00pm - 5:00pm) / CFSB Center*
- Wednesday, October 16: [Agricultural Fair](#) (9:00am-noon) / Curris Center Ballrooms
- Monday, October 21: [Teacher Career Fair](#) (9:00am - noon) / Curris Center Ballrooms

We recommend ALL years attend fairs, as it gives freshmen and sophomores ample opportunities to build their network early on in their college career. Professional dress is required for attendance.

*Career Services will be running a shuttle between the Curris Center and the CFSB Center for the duration of these events.

Career Fair Tours are Back

Career Services is happy to continue the Career Fair tour initiative, which originally started last fall. These tours are a low-impact way for students to check out the career fairs in a guided environment. These tours are open to ANY student who may be nervous about attending the fair, and there is no dress code for tours. This is a GREAT resource for freshmen or students who have never attended a fair and might be nervous. [Students may RSVP at this link](#)

For questions about the Career Fairs or related information, please contact Career Services at msu.careerservices@murraystate.edu!

Mental Health and Emotional Well-Being



**People will
come and go in life,
but the person in the
mirror will be there
forever. So be good
to yourself.**



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



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

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 <--

Fall Break is October 10-11, 2024. Enjoy!



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

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