



**MURRAY STATE**  
UNIVERSITY

We are Racers.



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



**Be Racer Ready to Register!**  
**6th Annual First-Generation Celebration**  
**Campus Buzz**  
**Mental Health and Well-being Resources**  
**& So Much More!**

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**Encourage Your Student to Be Racer Ready to**

# Register!



Registration season for spring 2025 opens November 1 and the week of November 4 and winter term registration opens on October 28. Encourage your student to:

- Connect with their academic advisor about academic and career goals
- Resolve any holds that may prevent registering
- Prepare their schedule now by viewing the spring 2025 course list on [myGate](#).
- Attend the Ready, Set Register event on October 23 - see details below.

**Don't delay - take action today!**

Racers! 

# READY, SET REGISTER!

Prepare for Advanced Scheduling  
and Clear Your Registration Holds

**WEDNESDAY**

23 OCTOBER, 2024



**OPEN AT**

2:00 PM - 4:00 PM



**LOWRY CENTER**

1ST AND 2ND FLOORS



For More Information, Email  
[msu.success@murraystate.edu](mailto:msu.success@murraystate.edu)

**JOIN US!**



**MURRAY STATE  
UNIVERSITY**

Student Engagement and Success

## Midterm Grades

Awareness >>> Analysis >>> Action



*The following will be shared with students with midterm grade concerns. Please encourage your student to review their midterm grades and take action as necessary.*

It is possible to recover from a disappointing midterm grade. With a little positivity, analysis, and hard work, you can lift yourself out of a poor grade situation. The following tips can help:

### **Don't dwell on your bad midterm grade**

You earned a bad grade on an important test—now you need to accept it and move on. Don't waste time dwelling on your midterm grade; instead, work to fix the problem going forward. You can take an evening to drown your disappointment in a pint of Ben and Jerry's, but after that, focus on recovering from your subpar grade. Don't let this setback deter you from earning good grades.

### **Identify problem subject areas**

To move forward, you'll need to have a plan. The first thing you need to do is figure out what you need help with specifically. What particular content areas gave you trouble? Were you underprepared, or did you mistakenly think you understood the information? Did you make careless mistakes? Do you need help with [time management](#) or [study skills](#)? A tool that you may find helpful for this is an "exam wrapper." [Exam wrappers](#) are questionnaires that help you identify problem areas on exams and identify ways you can improve your preparation for the next one. For example, if you received a C on your college algebra midterm, an exam wrapper could help you identify that quadratic equations and augmented matrices are the concepts in which you are weakest.

### **Seek academic help**

Don't be afraid to ask for help when you need it. If you do poorly on your midterm, you might want to make an appointment to see your professor. He or she can help you further identify your problem areas and can help explain the concepts that you do not understand. In addition, he or she may also suggest avenues for bringing up your grade, whether it's an extra paper or an extra credit project. Is your chemistry grade less than ideal? You may also want to seek out [FREE TUTORING](#) where a peer can provide individualized attention you may not receive in a college lecture hall. Don't be afraid to [seek out a study group](#) or tutorials, as well.

Connect with your [academic advisor](#) and have a discussion about your midterm grades. They can also talk with you about W-drop deadlines as well as GPA and coursework requirements for your degree.

### **10 Steps to Earning Awesome Grades**

In Thomas Frank's book *10 Steps to Earning Awesome Grades (While Studying Less)*, you'll learn how to do just that. The **book is completely for free**. Enter your email on the author's [website](#) to access your free copy.

### **Prioritize your tasks and manage your time**

Figure out what you need to do to improve your grade—then do it. Although you should take time to eat, sleep, and otherwise take care of yourself, remember that you still have a relatively short period of time to buckle down and improve your grade before the semester ends. Evaluate your schedule and other commitments, and prioritize accordingly in order to reach your goal.

### **Don't give up**

Bombing a midterm is not the end of the world. As F. Scott Fitzgerald said, "Never confuse a single defeat with a final defeat." There are always opportunities to learn from and improve on a bad grade. The second half of the term is a very short amount of time in the grand scheme of things. Keep at it—you can do it!

### **Still Time to Recover**

Even though you may have fallen short on your midterm, there is still time to recover. Believe it or not, this is a common occurrence, and it is important to move forward confidently. Accept what happened, figure out what you need help with, manage your remaining time, and stay focused through the end of the semester. A poor grade can help you develop necessary time management skills and lead you to find your balance between your social life and academic responsibilities. ([Varsity Tutors](#))



# FIRST-GEN CELEBRATION



FACES OF FIRST-GEN  
FELLOWSHIP | REFRESHMENTS

**NOVEMBER 6, 2024**  
**3:30-4:30 pm**

**First-Gen Thrive Lounge | Lowry | 2nd Floor**

All are welcome! Email [msu.success@murraystate.edu](mailto:msu.success@murraystate.edu) with questions.



**MURRAY STATE**  
UNIVERSITY  
Student Engagement and Success



**6th Annual First-Generation Celebration**



Murray State's 6th Annual First-Generation Celebration will be held on Nov. 6 from 3:30-4:30 pm in the First-Gen Thrive Lounge (2C Lowry Center). November 8 is the annual date for the National First-Generation College Celebration. At the MSU event, we'll unveil the Faces of First-Gen meeting space, celebrate first-gen students, faculty and staff, recognize the recipient of the first-gen scholarships and the scholarship donors and enjoy conversations and light refreshments. A first-generation college student is someone whose parents have not completed a 4-year degree at a college or university. Over 40% of MSU's undergraduate population is first-generation. Please contact Peggy Whaley ([pwhaley@murraystate.edu](mailto:pwhaley@murraystate.edu)) or Jennifer Smith ([jsmith143@murraystate.edu](mailto:jsmith143@murraystate.edu)) with questions.



**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



**Deadline:** February 3, 2025  
Learn More: [murraystate.edu/scholarships](http://murraystate.edu/scholarships)



Read more information at [murraystate.edu/scholarships](https://murraystate.edu/scholarships)

★★★★★★★★★★★★★★★★★★★★

Founded in September 2013, the Murray State Model UN Club has competed regionally and nationally, developing students' skills in diplomacy, public speaking, and problem-solving. The club addresses global issues like climate change and nuclear nonproliferation, with members consistently earning awards for their diplomacy and writing. Mary Huffman, a senior International Studies and French Major explains: "Joining Model United Nations (Model UN) as a Sophomore has easily been one of the best decisions of my college career. As an International Studies major, my field is obviously related to Model UN, but my favorite thing about Model UN (and our team in particular) is that there is a place for everyone, regardless of interests, disciplines, or experience levels. My experiences with the team have made me into a more confident person and communicator as well as a more engaged and eager student. I've made invaluable connections with professional diplomats, professors, and of course, peers who I really believe will change the world someday."





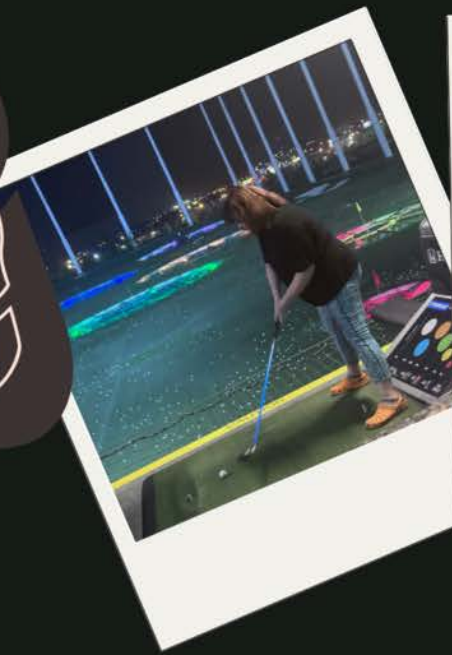
## COOPER & KEENE PRESENT AT KOSS CONFERENCE 2024

MeLissa Cooper, Director of TRIO SSS and Stephen Keene, Program Advisor of TRIO SSS were presenters at the 2024 KY Organization for Student Success Conference at Boone Tavern in September 2024. Their presentation on *Innovative & Interactive Strategies to Engage Participant Involvement in Book Clubs* was very well received by student success advocates and student affairs professionals from across the state of KY. The session highlighted Cooper & Keene's Books Alive experiential learning model which provides opportunities for student to read a book, then participate in a mobile classroom that focuses on elements of the material read.





# Nashville Takeover



TRIO Student Support Services participants attended a Mobile Classroom experience with staff during Fall Break, October 10-11. The group went to Nashville and experienced a tour of the Country Music Hall of Fame and Studio B Tour which was home to several famous country artists including Charley Pride, Dolly Parton and Elvis! Students also enjoyed TopGolf Nashville and a graduate school presentation at Middle Tennessee State University.





## Senior Andriah Hawthorne chosen for prestigious ASHA Minority Student Leadership Program

Andriah Hawthorne, a senior communication disorders student from Paducah, Kentucky, has been chosen as one of 40 participants in this year's American Speech-Language-Hearing Association (ASHA) Minority Student Leadership Program in Seattle, Washington. [Read More](#)

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## 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.

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## Mental Health and Emotional Well-Being





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](mailto:msu.success@murraystate.edu) with questions.

### **[College Student Mental Health Checklist](#)**



## 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/R/D, AA employer.

## Racer Parent Perspective



Midterm grades have been given and students are forging ahead. If their midterm grades aren't what they'd hoped, now is the time they'll hopefully reach out to their instructors and academic advisors for help. You may be wondering how you can help.

A couple of ways for parents to help their student are next on the list from Dr. Eric Kirby's book, Leading Gen Z. Let's continue our reading:

1. "Cultivate trust and respect: Build a foundation of trust by respecting their opinions, valuing their privacy, and being consistent and reliable in your actions. Trust is reciprocal; showing trust in your children encourages them to place their trust in you." This is sometimes a difficult skill to learn as a parent, and as a student. Your college-aged student is still your child, but we cannot treat them like children any longer. They are adults, making grown-up decisions about their education. Listen to them, support them. It does get easier. I've said it before...they will make mistakes and learn things

the hard way, but they will learn. We have to let them.

2. “Model positive behavior: Demonstrate the values of integrity, empathy, and compassion in your daily life. Let your actions reflect the principles you wish to instill in your children, such as healthy communication habits, empathy towards others, and a commitment to personal growth.” The recommendation shared by the author here is a good reminder for us all. We never know what someone else is going through in their day to day life. Treating others with kindness and compassion is key to building healthy relationships with others. It is also key to treating ourselves with kindness. When we model positive behaviors for our students, they are more likely to use those behaviors in their lives.

The Center for Student Engagement and Success is here to help too! If your student isn't quite sure how to strategize the remainder of the semester for success, send them our way. We will work with your student to develop a manageable plan of action, and help them work that plan to see the results they want!

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).

## 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/raceralert](http://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/raceralet](http://murraystate.edu/raceralet) <--

## Health Services on Campus

**Campus Health Services** is now operated by Murray-Calloway County Hospital (MCCH)/Murray Medical Associates (MMA).

[Campus Health Services](#) serves as a satellite location for MCCH/MMA and is located on the 1st floor of Wells Hall (on the Quad side). There are designated parking spaces located directly south of the Nash House, on 16th Street, for individuals visiting Campus Health Services. [Campus Map](#).

The hours are 8 a.m. – 4:30 p.m. Monday through Friday (closed 12:30 p.m. – 1:30 p.m. for lunch) for the fall and spring semesters.

Campus Health Services is available to students, faculty, staff and the campus community.

**Allergy shots:** Please call MMA at 270.753.0704 to schedule your allergy shot, unless you have arranged to continue to receive your allergy shot from Village Medical (former provider for health services on campus).

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](#).

Please contact the Office of Student Affairs at 270.809.6831 if you have any questions.

**Health Services**  
**Read More**



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



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View this email [online](#).

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