**Parent & Family NEWSLETTER**

**October 2015**

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**DATES & DEADLINES**

- **Oct 1** Construction & Concrete Industries [Career Fair](#)
- **Oct 2** Second Tuition Installment Due
- **Oct 7** Withdrawal Deadline for First 8 Week Classes
- **Oct 8** Registration for Spring 2016 Begins
- **Oct 9** December Graduation Application Deadline
- **Oct 9** Flu Shot Fridays Begin
- **Oct 12** Second 8 Week Registration
- **Oct 13** Midterms Begin
- **Oct 13** Second 8 Week Classes Begin
- **Oct 25** Last Day to Drop a Full Term Class

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**PERFORMANCES, EVENTS & SPORTS**

- **Oct 1-31** Disability Awareness Month
- **Oct 6** Yakona Film Screening
- **Oct 7** Chad Ibison, Classical Guitarist
- **Oct 10** Sacred Springs Powwow
- **Oct 16** St. Edwards vs. Texas State [Softball](#)
- **Oct 24** South Alabama vs. Texas State [Football](#)
- **Oct 31** Troy vs. Texas State [Women's Volleyball](#)

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**Texas State**

**Parent and Family Relations**

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Family Weekend 2015 Recap

Thank you to all of our students, parents, families, staff and sponsors that joined us for Family Weekend! We could not have been as successful without you!

This year we hosted over 1,800 attendees for Family Weekend, a record-setting number. We served over 1,000 guests at dinner and over 1,200 at our tailgate!

The Parent and Family Relations team really enjoyed spending the weekend with all of you, and we hope to see you again at our next Family Weekend.

Thanks again for making this year's Family Weekend one to remember!

Family Association Scholarships

One of the many important opportunities that Family Association provides for students are the four endowed Family Association scholarships. Through the support of memberships and donations by parents and families like you, Family Association is able to award deserving students with recognition and financial assistance.

Several of this year’s scholarship recipients were able to join us at our Family Weekend breakfast event. This year’s winners are Samantha Carpio, Jamie Granzezza (pictured), Brianna King (pictured), Jasmine Pullam, David Guzman (pictured), Meagan Jurica, Taylor Baugard, Brook Phillips (pictured). Their families were also invited to join and honor their achievements. Students received a special congratulations from President Trauth who was also in attendance.

Congratulations once again to this year’s Family Association scholarship winners!!

In addition to scholarships, the Family Association also provides a $2000 and $1000 tuition raffle prize. The winners were drawn at the Family Weekend breakfast. This year’s winners are Alexis Pinzon Reyes and Anna Slade! Congratulations! You can help support Family Association scholarships by joining or renewing your membership.

Midterm week is October 12-16

Career Fairs

The Career Services department at Texas State is dedicated to providing students with leading practices that encourage growth in their career development and progression. One of the many ways that Career Services fosters this development is through hosting on campus career fairs.

There will be four career fairs in the month of October alone. These events include Construction & Concrete Industries Career Fair, Microsoft Career and Diversity Day, Community & Global Impact Career Fair and Mass Communication Career Fair.

Students who attend these events are able to network and interview with representatives from those fields. It is an excellent opportunity for your students to ask questions directly to companies and to stay up to date with trends in best practices.

If your student would like help polishing off their resume before a fair, a Career Advisor in Career Services would be happy to assist!
Sacred Springs Powwow

The city of San Marcos and it’s surrounding areas have been rich with Native American culture for thousands of years. On October 10, the Sacred Springs Powwow will be held to honor and celebrate that history.

A powwow is a festival celebrating Native American culture with drums, dancers, Native foods and arts and crafts.

Events will include a Native Culture Tent with flute players, storytellers and White Shaman panel presentations. The powwow schedule is also packed with traditional dances and contests.

The powwow is held at the Meadows Center at the head of Spring Lake, a sacred site for Native Americans.

Midterms and How To Deal

Midterms are approaching quickly and can often cause added stress and anxiety onto our students. Students have cited anxiety and depression as one of the top impediments to their academic performance. Unfortunately, 40% of students struggling with mental health conditions do not seek help from on campus counseling centers.

And the number one barrier preventing students from seeking help is.....? Stigma. Students are embarrassed and fear for what their peers and professors may think. Along with stigma, students are also worried about possible disciplinary action from the school, and that their medical information will not remain confidential.

As parents, families and mentors to our students, we must encourage them to understand that it is healthy to seek support. It is healthy for our students to communicate and articulate their concerns with the systems of support on campus that are put in place specifically for them.

How To DEAL (Develop Effective Approaches for Life) is one of the many programs offered by the Texas State Counseling Center. These free, 50 minutes workshops are offered throughout the semester and are facilitated by Counseling Center Professional staff. The first full week of October will have 3 workshops on mood management, understanding your temperament and getting a jump on finals.

The Counseling Center also provides stress reduction workshops throughout the year. Students who participate in these workshops can expect to have more effective control of their emotional stress reactions, improve their mental functioning and concentration, and reduce the harmful physiological effects of stress.

Some tips from the Counseling Center for midterm exams include creating a study schedule, reviewing previous exams, reviewing notes and text readings, and relaxing. Midterms are not a time to panic. Make sure to eat well and get plenty of sleep.

As a family member, how can I support my student? A healthy balance of support and guidance are key. Know when to step in or when to give your student space. The important thing is that you are encouraging, and that your students feel supported and backed by you.