

Family Newsletter

ATHLETICS

www.salemstatevikings.com

978.542.7260

Orange Pride Incentive Program

Attention viking superfans: Wear your orange pride to any viking home game and you will be entered into a free drawing for a \$10 Sammy's Roast Beef gift card. Fans must be wearing a predominantly orange top to be entered. The full schedule of matches can be found on our website at salemstatevikings.com

Save the Date

The 2015 VeSPY Awards will be held Wednesday, April 29, 7 pm in Veterans Hall. This event celebrates the best of the year in viking sports and is open to all. Join us as we honor our student athletes and coaches!

Join Viking Nation On Social Media

Like us on Facebook-SSC Vikings

Follow us on Twitter-@SSUvikings



Gassett Fitness and Recreation Center

kjanos@salemstate.edu

salemstatevikings.com (Fitness Center page)

Membership

Membership is covered by student fees. Admittance is granted upon successful completion of the registration form at initial visit and presentation of a valid ClipperCard.

Facility Hours—Academic Year

Monday–Thursday, 6 am–10 pm

Friday, 6 am–8 pm

Saturday, 9 am–8 pm

Sunday, 12 pm–10 pm



Gassett after Dark

Each month during the academic year (September–November, February–April) the Gassett Fitness Center sponsors “Gassett after Dark” activities and the fitness center is open until midnight on select Friday nights. Events range from bubbleball soccer and blacklight dodgeball to basketball skills challenges and espresso bike races. Each Salem State student can bring up to two guests for free on these nights! All guests must be at least 18 years of age with a government issued ID. Prizes and giveaways are provided at all events.

Group Exercise Program

We offer 23 classes per week with formats ranging from Bootcamp, Yoga and Zumba®, to indoor surfing and hip hop! Classes are free with a Gassett Fitness Center membership and class passes can be picked up at the front desk before every class to guarantee a spot in the class.

Personal Training

Our personal training services provide students the opportunity to work individually or with a “buddy” in order to achieve their personal health and fitness goals. Our nationally certified trainers are motivated to provide individuals with the information and instruction needed and specialize in strength, cardiovascular, functional, and sport-specific training plus much more! All sessions are 60 minutes in length and start as low as \$20 per session for individual packages and \$30 per session for buddy packages.

Intramural and Club Sports

The Gasset Fitness and Recreation Center offers intramural and club sport opportunities for interested students. Individual and team activities are available, as well as special events, so there is sure to be something for everyone. Students interested in participating in our intramural sports program can register today with imleagues.com/ssu. If students are interested in participating in or creating a club sport that we do not currently offer, they should contact the Gasset Fitness Center to discuss the process for forming a new club.

Make a gift in honor of your student!

A charitable donation made to Salem State is just one more way to support your student by enhancing their overall educational experience while at the university. You may wish to make a gift simply in honor of your student or perhaps make a more lasting gift with the purchase of a brick to be installed at Alumni Plaza. Visit saalemstatereasons.com for general gifts or saalemstate.edu/alumni/brick for information on the brick program.



CREATIVE AND PERFORMING ARTS EVENTS

Always free with your student ID!

Did you know that the Center for Creative and Performing Arts sponsors about 100 arts events on campus each academic year? You can get event details online at saalemstate.edu/arts or stop by Meier Hall, room 100A to pick up a copy of the Artsview newsletter. Take time for art!

SAVE THE DATE

for these upcoming events geared towards providing students with resources to find their next destination.

Career Prep Week

Monday, February 23 - Friday, February 27

A series of programs will be held throughout the week to prepare students for the annual career fair and beyond!

Annual Career Fair

Gasset Fitness Center Gym

Monday, March 2, 2015

10:30 am-1:30 pm

Please bring your updated resume!

All students and alumni are invited to check out tables from various industries. It does not matter if they are looking for an internship, a serious career opportunity or just to browse around to see what jobs are available in today's market, the annual career fair is a great opportunity for everyone on campus!

The company's representative will be able to answer questions about jobs in their industry and give suggestions about job opportunities and careers. It is also a chance for many students to talk to professionals about themselves and get some experience in interview-like situations. Students should come to the event prepared, so they can get the most out of the experience.

On-Campus Interviews

Monday, March 9–Friday, April 17

(except during spring break)

The Boston Celtics, Enterprise Holdings, Fastenal, and South Bay Mental Health are already confirmed to host on-campus interviews for internships and/or full-time opportunities.

Students and alumni can log into CSO (Career Services Online) for details about on-campus interviews and other employer events this spring, to register for these events, search for opportunities, and to view the most current information.

If you work for an organization that has internship and/or full-time opportunities for our students and alumni, we would love to hear from you. Please contact our office or log into CSO to create an account, post opportunities and register for events. Click here today!

Are your students ready to GoPro?

This spring, career services will be offering two concurrent sessions of GoPro!, a free seven week, one-credit career readiness course that is open to all undergraduate students at Salem State University. Students have the option to take the class for credit or attend any one of the seven sessions for personal career development. The class features a new career topic every week and is facilitated by members of the career services team.

For three semesters, students have been able to explore topics such as career exploration, resume and cover letter writing, interviewing, networking, and conducting a successful job search. This past fall a total of 52 students participated, an exponential increase from previous semesters.

A unique feature of this course is that students also have the opportunity to hear from employer guest speakers to get an inside perspective on a career-related topic. On December 3, two presenters from The Advocator Group, a nationwide advocacy organization dedicated to helping individuals apply for and obtain Social Security Disability Insurance, presented on networking.

Many students who participated provided positive feedback about the course. One student accounted for the high level of interest because "this is something that Salem State students have needed." Career services, through the GoPro! class and our many other services, teaches students how to build and develop career skills which will help prepare them for a successful career.

Please encourage your student to take advantage of this opportunity, not only to earn academic credit, but also to help establish a solid foundation as they begin to explore career options and search for an internship or a job. Your student can inquire about the class by e-mailing Janet Neely, associate director of career services at jneely@salemstate.edu.

ACADEMIC ADVISING

We would like to remind you that in addition to your faculty advisor from your academic major, you have an academic advisor at the center for academic excellence (CAE) assigned to you according to your last name and specialty listed below:

A-Chz—Carmen Amado

Ci-E and Summer Bridge Academy program students—Darius Gregory

F-J and Summer Bridge Academy program students—Daphnee Georges

K-Mcz—Alix Gordon

Md-R—Anne-Marie O'Keefe

S-Z and veterans—Melissa Thayer

Undeclared students—Barbara Tierney

Student Support Services/TRIO—Ivan Pina and Kevin Linton

Honors Program students—Joanna Gonsalves

Please be advised that our office is open Monday–Friday, 8:30 am–5 pm. Appointments are strongly encouraged.

Advising Period

salemstate.edu/advising

978.542.7049

The advising period begins on Wednesday, March 11 and continues through Tuesday, March 31. All students should meet with their faculty advisor during this time to review their academic requirements, discuss the new general education requirements and select their courses for the fall semester. General advising questions can be directed to the academic advising office at 978.542.7049.

Before the advising period begins, all students are encouraged to check their status in Navigator to be sure there are no holds on their account which may delay their ability to register for courses. Registration for fall semester day courses begins on Tuesday, March 31 at 7 am for seniors; Wednesday, April 1 at 7 am for juniors; Thursday, April 2 at 7 am for sophomores; and Friday, April 3 at 7 am for first year students.

Registration for summer courses begins on Monday, March 2 at 8:30 am.



Salem State MAP-Works Scholarship

All first year students are eligible to submit an application for the Salem State University MAPWorks Scholarship when the spring survey is complete. All eligible applications will receive an invitation in the spring semester. A total of ten (10) \$500 scholarships are awarded annually.

Orange and Blue Brigade Students can get involved with our student volunteer group focused on educating and promoting MAP-Works throughout campus, spreading some viking pride, developing leadership skills, and providing students a great opportunity to meet some great people! (limited work study positions are also available)

Educational Records and Your Privacy

The Family Educational Rights and Privacy Act (FERPA) ensures the confidentiality of students' education records and restricts the disclosure of their information to third parties, including parents or other family members. If students want to share any information about their educational record with parents, they will need to complete a FERPA release and bring it into the student navigation center with a photo ID. The form can be downloaded at salemstate.edu/studentform. To find out more about students' rights under FERPA, please visit salemstate.edu/ferpa to read the full FERPA policy.

JOIN THE PARENTS COUNCIL

One of our outreach efforts for families is the parents council. This group serves as a fun forum for parents to communicate ideas, questions and concerns to the university. The council is a sounding board for the divisions of enrollment management and student life and institutional advancement when planning family activities and programs. Our informal group meets monthly on Thursday evenings on campus, over dinner.

The parents council also promotes several activities throughout the year, where parents are invited to campus to attend free events with their students and/or to network with other parents. We invite parents to join this group and/or participate in our parent activities throughout the year. Highlights from past parent networking events include:

- Welcoming new parents on move-in day
- Participating in the family and friends weekend carnival
- Fall parent networking event—featuring an art gallery reception, pre-show panel discussion and attending the university theater production
- Winter family day—featuring brunch on campus, plus home hockey and basketball games
- Spring family days—featuring meals on campus, several home athletic events, the university theatre production, and a student dance recital

For more information about the parents council, please contact Wendy Davison from institutional advancement at wdavison@salemstate.edu, or Bruce Perry from enrollment management and student life at bperry@salemstate.edu

My Activities Portfolio

My Activities Portfolio (MAP) is available through Navigator. This unique program is your student's opportunity to create a personalized, online record of their co-curricular activities and the skills they develop through these experiences. In addition, it can also be used to explore future involvement decisions. This quick and easy, step-by-step process provides students with two useful documents: an activities portfolio of their involvement on campus and a skills portfolio showing what they have learned through these opportunities. These documents can be used as the basis for creating a resume and to help students learn to tell their own story in interview situations.

The program is self-guiding and self-directed, but requires the participation of a faculty, administrator and/or staff activities advisor to verify the accuracy of the information entered.

For more information, contact Bruce Perry, assistant dean, enrollment management and student life, at bperry@salemstate.edu.

Spring Family Day

Save the date! Families are invited to join the parent council for a variety of activities on Saturday, April 25 to celebrate the end of the academic year. Among the events scheduled are the following:

- Men's baseball vs. Fitchburg at 12 pm
- Women's softball vs. Fitchburg at 12 pm
- Men's baseball vs. Fitchburg at 2 pm
- Women's softball vs. Fitchburg at 2 pm
- Family dinner, Marsh Dining Hall at 5-6:30 pm
- Men's lacrosse vs. Keene State at 6 pm
- Silver Lining dance ensemble concert, Multipurpose Gym at 7:30 pm
- Theater production: Spring Awakening, Callan Studio Theatre at 7:30 pm Mature subject matter—not appropriate for children

Email Parents&Family@salemstate.edu to make a reservation for free admission to any of these spring family day events or contact Wendy Davison from institutional advancement at wdavison@salemstate.edu or Bruce Perry from enrollment management and student life at bperry@salemstate.edu to join the parents council.



Like us on Facebook

Keep up with campus news through the parents and family Facebook, SSU Parents and Family! Look for other regular communications such as the monthly Parent E-Briefs or these quarterly newsletters. There are a wealth of resources and dedicated members of our community who are here to support your student. We want to partner with you to help your student succeed and achieve their goals. We encourage you to work with your student to help them take advantage of the wide array of resources available at the university and to help them learn to access these services for themselves. If we can assist in supporting your student and/or your family, please contact either of Wendy Davison (978.542.2603) or Bruce Perry (978.542.6435) or email parents&family@salemstate.edu.

Connect With Us on Social Media!

Facebook

- Salem State University (official main page)
- Salem State Undergraduate Admissions
- Salem State University Graduate School
- Salem State University Alumni Association
- Salem State University Vikings (athletics)
- Salem State University Library
- Salem State University Center for the Arts
- Salem State University Center for Diversity and Cultural Enrichment
- Bertolon School of Business at Salem State
- Salem State University Parents and Families
- Salem State Veteran's Affairs
- First Year Success at Salem State
- ClipperCard at Salem State
- MAP-Works at Salem State
- Gassett Fitness Center

Student Life

- Salem State University Residence Life
- Salem State University Superfan
- Student Involvement and Activities

Programs

- Salem State History Department
- Salem State Theatre and Speech Communication Department
- Salem State English Department (group)
- Salem State Math Department (group)
- Salem State Sociology Department
- Salem State Geography Department

Twitter

- @SalemState
- @SSUPresidentPat
- @SSUAdmissions
- @SalemStateGrad
- @LifeatSSU
- @SalemStateAlum
- @SSUVikings
- @SSUCAE (Center for Academic Excellence)
- @SSUCareer
- @SSUVikingFit (Gassett Fitness Center)
- @SSUMapWorks
- @SSUTechnology
- @SalemStateArts
- @SSUDiversity
- @SSU_ClipperCard
- @SSUECC (student involvement and activities)
- @FYSuccess
- @SSUreslife
- @SSUreslifeprog