



LIVE ON FAMILY NEWS

For the families of students living on campus at Michigan State University



ON-CAMPUS HOUSING SIGN-UP

As we begin to head into warmer weather, the changing seasons serve as a reminder that on-campus housing sign-up is in full swing, but the option to sign up online will soon come to an end. Online sign-up is available through April 20, so there is still time to secure a spot in one of MSU's five unique neighborhoods. Encourage your student to get out and research the modern marvel that is Brody, the tranquility of River Trail, the picturesque North, the Towers of East and the Spartan-centric South neighborhoods. They won't want to miss their chance to experience all that on-campus living has to offer!

What do we have to offer your student?

- Fitness centers, quiet and alcohol-free floors and community kitchens
- Study spaces for academic needs and entertainment areas for breaks from studying
- Engagement centers featuring academic advising, tutoring and resources for success
- The ability to choose roommates; gender is a non-issue
- A variety of healthy and tasty dining options at one of our nine dining halls or many retail venues
- Modern apartments at 1855 Place and University Village, with sign-up preference given to our on-campus residents
- Proximity to campus that no house or off-campus apartment can beat

The deadline to sign up online for on-campus housing is April 20.

After April 20, students should contact the Housing Assignments Office if interested in reserving a space. The office is available Monday through Friday, 8 a.m. to 5 p.m. to answer any question your student or you may have. The most efficient process is to have your student call them at 514-884-5483 or visit the office at 1855 Place (550 S. Harrison Road) on the first floor to speak to a housing specialist.

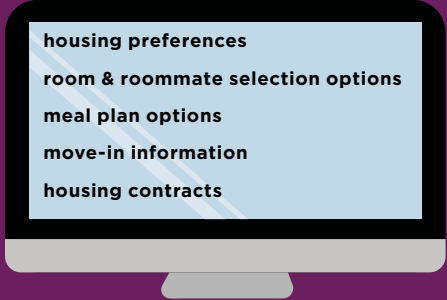
DID YOU KNOW?

Sophomores who lived on campus between 2011-2016 had a

HIGHER GPA

than those who did not.

MSU's *iLiveOn* Portal is the resource for everything related to on-campus housing.



- housing preferences
- room & roommate selection options
- meal plan options
- move-in information
- housing contracts

Once your student is registered, they'll receive email updates to their @msu.edu email address.



There is still time to sign up for a space on campus for the 2018-19 academic year. The incoming freshmen class will begin choosing their rooms soon limiting space, so encourage your student to sign up today!

CALENDAR OF EVENTS

MARCH 5-9: Spring Break

MARCH 20: On-campus Hiring Fair

MARCH 26: Summer semester class enrollment

APRIL 2: Summer semester online housing sign-up begins

APRIL 17-MAY 8: Pack Up. Pitch In. Help Out.

APRIL 20: Online housing sign-up for 2018-19 academic year ends; contact the Housing Assignments Office to sign-up after this date

APRIL 27: Spring semester classes end

APRIL 30-MAY 4: Final exams

MAY 4: Students must be out of residence halls by 8 p.m. (Tip: late-stay requests and forwarding address information should be submitted via the iLiveOn portal.)

MAY 4-6: Spring semester commencements

MAY 14: Summer semester classes begin

AUGUST 27: Returning student move-in

AUGUST 29: Fall semester classes begin

OCTOBER: 2019-20 housing sign-up information shared with students

MID TO LATE OCTOBER: Priority sign-up for returning students begins. (Tip: students who live on campus their second year are more likely to obtain an on-campus apartment the following year.)



ENJOY THE GREATER LANSING AREA

Looking for the ultimate spring checklist? Stop Googling “fun things to do in Lansing” and encourage your student to get outside and catch some fresh air with these fun activities close to their on-campus home:

ARTS & THEATER

Broad Art Museum
Wharton Center for Performing Arts
Greater Lansing Ballet Company
Lansing Art Gallery & Education Center
Lansing Symphony Orchestra



SPAS & WELLNESS

ALIVE: Your Community Well-Being Place
All Body Kneads
Michigan Athletic Club
Hannah Community Center
Douglas J Salon & Day Spa & Institute
Spartan Dance & Fit Center



ATTRACTIONS & MUSEUMS

Abrams Planetarium
Impression 5 Science Center
Malcolm X Homesite Marker
Michigan Vietnam Veterans Memorial
Michigan Women's Historical Center & Hall of Fame

PARKS, TRAILS & GARDENS

Anderson Park MTB Trail
Granger Meadows Park/Valley Farms Park
Harris Nature Center
Michigan Wildlife Conservancy/
Bengel Wildlife Center
Potter Park Zoo
Woldumar Nature Center



SPORTS & ENTERTAINMENT

Forest Akers Golf Course
MSU Tennis Center
Demmer Shooting Sports & Training Center
Breakout Escape Rooms
District5 Extreme Air Sports
Lansing Roller Derby
Derby Vixens



SPRING BREAK HOURS AND OPERATIONS

Michigan State's spring break is March 5-9. If your student decides to stay on campus, there are a few changes to operations they may want to be aware of.

- Residence halls will remain open. The primary hall service centers will be open 7 a.m. to 7 p.m., March 3-10. RAs will be on duty 7 p.m. to 7 a.m. as well.
- Residence halls will limit entrance to the main door of the hall.
- Brody Square, The Edge at Akers, The Gallery at Snyder/Phillips, Riverwalk Market at Owen Hall and South Pointe at Case Hall will remain open during the break. All dining halls, minus Holden, will reopen at various times Sunday, March 11.
- If students have questions about when their dining hall will operate, they can visit eatatstate.com for more information.

Below is a list of service centers operating during break:

West Akers	East Wilson
North Hubbard	Holden
West Holmes	North Case
East McDonel	North Wonders
Owen	Brody Hall
West Shaw	1705 University Village
Snyder	479 Ivy Ct. 1805
Landon	

If students have further questions regarding spring break operations, contact the Housing Assignments Office at 517-884-LIVE (5483) or at liveon@msu.edu.

SPRING MOVE OUT

Spring 2018 move-out will take place April 30 – May 4 for on-campus residents. Please be aware that all residents must leave their room in move-in condition by Friday, May 4. To make sure this is accomplished, ask your student to complete this checklist before they leave for the summer.

SPARTAN 2018 MOVE-OUT CHECKLIST

1. COLLECT ALL PERSONAL ITEMS

2. AVOID THROWING OUT WASTE BY RECYCLING IT INSTEAD.

3. CLOSE WINDOWS, LOWER THE BLINDS, TURNS OFF THE LIGHTS AND LOCK THE DOOR.

4. CHECK OUT AT DESIGNATED LOCATION

5. PARTICIPATE IN THIS YEAR'S PACK UP. PITCH IN. HELP OUT. (SEE BELOW)

PACK UP. PITCH IN. HELP OUT.

Rounding out its 21st year, Michigan State's Pack Up. Pitch In. Help Out. Program has continued its legacy as a marvel of the green movement in a university environment. The cause, which is led by RHS Sustainability Officer Carla Iansiti, mobilizes waste diversion from the landfill to recycling.

In its latest run, the program diverted 33 percent of waste, or 134,608 pounds, from the landfill. During the same year, the program conducted its first nonperishable food drive during which they were able to collect more than 4,000 pounds of food to donate to local charities and shelters.

Michigan State University exceeds the state recycling rate by 18 percent. From the Pack Up. Pitch In. program to food composters, the university has made it a top priority to create a greener environment.

What could the RHS Sustainability team be planning next? "1855 Place is our brand new complex, so we are excited to see how we can help our residents and tenants be more sustainable," said Iansiti. Some of those efforts include offering extensive services to capture goods to make sure they make it to the best place and contribute to a greener MSU.



NEW FREE SUMMER HOUSING

Starting this summer, current residents who sign a residence hall contract for fall 2018 will have the option to live on campus for summer 2018 with no additional room cost. Residents would only be required to pay for their summer dining plan and will live in Rather Hall in Brody Neighborhood. This location offers your student close convenience to the Brody Square dining hall and the Brody Engagement Center. Residents in 1855 Place, University Village and residence halls not requiring traditional meal plans (Owen, Van Hoosen and Williams halls) are not eligible. In order to qualify for free summer housing, your student must meet the criteria below.

Conditions and Eligibility

1. Residents must be enrolled in summer courses for the session(s) they will reside with us. If they are not enrolled in summer course(s) for a session, they will need to vacate for that term.
2. Current residents, or residents returning from off campus, must have a fall 2018 Residence Hall contract in an area that requires a traditional on-campus dining plan.
3. Residents can sign up after April 2 by logging in to iLiveOn and selecting Summer Housing in Rather Hall in Brody Neighborhood.
4. Residents will sign a contract addendum for summer agreeing to the following:
 - a. If they check out of their summer space for any reason other than those already contractually approved, they will be responsible for the room cost.
 - b. If they do not check-in to their fall 2018 assignment, they will be responsible for their summer room cost.
5. Residents must select and purchase an on-campus summer dining plan (\$1,288 for a summer session A or B in 2018. A and B combined will be \$2,576.)
6. Residents will receive a summer 2018 assignment that corresponds to their fall 2018 assignment; if a student has selected for a single, they'll have a single; a double, they'll be assigned a double.
7. Summer housing is available on a first-come, first-served basis.

Visit liveon.msu.edu for summer housing and dining rates.



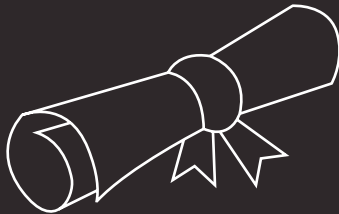
FIVE WAYS TO BUDGET IN COLLEGE

College is a time to experience many firsts like living on your own, falling in love and more than likely, overspending. While it may be difficult and frustrating, it is a lesson every young adult needs to face. However, here are some simple tips to share with your student to help them get through it a little less painfully:

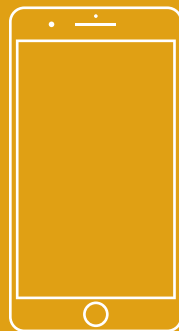
1. Plan: While we all would like to buy a Tesla, it doesn't mean all of us can. This is where planning comes into play: calculate how much money you make per month and create a spreadsheet. In the spreadsheet, break down your income by week and add your weekly expenses to give yourself a budget. Also, make sure you put some aside for that Tesla or retirement. Never too early to start saving.



2. Scholarships and Grants: Who doesn't love free money? Scholarships and grants are a smart way to pay for that extra class. Roughly \$46 billion is given out in grants and scholarships annually, so check your eligibility for both and get your college paid for.



3. Technology: In an age of self-driving cars and facial recognition, banking and keeping track of your money has become relatively simple. Nearly all banks and credit unions offer apps to track your money, and even individualized apps such as Mint and Check track and record all purchases made to give you a detailed breakdown on where your money is going.



4. Working: It is a common misconception that working can derail your grades. But research shows, students who work 15-20 hours a week often report higher GPAs than those who do not work. With that in mind, look into on-campus employment so you can work close to home and make some spare cash.



5. Advice: As scary as paying for college can be, millions of people have done it before you. Don't be afraid to reach out to family members, friends, advisors, fiscal institutions or anyone with some experience in this area. They may have advice that could save you major dollars down the road.



While paying for college is no easy feat, it can be simplified if you plan and budget correctly. If you are looking for additional assistance, visit the Office of Financial Aid. Trained professionals can give you more detail about your individual situation.

7 SIMPLE WAYS TO BECOME ACTIVE IN THE LANSING COMMUNITY

- 1. Go to local events:** Lansing is always buzzing with fun and new local events. Tell your student to grab a friend and check out lansing.org/events/ for a list of happenings.
- 2. Volunteer:** The city of East Lansing is always looking for ambitious and willing volunteers to contribute to the community. Opportunities are available at cityofeastlansing.com/volunteer.
- 3. Donate:** If your student has old clothing, furniture or even textbooks they are willing to contribute, The Salvation Army is always accepting donations.
- 4. Organize an event:** If your student is truly passionate about a cause, encourage them to organize their own event or fundraiser.
- 5. Get involved with nonprofits:** The city of Lansing has more than 150 nonprofit organizations that constantly need workers, volunteers and resources. See just a few of them here: greatnonprofits.org/city/lansing/MI
- 6. Tutor/Mentor:** Is your student a wiz in English, math, history or science? Lansing elementary, middle and high schools are always looking for college-aged tutors to help develop other young minds.
- 7. Become CERT certified:** FEMA's Community Emergency Response Team program trains volunteers to prepare for the types of disasters that their community may face. Through hands-on practice and realistic exercises, volunteers can work to support disaster efforts in their community.



WORK ON CAMPUS THIS SUMMER

As the world becomes a place where a bachelor's degree is the new high school diploma, employers are looking for entry-level candidates to have two-to-three years' experience in their respective fields. Most students are shocked to hear this, but even more shocked to hear how easy it is to manage and how it can be accomplished while attending MSU.

MSU Career Services Coordinator Bill Morgan explains the university offers many different opportunities: "Our massive single campus operation is very convenient for students who attend MSU. We can offer part-time jobs and internships in academic offices, food service, communication and marketing teams, research labs, sports and entertainment facilities, farms, and so much more."

If your student wants to get a part-time job or an internship at MSU, there is a wealth of knowledge to be gained. Students get a chance to attend career fairs, research companies, write resumes and cover letters, go through the interview process and set their schedules. To quote Morgan, "Is it stressful? Of course. Is it worth it? Definitely."

"But what can MSU offer me, specifically?" your student may ask. Consider these benefits:

- A diverse set of coworkers from different socioeconomic backgrounds, experiences and dreams.
- Experience in practicing communication and interpersonal coordination, so when students do enter the "real world" they know how to collaborate.
- Lessons in time management and setting priorities – students learn how to balance their academics and fiscal responsibilities while gaining experience in their field.

Working on campus, Spartans also get a chance to test their knowledge and dedication to a field through application. Morgan explains, "Our annual research with thousands of employers identified that employers value 'internships' and 'work experience' above all other out-of-classroom experiences."



PARENTS, BE AWARE OF YOUR STUDENT'S MENTAL HEALTH

MSU's new Counseling & Psychiatric Services (CAPS) offers confidential, same-day help to students regarding depression, anxiety, stress management, LGBTQ issues, eating or body image, substance abuse, trauma, and other mental health concerns.

If your student is experiencing any of the above, your best support would be to refer them to Counseling Services at CAPS. Be mindful that for any situation you feel may be an emergency, please call 911.

What Resources are Offered to Your Student?

MSU students are eligible for an initial consultation with CAPS, including individual counseling, couple's counseling, group counseling, psychiatric services, psychological testing, substance abuse, LGBTQ services, a sexual assault program and testing office services. Initial visits are walk-in only.

Walk-in hours include:

- Monday-Thursday: 10 a.m.-noon and 1-5 p.m.
- Friday: 10 a.m.-noon and 1-4 p.m.

Students who are in a crisis or extreme distress are usually given first priority and may walk in Monday through Friday 8 a.m.-5 p.m..

CAPS also offers free, online self-assessment screenings to learn about mental health at caps.msu.edu/services/self-assessments.html.

What Is Stress and Why Does It Matter?

- Stress is a general term to describe physical, mental or emotional strain or tension. It is when we remain in a heightened state for too long that our bodies become off balance, resulting in adverse physical, mental and emotional effects.
- Stress can lead to depression, anxiety, fatigue and a weakened immune system.
- 84 percent of MSU students reported feeling overwhelmed at least once in the past year, while 27 percent reported that stress seriously affected their academic performance.

What Signs Indicate I Should Refer My Student to Counseling at CAPS?

- Abrupt/radical changes in behavior, including a dramatic decrease in academic functioning
- Isolation from others
- Noticeable changes in mood, such as depression, apathy or irritability
- Poor attendance in classes
- Sudden outbursts of anger
- Attention/memory difficulties
- Alcohol/drug abuse
- Marked change in personal hygiene/appearance
- Inappropriate crying
- Bizarre statements or behavior
- Suicidal statements

How Can Your Student Make a Referral for a Friend to a Counselor at CAPS?

- Provide your student with the CAPS phone number: 517-355-8270 or caps.msu.edu.
- Consider suggesting their friend call CAPS together with your student.
- Your student can follow up with their friend by inquiring as to whether they followed through with their appointment and how they felt about the session.

For more information, visit caps.msu.edu.

GO GREEN GO 15

When Michigan State began to notice that students across the country were taking more than the traditional four years to graduate, it began to strategize how to help students save money and graduate on time. The Go Green Go 15 program encourages MSU students to take 30 credits a year, 15 a semester, to graduate in four years.

What Go Green Go 15 Does for Spartans:

- Prior to the program's implementation, first-year enrollment in 14-15 credits was at 26 percent. When the program launched, first-year enrollment in 14-15 credits jumped to 42 percent.
- The 42 percent of students who took additional credits saw a correlation of higher academic success and in turn, fast-tracked their route to graduation.
- Students who are able to take 30 credits a year are far more likely to finish in four years. With rent, food and book costs, and everything else going up, this saves money.
- Get additional help: The Office of Financial Aid is well-equipped and ready to help those who want to finish in four years. Students who succeed academically, succeed financially with grants and scholarships – so keep your Spartan focused!

The Go Green Go 15 program, along with the Michigan State University staff, are working to make your Spartan experience better.

“We are currently engaged in an analysis of class scheduling, to make it easier for students to fit classes into their schedules – and we are reviewing class seat availability as well. We are also working on the curriculum and support structures to help students succeed.”

– Dr. Amy Martin, lead coordinator on Go Green Go 15



**START STRONG.
END STRONGER.**

Have the completion conversation with your advisor.

GO GREEN
G15

Housing Assignments Office
1855 Place
550 S. Harrison Road
East Lansing, MI 48823

Residence Education and Housing Services is part of the
Division of Residential and Hospitality Services at Michigan State University.

Live On Family News is a quarterly newsletter published throughout the academic year to
keep Spartan families connected to what is happening in Residence Education and
Housing Services at MSU. You can read past issues at liveon.msu.edu.

VISIT US ONLINE: LIVEON.MSU.EDU



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