

# Parent and Family Connections Newsletter

Spring 2025, Edition 1



## Welcome to Spring 2025!

Spring semester is in full swing and we thought it was the right time to bring back the Parents and Family Newsletter, now called “Parent and Family Connections Newsletter.” Whether your student just began this semester or is ready to graduate this spring, our hope is to provide information a few times each semester that assists you in knowing Hamline information to support your student. The dean of students office remains one of your points of contact if you have questions or concerns. We are here to assist and support you and your student.

During the first week of classes, students experienced Welcome Back week, as the programming board provided daily/nightly activities for students including the student org fair

for students to sign up for student organizations.

Our students use the Presence App to see all of the events going on campus. If your student has any questions about student orgs or events, encourage them to stop by the Student Activities office on 3rd floor Anderson. The Hedgman, Wesley and Gender + Sexualities Centers along with Student Activities work with our students and student organizations to provide programming and meaningful opportunities for students to become involved, learn and grow. We strive to create a community where students belong; where students feel and know that they matter; and, where they can be their full self.

We hope you enjoy our newsletter.



**Patti Kersten**  
VP of Student Affairs  
Dean of Students  
Title IX Coordinator

I am the VP of Student Affairs, Dean of Students, and the Title IX Coordinator for the University. I help oversee most of the out-of-classroom experiences while being a resource for any assistance and support for all students. I oversee 13 departments to maintain campus support for our students. In my role as Title IX Coordinator, I administer all aspects of Title IX implementation, including providing accommodations and support, and assisting university members through the complaint process and university procedures regarding sexual harassment and misconduct.

# Dates to Know

1/27/2025	Spring Semester Classes Begin
2/10/2025	Census Day - Last Day to Add/Drop Classes
3/17/2025 - 3/21/2025	Spring Break - No Classes
4/14/2025 - 4/17/2025	Registration is Open for Fall Semester (date dependent on student status)
5/8/2025	Spring Semester Classes End
5/12/2025- 5/15/2025	Final Exams
5/17/2025	Commencement



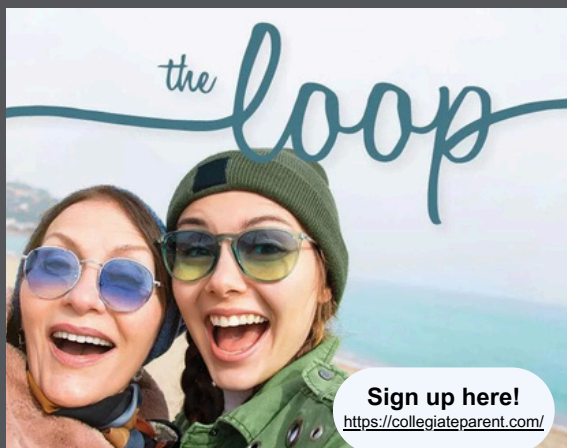
## Important information from the Hamline Financial Aid Office:

The **2025-2026 FAFSA** application is open! Hamline's FAFSA priority deadline is April 20, 2025. New in 2025: if you are a Minnesota resident, the MN state grant FAFSA deadline is July 31, 2025. <https://studentaid.gov/>



## What do I wish my parents had known my first year?

The first year at a new school can be tough even if you aren't a first generation student. Students need a lot of support when they are trying to adapt to a new environment. The different thing about Hamline that I had to adjust to was that most departments are not allowed to talk to the parents even with the student's permission. The students need to be the ones to call and ask the questions. This can be difficult, but helps give the student autonomy and accountability.



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- ✓ Information about the transition to college with tips to help your student thrive
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- ✓ Stories you'll love from parents and students alike
- ✓ Our advice column, Dear (Parent), where we answer YOUR questions!

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<https://collegiateparent.com/>



### Calli Swink

Criminology and Criminal Justice Major  
Class of 2025  
Chippewa Falls, WI



# UNDERGRADUATE STUDENT DEMOGRAPHICS

## Enrollment

New 1st Year Students	483
New Transfer Students	120
All Undergrad Students	1814

## Race

American Indian or Alaska Native	1%
Asian	10%
Black or African American	12%
Hispanic or Latino/a	10%
Native Hawaiian or Pacific Islander	<1%
White	55%
Two or More Races	5%
International	<1%
Race/Ethnicity Unknown	7%
<b>Students of Color</b>	<b>41%</b>

## Gender

Women	62%
Men	35%
Prefer Not to Answer	3%

## Fast Facts

Number of States Represented	43
Number of High Schools Represented	242
Number of First-Generation Students	40%
Number of foreign countries Represented	9

# TIPS FOR SUPPORTING COLLEGE STUDENTS

by **Kate Johnston**

Director of Student Success and Career Integration

### Encourage Independence and Decision-Making

Support your student in developing problem-solving and decision-making skills by allowing them to take the lead on academic, social, and personal decisions. This fosters confidence and resilience.

### Maintain Open, Nonjudgmental Communication

Create a safe space for your student to share successes, challenges, and frustrations. Listen actively without immediately offering solutions. Doing so allows them to process and grow.

### Stay Informed About Campus Resources

Familiarize yourself with resources available at Hamline University, such as advising, tutoring, mental health services, and opportunities for mentorship and professional development. Share this information, but let them take the initiative to seek help when needed.

### Support Healthy Habits

Encourage your student to prioritize sleep, exercise, a balanced diet, and stress management. Discussing time management strategies can help them maintain balance. Again, remind them of resources on campus like Counseling & Health Services.

### Attend Campus Events and Parent Programming

Participate in events like family weekends or webinars designed for parents. These opportunities help you stay connected to their college experience without being overbearing.

### Be Patient with Their Growth

Recognize that college is a time of personal exploration and growth. Your student may change majors, career paths, or personal goals. Support their journey without pushing your own expectations.

### Celebrate Milestones and Efforts

Acknowledge their hard work and achievements, big or small. A text, care package, or phone call can show your pride and boost their motivation.





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## OFFICE SPOTLIGHT

# COUNSELING & HEALTH SERVICES

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Greetings, parents! As co-directors of the Counseling & Health Services (C&HS) office, we would like to share with you a brief overview of the support that we provide to Hamline students.

At C&HS, our goal is to keep students “happy & healthy” throughout their time at Hamline. By design, we are an integrated medical and mental health clinic, working from a holistic mind/body perspective. Integration of our services within a single office facilitates better care for students, simplifies cross-referrals between health and counseling providers, and helps to de-stigmatize students’ use of mental health services.

During the academic year, our office is open Monday through Friday from 9:00am to 4:00pm, but closed over the noon hour. (During break periods, with far fewer students on campus, C&HS is either closed or offers significantly-reduced hours.) For added convenience to students, our services are delivered via both in-person and virtual appointments. There is no charge for a visit with any of our medical or mental health providers. (Our services are funded by the university and a fee charged to students each semester.) Because there is no co-payment required, our office can be a good first point of contact, even if students just have questions. By law, all of our services are confidential – which means that if you, as a parent, are seeking information about your student’s care, you will need to ask them to sign a release to allow their C&HS provider to speak with you.

On the Counseling Services side, we have four doctoral level state-licensed psychologists, all with more than a decade of experience working in college counseling, and one doctoral practicum student on staff. We are well-equipped to assist with the typical concerns of college students such as stress, anxiety, depression, and relationship issues of various kinds. Although we do not place a limit on the number of counseling sessions available to students, we usually adopt a short-term approach, with clients receiving on average 5 to 6 sessions of counseling per academic year. (If a student requires specialized or extended care beyond what we can offer, we can assist with referrals to qualified in-network providers in the local community.) Relative to the community, wait times to access counseling on campus are typically short (often less than one week). For students dealing with an urgent situation, we also offer same-day crisis appointments every weekday. We also have “Let’s Talk” sessions on campus several times per week. Let’s Talk meetings are brief consultations (15-20 minutes) with a counselor that are offered on a drop-in basis (no appointment needed).

Health Services is staffed by a multidisciplinary team of licensed providers, including three physician assistants and a consulting family practice physician. Our office is similar to a small primary care clinic, where we can prescribe medications, perform common lab testing, and have a small supply of prescription medications available for students to purchase at cost. As noted, there is no charge for provider visits. For any needed lab tests or medications, students can use health insurance or bill their student account. Health Services appointments are available in-person or virtually, and can usually be accessed the same day or the next business day. (If a student is having a medical emergency or needs assistance after hours, they should call Hamline Public Safety, who can assist with transportation to local urgent care centers and hospitals.) Students can schedule appointments and exchange messages with their providers via an online portal. If your student missed our on-campus vaccine clinics, Health Services offers the flu vaccine and can refer to a local pharmacy for the COVID vaccine.

Though not every student will need to access our services in a given year, we hope that as a Piper Parent, you will rest assured knowing that your student is in “good hands” when they require medical or mental health care during their time at Hamline!

### Group Therapy Counseling & Health Services

Join a group  
this spring!

Sign up for a group screening  
appointment on the C&HS Portal or call  
651-523-2204!

#### Stress and Anxiety Support Group

Tuesdays 11:30-12:30 pm

- Gain skills to manage your anxiety more effectively
- Learn more about anxiety and coping strategies
- Interact with others by sharing personal experiences and receiving and providing support

#### Neurodivergent Student Support Group

Tuesdays 4-5:30 pm

- For all students who identify as neurodivergent (whether or not you have a formal diagnosis)
- Gain strategies to successfully navigate relationships with peers, friends, family, and romantic/sexual partners
- Enhance your skills for building healthy relationships, setting boundaries, expressing feelings, communicating assertively, and resolving conflict



**Jen Vaupel**  
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Director of Health Services



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PhD, LP  
Director of Counseling Services