



Mustangs Insight

Latest Updates



Welcome back, Parents and Families.

We are almost one month into the semester! Students are settling into in-person and remote learning schedules and navigating new safety precautions and reimagined student life opportunities.

The health and safety of students, faculty, and staff continues to be the top priority. This semester, masks are not required but are highly encouraged when indoors among people as the COVID-19 cases [continue to rise](#) in the community. [Scientific data](#) shows that being fully vaccinated is the most effective way to prevent and slow the spread of COVID-19 and has the greatest probability of avoiding serious illness if infected in all age groups. Although MSU Texas is not mandating vaccinations in compliance with Governor Abbott's executive orders, we highly encourage eligible members of our community to get a vaccination. Students can book an appointment for a free COVID-19 vaccine through the [Vinson Health Center](#). Remember that you can always find the latest COVID-19 updates and resources on the [Coronavirus Update site](#).

Parent resources are available on the [university website](#).

Podcast Recommendation



[College Parent Central Podcast with Lynn Abrahams and Vicki Nelson](#). You don't stop parenting the day you drop your student off to college on Move-in Day. Your role simply changes. You're a parent for life. Join Abrahams and Nelson, higher education professionals and former college parents, as they explore the topics that can help you be a more effective and supportive parent to your college-bound student. Whether you already have a child in college, college is still a year or more away, or your student is about to step out, start now to gather the information that empowers you to be an effective college success coach to your student.

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UPCOMING EVENTS:

- **09/27:** Deadline for [December](#) graduates to file for graduation
- **10/4:** Early deadline for [May](#) graduates to file for graduation

Poll Question

When you have questions or concerns, what is your primary method of communication with MSU Texas?

[Telephone](#)

[Email](#)

[Social media](#)

[In-person visits](#)

[I search the university website](#)

[I do not communicate with the University](#)



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First-Gen Student Needs & Statistics

In Fall 2020, a survey was sent out to all students via postmaster regarding student needs, including their success at MSU Texas and their level of participation in various MSU Programs and services. The results concluded that a majority of first-gen students did not have any knowledge of services and programs such as Student Support Services and the FirstGen Network. When it came to factors such as resources to support education, first-gen students rated them as “greatly benefiting my success.” In addition to campus resources, a majority of students connect their success to the amount of help received from their friends and family.

47%

of MSUTexas
students are first-gen

46.1%

of first-gen students
identify as a person
of color

MAJORITY

listed support from
friends/family as the
top benefit to their
success

MAJORITY

rated help from
professors & help
from family as
extremely helpful

Advice: What to Do When Your Student is Homesick



What is homesickness? Well, it's not really a sickness, but more of a longing. Homesickness is longing for those comfortable feelings you get at home when you're around familiar friends, family, and people you love and trust. According to the [Higher Education Research Institute](#), 71.4% of students felt lonely or homesick in 2016. This number is big, and it's gotten bigger over the past several years. Knowing that homesickness is normal should help you be better prepared when your student calls or expresses feelings of

homesickness. If a student is homesick, then it would make sense that the cure would be at home. But he or she will just be as unhappy and longing for that feeling. So the cure isn't at home.

The scariest part of having a homesick child and being too far away from your student is not knowing when normal homesickness has become something more serious. If you suspect something is beyond normal, get in touch with professionals on campus (counseling center, support resources, residence halls, etc.). Become familiar with the symptoms of depression and make sure your student has access to hotlines and resources. The way to help your student get over homesickness is to encourage him/her to create a place on campus where they feel at home. And that takes time. It can take months of participating in a group activity for him/her to feel some of the deeper connections they long for. When it comes to communication, moderation is key. It's important to keep in touch with your student (video chat, calling, care packages), but not so much that he/she feels dependent on you. Encourage your student to use that extra time to connect with new people.

Source: [The Happiest Kid on Campus: A Parent's Guide to the Very Best College Experience by Harlan Cohen](#)