

MOUNT MARTY UNIVERSITY

# FAMILY GUIDE 2022-23



MOUNT MARTY  
UNIVERSITY

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# A NOTE FROM THE PRESIDENT

**Dear Parents and Families,**

For our parents and families of new students, welcome! To our returning families, welcome back. We are so glad you're a part of the ever-growing Lancer family.

For over 85 years, we've been preparing students for a contemporary world of work, service to the human community, and personal growth. At Mount Marty University, we focus on the heart and the mind. We immerse our students in an intimate, purpose-driven community that is committed to faith, academic success and service to others. Our graduates are life-long learners who are prepared to shape the world around them.

You can be sure that your student's time here at Mount Marty University will foster growth, learning, and reflection so that they can become the person God has created them to be. We can't wait to walk on that journey with them.

Sincerely,



**Marcus Long**  
*President*



# A NOTE FROM FAMILY RELATIONS

## Hello Parents & Families!

Welcome! Around here we like to say, if you're related to a Lancer, then you're part of the Lancer Family! At Mount Marty, it's important to us that family members feel informed and involved in their student's education.

We hope you can use this Family Guide as a resource to provide helpful insights into healthy expectations for your student as they start their college journey at Mount Marty University. Within these pages, you'll also find information and answers to questions you might have throughout the next few years.

We are excited to have you here, and we hope to see you again on campus soon!

Signed,



**Johanna Jablonoski**  
*Director of Alumni & Family Relations*



**Lisa Willcockson**  
*Director of Engagement,  
Interim Director of Residence Life*



# THE LANCER FAMILY

Welcome to the Lancer Family! It's the goal of Mount Marty Family Relations to strengthen the relationship between families of Lancer students and the university and give family members the opportunity to feel informed and involved in their student's education. Below are some ways you can get involved and support your student through their college journey!

## Sign up for the Lancer Family E-Newsletter

Starting in January 2023, we will provide monthly e-newsletters with university updates, timely reminders, campus happenings, and details about upcoming family events on campus. All parents/guardians of students who have provided the university with their email address will be added to our newsletter list.

To be added to the list, go to [www.mountmarty.edu/campus-life/family-relations](http://www.mountmarty.edu/campus-life/family-relations) and fill out the Lancer Family Contact & Communication Form.

## Make Plans to Return to Campus for Family Events

Stay up to date on the MMU website and follow the Mount Marty University Facebook page to see the latest campus events. All of this information and more can be found on our website: [www.mountmarty.edu/campus-life/family-relations](http://www.mountmarty.edu/campus-life/family-relations)



# SUPPORTING YOUR STUDENT

Mount Marty believes that the Benedictine values of awareness of God, community, hospitality, lifelong learning and service are fundamental to the daily lives of our students. Although our university has received many honors, the true measure of our achievements is the success of our students as they go forth to serve others in their communities and the world. Mount Marty's faith-based learning community inspires students to develop their strengths and passions personally and professionally.

Your student will find a sense of belonging, whether they're an athlete, an artist, an explorer, an academic or a volunteer. MMU provides opportunities to participate in and lead organizations to explore their passions and find their purpose; to flourish in a supportive community of peers, professors, Sisters of the Monastery and employees who work continually to make the university better for each student.



Every experience, both in and out of the classroom, is an opportunity for your student to learn how to think critically, solve problems, and grow in virtue. Our job is to help guide and support your student as they begin and engage in their college experience. We treat each student as a unique individual adult, responsible for themselves, their actions and decisions.

Families play an integral part in their students' success through their encouragement, prayer, and support. In fact, studies have shown that students who feel supported by their family are more likely to graduate from college.\*

At Mount Marty University, we see parents and families as student success partners in their students' college journey in the following ways:

- » Strive to understand the student experience, learning about the unique challenges and opportunities facing today's college students.
- » Develop awareness of the support services available to students and encourage your student to identify their needs and seek out assistance.
- » Encourage your student to identify, define and solve problems independently; prayerfully support your student during times of challenge and uncertainty.

- » Allow your student to: accept responsibility for their personal errors, to examine their motivations, determine a solution and establish a different action plan for the future.
- » Understand your role as mentor to your student. Promote self-advocacy by empowering your student to make decisions independently.
- » Know and understand your limitations to access student records, as delineated in Mount Marty's FERPA policy (Family Education Rights Privacy Act of 1974 (Buckley Amendment) (revised 10-7-11)).
- » Be alert to signs of distress in your student (prolonged sadness, loneliness, stress, etc.) and discuss your concerns openly. Assist your student in developing a plan to address the problem. If it would be helpful, our staff members in the Counseling Center are available to talk through different options and resources for your student. If you're concerned about the immediate safety of your student, contact Campus Safety.
- » Contact the Student Affairs Office with concerns if your student is unable to resolve a situation and has addressed the appropriate parties.

\* "The Influence of Parenting Styles, Achievement Motivation, and Self-Efficacy on Academic Performance in College Students." *Journal of College Student Development*, 50(3), 337-346. Turner, E.A., Chandler, M. and Heffer, R.W. 2009.



## Difference Between High School and College

If your student is starting college for the first time, they are probably so excited to be a college student that they haven't given much thought to what it really means. Preparing ahead of time for some of the major differences between high school and college can assist with the transition.

	High School	College
<b>Time / Schedule</b>	Structured and sequential. Typically a daily routine that is stable and predictable.	Unstructured. Students are personally responsible for waking up, going to class, managing priorities and going to bed at a reasonable hour.
<b>Teacher-Student Relationship</b>	Significant contact as most classes meet five days per week. One-on-one relationships and casual meetings before and after class. Frequent homework reminders.	Most classes meet one to two times per week. Students are expected to meet with faculty during office hours. Work is often self-directed.
<b>Freedom</b>	Student freedom is usually dictated by scheduled activities and parental guidelines.	Students make their own choices about how to use their time.
<b>Parent / Family Involvement</b>	Parents and guardians have access to monitor grades, assignments and attendance. Parents contact teachers or counselors directly with concerns. Communication is open and information is freely shared.	Parents may access academic and financial information only if the student grants them access, according to federal law. Professors, advisors, and staff are not permitted to share information with family members about student progress or concerns without the student's authorization. See Mount Marty's FERPA Policy for further information.
<b>Academic</b>	Guidance counselors plot out the four-year curriculum with the student. Parents may also be involved.	Students make appointments with advisors every semester and should be prepared prior to each meeting. It is up to the student to correctly map out their course of study, but advisors in their major are available to help.
<b>Grades &amp; Assignments</b>	Students may be able to earn good grades with minimal effort. The class work is evenly distributed throughout the semester. Students are given detailed instructions and support for major papers and projects, and study time is often scheduled for the student.	Students may find that college is more rigorous and expectations are higher. Minimal effort may produce poor grades. Course work tends to be "back loaded" meaning that there may be more work in the second half of the semester. Students must ask for assistance and clarification if they don't understand major assignments, and students are responsible for being disciplined about their own study time.
<b>Advocacy</b>	Parents, teachers and counselors advocate for the individual students. Parents frequently intercede in problematic situations and are able to bring about resolution.	Students must learn to advocate for themselves by asking for help when they need it and taking advantage of university support services and resources. Parents are not able to make appointments on behalf of a student.

# Measuring Student Success

With enthusiasm and maybe a little trepidation, your son or daughter is beginning the college journey and expecting to have a “successful” college experience. As parents, you hope for the same thing, but may wonder, “What makes for a successful college experience?”

Sometimes as parents it's easy to see grades as being the sole indicator of success. Indeed, grades seem to be the most obvious gauge. However, if getting all A's is the only goal and measure of success, then there are a whole lot of opportunities for growth being missed.

The truth is, in order for your student to succeed in college, he or she must be engaged fully in their spiritual, cognitive, emotional and relational development. What does that look like? Here are some indicators that your college student is taking steps toward success in their Mount Marty career –

## **YOUR STUDENT IS ENGAGING IN STUDENT LIFE.**

Sometimes the hardest part about going to college is starting over in finding a social group. There are a lot of activities available to students every day of the week, from campus activities and athletic events, to residence life gatherings and leadership opportunities. It takes effort, especially for introverted students, but their college experience will be so much richer and they will learn so much more about themselves if they take opportunities to be involved.

## **YOUR STUDENT IS DEVELOPING A FEW CLOSE FRIENDS.**

It's a process that takes time, but eventually your student will find one or two others with whom they can share their deepest thoughts. Often when a student says they're homesick, what they mean is they're “friend sick.” They miss the comfort of having a close relationship. If your student is still looking for that good friend, remind them to be patient, and also suggest for them to get involved on campus.

## **YOUR STUDENT IS MAKING MISTAKES.**

That means they are making decisions, and sometimes those decisions don't work out as planned. Maturity comes from evaluating options, making decisions, and living with and learning from the results of that decision. And the more decisions your student makes, the more he or she will learn. Continue to remind your student that resources are available for them on campus to help them succeed.

## **YOUR STUDENT IS SPEAKING WITH PROFESSORS OUTSIDE THE CLASSROOM.**

Professors at Mount Marty University love their students and invite them to engage with them outside the classroom. The successful student responds to those invitations and makes connections with their professors. At the very least, your student would benefit by visiting a professor during their office hours, even if it were just to make sure they are on track with the assignments. Chances are, that professor will delve further and ask your student how they are doing in their personal life. These are opportunities a student shouldn't miss.

## **YOUR STUDENT IS SEEKING TO BE CHALLENGED.**

College shouldn't be a cakewalk for your student. If it is, they're not getting their money's worth. Students who push themselves are going to receive the most benefits intellectually, emotionally and spiritually. The key is that your student has the comparable support necessary to face those challenges and grow through them. Mount Marty provides a variety of resources to support students, but they need to be matched by emotional support from home. When a student feels supported, both academically and emotionally, they are more likely to seek out challenges and gain the most from their college experience.



# We're Here for Your Student's Success

**Hello,**

At Mount Marty, we accept that there's more to life than work, prayer and play. In fact, it's hard to focus on our priorities until life's most basic needs are met.

I'm proud of our team of dedicated professionals who are here to serve every student in every aspect of life – from food, fitness, recreation, health, counseling and all else. We are committed to a campus that is vibrant, welcoming and hospitable for everyone.

The Department of Student Affairs umbrellas a number of offices and services, including Student Health, Student Counseling, Residence Life, Campus Ministry, First-year Advising, Career Placement and Student Engagement.

Please contact me whenever you have questions or suggestions. We are here to serve you.



**Katie Harrell**

*Vice President for Student Success,  
Title IX Coordinator*



# Student Stress Calendar

The college years are an exciting time of growth and discovery for students, but with every season of growth there are times of challenge. Below you will find the “typical” stresses that students experience during college so you can be aware of possible stresses and anticipate their needs.

## SEPTEMBER

Homesickness / Students on medications may have trouble due to mismanagement of medications / International students sense confusion, vulnerability and the lack of an advocate / Roommate differences and social adjustments / Feelings of inadequacy might develop / Unease with initial adjustment to academic environment / Uncertainty while values are being explored / Test anxiety / Time management pressures

## OCTOBER

Freshman begin to realize that college life isn't as perfect as they thought / Continued time management pressures / New students may struggle with finding friends / Addictive behavior may start to surface / Academic stress builds

## NOVEMBER

Economic anxiety surfaces / Academic pressure due to finals and class selection for the spring / Pressures over plans for Thanksgiving - for some, anxiety over being home / Depression and anxiety increase because of feelings that one should have adjusted to the college environment by now / Cold & flu season

## DECEMBER

Increased stress as final exams approach & final papers are due / Extra-curricular time strain / Pre-Christmas depression for those who have difficult home lives / Financial strain because of holiday gifts, traveling costs, etc.

## JANUARY

Apprehension over returning to new relationships / Emotional stress due to family issues that surfaced over vacation / Renewed commitment to academics / Students may drop classes to help alleviate academic pressure / Start considering housing situation for next year

## FEBRUARY

New relationships strengthen or established ones weaken / Housing selection process can cause social anxiety and a fear of being excluded / Inability to make a vocational choice might cause anxiety / Restlessness from winter months

## MARCH

Concern over how grades will end up / Decision and direction over summer jobs

## APRIL

Apprehension or sadness over leaving relationships established during the year / Academic pressure increases with the end of the semester approaching / Summer job pressure



# 2022-23 ACADEMIC CALENDAR

## Fall 2022

August 26-28	Orientation & Move In
August 29	Administrative Day
August 30	Mission Day
August 31	First Day of Term
September 5	Labor Day: No Classes
October 6-10	Sophomore BLI Trip
October 10-11	Fall Break: No Classes
October 17-21	Midterms
October 28-30	Lancer Days
November 11	Veteran's Day: No Classes
November 23-25	Thanksgiving Break: No Classes
December 12-15	Final Exams

## Spring 2023

January 9	First Day of Term
January 16	Martin Luther King, Jr. Day: No Classes
February 20	President's Day: No Classes
February 27-March 3	Midterms
March 6-10	Spring Break
March 30-April 2	Sophomore BLI Trip
April 6-10	Easter Break
April 13-16	Freshman BLI Trip
May 1-4	Final Exams
May 6	Commencement

# FREQUENTLY ASKED QUESTIONS

## What is a FAFSA?

FAFSA stands for Free Application for Federal Student Aid. Eligibility for certain need-based programs is tied to your family's financial resources as disclosed on the FAFSA. Once you've completed the FAFSA, our Financial Assistance Office will determine your need based on the Expected Family Contribution (EFC) that the government provides.

## Where can a payment to a student account be made?

Payments to student accounts can be made by credit or debit card on LancerLink or by check or cash in the Business Office. Per Mount Marty University policy, any account that is not either paid in full or set up on a monthly payment plan will be charged a \$250 late fee, be subject to a monthly interest fee of 18% APY, and will have a hold on their student account which restricts them from registration, transcript, and athletic participation until the account is in good standing.

## Where do students go to sign up for work study or campus employment?

Work Study employment is handled by the Financial Aid Office, located at Roncalli 100.

## What is my student's mailing address on campus?

Student's Name  
Box #XXX  
Mount Marty University  
1105 W 8th Street  
Yankton, SD 57078

## Does my student need to have a computer?

While not required, we strongly encourage students to have a computer.

## Can you explain meal plans at Mount Marty?

All students living in Corbey, Whitby, and Bede Halls are required to purchase a meal plan to be used in either the Main Dining Cafeteria or Benedict's Cafe. All plans have a set number of meals which include flex dollars to be used if the student goes over the allotted number of meals on their plan. Meal plans are to be used for the enrolled MMU student who has purchased the meal plan. Here are the meal plan options:

10 meals per week + \$250 flex

14 meals per week + \$100 flex

19 meals per week + \$50 flex

5 meals per week + \$0 flex *(available for students living in Rickenbach Suites only)*

Meals do not roll over from week to week and restart every Sunday morning. Flex dollars can be used at the student's discretion and can be reloaded with additional dollars by calling 605-668-1550/1553 or stopping in to the Dining Services office, Roncalli 203.

Meal plan changes must be made within two weeks from the first day of class for each semester.

## What is FERPA? And how can I see my student's grades?

Due to a federal privacy regulation called FERPA, Mount Marty cannot release grades, course schedules, and class attendance to anyone but the student. Financial information can only be released to parents who have been approved as authorized users. Parents and students should discuss the sharing of information before the student begins classes.

## How do students get a copy of their transcript?

Transcripts can be electronically ordered, 24/7 through the National Student Clearinghouse: <https://tsorder.studentclearinghouse.org/school/ficecode/00346500>

## Does my student have to pay to park on campus?

There is no charge to park in any of MMU's parking lots, but your student must have a parking sticker on their vehicle to avoid a parking fine.

## Where can my student get one of these parking stickers?

The Student Affairs office, Roncalli 210.

### **And my student can park their car anywhere?**

Students are allowed to park in designated areas marked as student parking throughout the campus.

### **And what happens if my student receives a parking ticket?**

Your student will receive a fine and will have to visit the Business Office for payment. If your student thinks the parking ticket was a mistake, they can visit the Student Affairs Office to make an appeal. An appeal must include a completed Violations Appeal Form with the ticket and be received within two weeks of the ticket issue date.

### **Is alcohol permitted on campus?**

The possession and use of alcoholic beverages on Mount Marty University's campus is prohibited. A detailed description of this alcohol policy is found in the Student Handbook under Alcoholic Policy.

### **What if my student gets sick while on campus?**

Before arriving at Mount Marty, students should be given their insurance card and begin the process of managing their health. In the event that your student becomes ill, they can make an appointment at the Yankton Clinic, located just north of campus, within walking distance. Students who are too sick to get a meal should request assistance from their roommate, RA, or other friend. In the case of prolonged illness, students should make their RA and RHA aware. If your student experiences an emergency, they should contact Campus Safety at 605-661-9883.

#### **Yankton Medical Clinic**

1104 W 8th Street, Yankton, SD 57078

Phone: 605-665-7841

### **My student is struggling academically. What can I do?**

First, encourage your student to talk to their advisor. Students can also visit the Center for Academic Excellence for peer-to-peer tutoring and other academic tools.

## My student is struggling with mental health. What can I do?

Counseling services for students at Mount Marty are free and confidential. College is a new and exciting phase of life, but change and new challenges can create stress and anxiety. Our services are offered in a welcoming atmosphere, and we strive to promptly accommodate students. Your student can contact the Counseling Center at keley.smith-keller@mountmarty.edu.

If your student would prefer to leave campus for counseling, here are other options in Yankton:

### **Servant Hearts Clinic** - (Free Medical & Counseling Services)

232 Capital Street, Yankton, SD 57078

Phone: 605-760-0192

Email: servantheartsclinic@gmail.com

### **Meridian Counseling and Family Services, LLC**

311 Cedar Street, Yankton, SD 57078

Phone: 605-689-0457

Email: info@meridiancfs.net

### **Family Educational Counseling Center** - (Income Based)

1700 Burleigh Street, Yankton, SD 57078

Phone: 605-260-9284

Email: fecc@iw.net

## What should my student do if they do not feel safe?

Your student should call the Campus Safety Number 605-661-9883 – which is answered 24/7. If an escort is desired, a staff member will meet your student and walk with to or from a location on campus.

## Who should I contact at Mount Marty?

A list of helpful people and their contact information is listed on the next page.

# CONTACT INFORMATION



**Dr. Katie Harrell**  
*Vice President of Student Success,  
Title IX Coordinator*

katie.harrell@mountmarty.edu  
605-668-1541

**Academic Affairs**  
605-668-1584

**Athletics**  
605-668-1241



**Karly Kattenbraker**  
*Assistant Vice President of Student Success*

karly.kattenbraker@mountmarty.edu  
605-668-1518

**Business Office**  
605-668-1575

**Campus Dining**  
605-668-1550



**Lisa Willcockson**  
*Director of Student Engagement,  
Interim Director of Residence Life*

lisa.willcockson@mountmarty.edu  
605-668-1302

**Campus Ministry**  
605-668-1547

**Campus Safety**  
605-661-1619



**Lisa Erickson**  
*Administrative Assistant to Student Affairs*

lerickson@mountmarty.edu  
605-668-1541

**Counseling**  
605-668-1322

**Financial Assistance**  
605-668-1589



**Todd Schlingen**  
*Director of Career Counseling*

todd.schlingen@mountmarty.edu  
605-668-4030

**IT HelpDesk**  
605-668-1561

**Lancer Locker**  
605-668-1540



**Johanna Jablonoski**  
*Director of Alumni & Family Relations*

johanna.jablonoski@mountmarty.edu  
605-668-4020

**Registrar**  
605-668-1515



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