



Monarch Family Connection

A publication from Student Transition & Family Programs

An Office of Student Engagement & Enrollment Services

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Building Resilience During Your Reign

Studies show that by February, most people have given up on their resolutions for the new year and allowed old habits to enter back into their life. Resilience is a psychological skill that enables a person to bounce back when challenges arise. Resilience is a valuable tool in a student's success repertoire. Now is a great time to discuss building resilience with your student. Resilience can be developed through perseverance and a strong sense of self. ODU is committed to helping your student learn the techniques needed to establish resilience. To assist you in having this critical conversation with your student, we have compiled a short list of suggestions to develop resilience. ODU's Resiliency Team is currently developing a centralized website to connect students with resources, and plans to host future events designed for reflection and growth. Encourage your student to read the University Announcements for information on forthcoming events.



Prioritize relationships

Make relationships with friends and family a priority and be intentional about connecting with others on a deeper level.



Seek help

ODU is filled with professionals who want to help. Now is the time to take advantage of resources necessary to create a happier, healthier and more productive self.



Make time for yourself

Self-care looks different for everyone. This can include eating healthy, exercising, or engaging in mindfulness activities such as journaling. The important part is to be intentional about doing things that make you feel good.



Find purpose

Volunteer, take a leadership position in an organization, or get a part-time job. Take an active role in improving and connecting with your community. Seeing others happy as a result of your work can make you happy and build sustained motivation.

Campus Connections

To connect your conversation about resilience to campus resources, we've highlighted some below.

To build relationships with people with similar interests, join a club or organization by visiting [Monarch Groups](#).

Students can also register for volunteer opportunities through Monarch Groups, such as Housing and Residence Life's community clean-ups happening each Saturday this semester.

Students looking for ways to develop healthy eating habits or join an exercise class can visit the [Recreation and Wellness portal](#).

Students are encouraged to stay engaged with ODU even if they are taking online courses from home.

Let's Talk Taxes!

IRS regulations require ODU to provide a statement of tuition and charges billed each calendar year. This statement is called a **1098T**.

Eligible students will be issued a form for the prior calendar year. Students may review payment information on [Leo Online](#). Students and families are advised to use personal financial records to determine the qualifying amount for tax purposes because the definition of "qualified tuition" may include other related expenses.

More information is available on the Office of Finance website.

STUDENT SPOTLIGHT:

International Women and Girls in Science Day

February 11 marks International Women and Girls in Science Day. To honor this day, we interviewed ODU's Fellowship of Women in Science's President, Jem Baldisimo. Jem is a 3rd year PHD student in the Ecological Sciences program from the Philippines.

Tell us about yourself.

I would like to consider myself the Philippines' version of Moana—trying to see how far I will go to protect the sea that calls me. My research interests include marine conservation, fisheries and science policy.

Why did you decide to come to ODU?

I wanted to study abroad to gain a world-class education and expertise in my field while being immersed in a different culture. I received a Fulbright Scholarship and ODU had one of the best programs and supervisors.

What does it mean to you to be a woman in science?

In the Philippines, gender inequality is not as widespread because we follow a matriarchal system. However, there are stereotypes and that dictate what type science women should study and societal norms around marriage and having kids by a certain age. To be a woman in the science field like mine, means showing that women can also excel in all science fields and that family life is an option, not an end goal for all women.

What advice do you have for students who want to go into science?

I was once told achieving success involves finding the intersection of your skills, your passions, and your society's needs. Try to find those three things to keep yourself motivated.

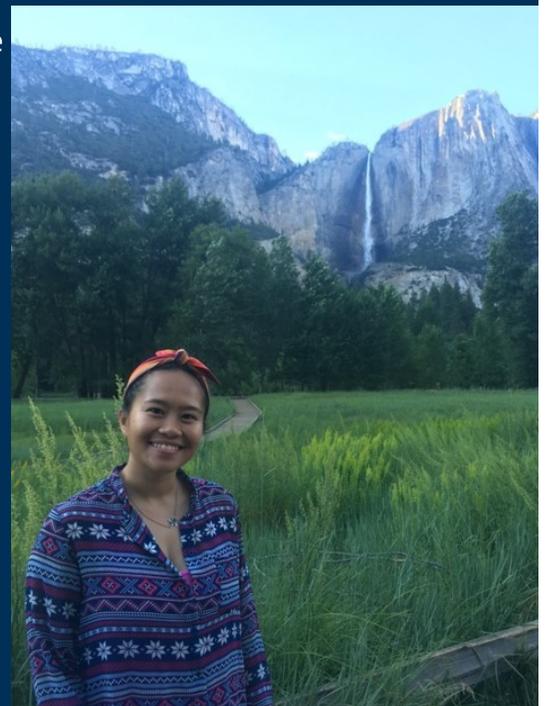
What does the Fellowship of Women in Science do?

The Fellowship of Women in Science is a student organization that promotes women in the STEM field. We offer programs and activities throughout the year.

What do you think other people should know about the Fellowship of Women in Science? What are the benefits and how can students get involved?

Despite our name, we are open to everyone. If you support women in science, you are welcome! Joining us on Monarch Groups and following our Facebook and Instagram accounts are the easiest ways to find upcoming activities and events. Joining the organization is simple—just sign-up and show up! The WISE Mentorship Program is another way to get involved and get professional development.

Student organizations provide knowledge, experience, and soft skills that you may not learn in the classroom. Being in an organization allows you to connect with and contribute to your community and to meet others who can be your friends throughout your time at ODU.



Triumph over the Transition: Mane Connect Can Help

We understand that the transition to college can be challenging and overwhelming for many students. There are new systems, jargon, levels of expectations and responsibility to manage and learn. The Mane Connect Success Coaching program is one of many resources for our students to ease this transition. Their focus is to help students set goals, strategize ways to accomplish them, and develop the skills required to achieve their goals. The Mane Connect Success Coaches work with students through 1:1 meetings during their first year. Through a holistic approach, success coaches help students both inside and outside the classroom. Success coaches support students by connecting them with the necessary campus resources, such as tutoring, the Office of Counseling Services, Leadership and Student Involvement, Office of Intercultural Relations or providing them with study habits and time management strategies, or becoming financially literate. The college experience is more than what is learned in the classroom and Mane Connect is ready to encourage your student to explore everything ODU has to offer.



Mane Connect coaches participating in a Monarchs Bounce Back event in Spring 2019 (pre-COVID-19).

Mane Connect has compiled a list of [resources available to all students](#) that may assist your student.

IMPORTANT DATES AND DEADLINES

February 16: Leadership and Student Involvement is hosting a virtual organization fair.

February 17: Career Development Services hosting “Why Graduate School?” virtual workshop.

February 19: Session 2 withdraw deadline—last day to withdraw from session 2 for a W grade.

February 23: Career Development Education Expo.

March 2: Reading Day. No classes held.

March 8: Last day of Session 2 courses.

Registration for Summer 2021 is open. Students can register using BannerXE. The [summer aid request form will be available on March 1.](#)

[View the Black History Month event calendar.](#)

[View ODU Sports schedule.](#)

[View full Spring 2021 academic calendar.](#)

