

# Monarch Family Connection

A publication from Student Transition & Family Programs

An Office of Student Engagement & Enrollment Services

odu.edu/family

March Issue

familyconnection@odu.edu

## Inside

 Food Insecurity on ODU's

 Money Matters

 Stress Management

 Important Dates



ODU students donate to the Ignite Food Pantry food drive.

## Food Insecurity on College Campuses

Food insecurity is defined as the state of being without reliable access to a sufficient quantity of food and nearly 1 in 4 students in our country experiences food insecurity. In 2015, ODU partnered with Ignite Food Pantry to address our campus food insecurity needs by providing groceries at no charge. In 2018, the Ignite Food Pantry served between 400-500 students, faculty, and staff. Students are invited to show up on Mondays and Thursdays between noon and 5pm with a valid university ID to be serviced. Because Ignite is led by student volunteers, the hours change semesterly.

The food pantry is sustained by donations from the campus community including ODU organizations, Monarch Dining, and Panera, whose company policy requires the stores to donate all leftover food to groups that feed the hungry. In late January, an Aldi grocery store opened near campus and is now donating fresh foods from the store.

In addition to the food pantry, students can also opt-in to ODU Food Connect via the ODUMobile App. ODU Food Connect alerts students to free food that may be left over from on-campus events or activities. This program allows campus to reduce food waste while servicing students.

## Money Matters: Learning About Loans

Student loan debt may seem stressful or daunting, however it is important to understand loans and how they work in order to manage repayment upon graduation. ODU's banking partner, PNC has crafted 5 tactics to tackle student loan debt. To read more about these strategies, please visit [here](#).

Build a relationship with your financial aid counselor.

Know where your loans are coming from.

Keep a running tally of your loans.

Pay what you can while still in school.

Create a repayment strategy.

## Campus Spotlight: Women's Center & ODU Police Department

Creating a safe and caring environment is paramount to all we do at ODU. Two terrific resources that strive to do this are the Women's Center and the ODU Police Department.

The ODU Women's Center advocates for gender equity both on and off-campus through victim advocacy, crisis intervention, education, and outreach. Each March, the Women's Center hosts "Walk a Mile in Her Shoes", which raises awareness for ending sexual violence against women. Additionally, the Women's Center sponsors the M-Power Peer Education Network comprised of students, both men and women, who engage in programs and discussions centered around gender equality and anti-violence.

The ODU Police Department is dedicated to creating and maintaining a safe environment for all students, faculty, staff, and visitors. ODUPD provides 24 hour protection and services to the ODU community, such as Safe Ride, emergency phones, patrol aide escort services, and the LiveSafe app. The department also hosts safety seminars and lectures and the R.A.D. (Rape Aggression Defense) course. Visit the [ODU Police Department website](#) for the current calendar of events.



Officer Tommy Evans was awarded a medal of appreciation from The Women's Center for his dedication to ending violence on-campus at the annual To Walk a Mile in Her Shoes in 2018.

**WEDNESDAY, APRIL 8**  
**11 A.M. – 2 P.M.**  
**NORTH MALL | WEBB CENTER**

**DON'T HOLD BACK,  
REGISTER ON TIME!**

**FALL 2020 CLASS REGISTRATION FAIR**

**LET US HELP YOU GET REGISTERED!**

- Connect with campus resources to address account holds that prevent registration.
- Learn about enrolling in summer courses.
- Receive a free t-shirt for participating.

  
OLD DOMINION  
UNIVERSITY

Hosted by  
Student Engagement &  
Enrollment Services

  
OLD DOMINION  
UNIVERSITY™

**3,000+**  
**COURSES**



**ONLINE AND ON CAMPUS**  
**ODU.EDU/SUMMER**

## Stress Management Techniques

As the semester progresses, your student may encounter stress, a state of mental or emotional strain or tension resulting from adverse or demanding situations. Common sources of stress include: conflicts between goals and behaviors, self-imposed thoughts like impatience and perfectionism, relationship problems, and work overload. Some levels of stress can be healthy and enhance our lives, however too much can affect our well-being. The key to managing stress is first understanding that stressors are not always controllable, but we can control our response or reaction. Help your student identify their stressors and how they can react in a positive, beneficial way. Encourage your student to use the following techniques for stress reduction:

- ◇ **Physical exercise:** This will relieve your body of tensions and release endorphins, which can help improve your meeting.
- ◇ **Breathing exercises:** Take deep breaths and exhale slowly when stressed.
- ◇ **Meditation:** Meditation is the practice of attempting to focus your attention on one thing at a time by using mental focus to quiet your mind, which in turn quiets your body.
- ◇ **Just say no:** If multiple demands are a stressor, it is important to say “no”. Think about your priorities or goals and say “no” when something doesn’t align.
- ◇ **Avoid Procrastination:** Being ahead of tasks allows for time to take breaks and not feel rushed. Encourage your student to make to-do lists or get a planner to organize events and due dates.

*Encourage your student to resolve any holds preventing course registration.*

## Important March Dates

### Academics

March 1: Summer aid application opens.

March 9-14: Spring Break.

March 30-April 3: Fall 2020 pre-registration for currently registered degree seeking students.

March 31: Withdrawal deadline for no refund.

### Activities

March 19: Nothin’ But Net, Rec Well hosts water polo, water basketball and water volleyball.

March 26: Majors Fair in Perry Library.

March 26: To Walk A Mile in Her Shoes on Kaufman Mall.

### Athletics

Monarch Winter/Spring sports are in full swing. For a full schedule of sporting events, please visit [here](#). Students receive free entry to all Monarch home games.

*Ensure your student meets with their academic advisor to register for Fall 2020 courses.*

