



Monarch Family Connection

A publication from Student Transition & Family Programs

An Office of Student Engagement & Enrollment Services

MONARCH FAMILY PRIDE WEEK RECAP

This month, we hosted Monarch Family Pride Week as a way to celebrate the invaluable contributions of families to student success. Our Monarch families amazed us with their uniqueness and creativity through their participation. Each day featured a Monarch Moment for families to share special memories. One Monarch Moment was asked families to share a family favorite recipe. Recipes received during the week are featured throughout this edition. Thank you to all who participated and shared with us!



Finn Family

Shaw-Young Family "Tex-Mex Deviled Eggs"

What you'll need:

- 6 hard-cooked eggs, peeled
- 1 tablespoon diced green onions
- 1 tablespoon chopped fresh cilantro
- 1 small serrano or jalapeño pepper, seeded and finely chopped
- 1/4 cup mayonnaise
- 1 teaspoon yellow mustard
- 1/2 teaspoon salt
- 1/4 cup (1 oz.) shredded cheddar cheese
- chili powder

Directions:

1. Cut eggs in half crosswise; carefully remove yolks, and place in a small bowl.
2. Mash egg yolks; stir in green onions and next 5 ingredients.
3. Spoon yolk mixture into egg white halves; sprinkle with cheddar cheese and desired amount of chili powder. Serve immediately, or cover and chill until ready to serve.

Agostini Family "Congo Squares"

What you'll need:

- 2 1/3 cups of brown sugar
- 3/4 cup of margarine (creamed)
- 1 6 ounce package of chocolate chips
- 3 eggs (unbeaten)
- 3/4 cups nuts (optional)
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 2 1/2 cups of flour
- 2 1/2 teaspoon baking powder

Directions:

1. Cream margarine and sugar and then add one egg at a time and beat well.
2. Add all dry ingredients and the vanilla. Blend in chocolate chips and nuts.
3. Spray 9 x 13 with non stick spray.
4. Bake at least 40 minutes in 350 degree oven.



Watts Family

Meet in the Middle: Time for a Mid-Semester Check-In

It is hard to believe we have arrived at the middle of the semester. Now is a great time to connect with your student about how their semester is going as early alert grades for the Fall 2020 semester have been posted. Early Alerts is a university-wide policy that requires professors teaching 100-200 level courses to post midterm grades. If a student is receiving a C- or below in a course, they are contacted via their ODU email by their academic advisor and a member of the Residence Life staff if they live on-campus. The Early Alert system is in place to let your student know how they are doing in their courses early enough for them to make changes necessary for their academic success. A doctoral study by Lori



Jean Dwyer (2017) claims that the Early Alert system can increase persistence and encourage students to seek academic support resources. Checking in with your student now can keep them accountable for the goals of having an academically successful semester.

We recommend talking to your student about faculty office hours and tutoring. All professors are required to have office hours, a designated time when students can meet with their professor, posted on the syllabus. Students can also utilize [Tutoring Central](#) for free. Tutoring Central offers support for various subjects including Accounting, Biology, Math, and more. Students may also benefit from online study groups or small, safe study groups.

Beyond tutoring, students may need guidance on efficient time management and productivity (see next page for suggestions). Encourage your student to find a time management strategy that works for them.

This will vary from student to student as some

students need physical planners or to write things down while others can succeed with reminders on their phone. The key is to develop a routine that works and to stick with it.



**Election Day is
November 3, 2020.**

Encourage your student to practice their civic responsibility and vote.

Details about voting can be found at www.odu.edu/life/gettinginvolved/voter-registration

**Registration for
Spring 2021
courses starts
October 19.**

Encourage your student to resolve any holds that may prevent registration.

Students are encouraged, or may be required, to meet with their academic advisor prior to registering.

Motivate Your Monarch

As we enter the second half of the Fall 2020 semester, it is important to recharge, refresh, and refocus. Motivation may go up and down throughout the semester, but it takes dedication, discipline, and hard work to succeed academically. There are several things that students can do to keep their motivation high as the semester continues; below are a few ideas to share with your student in your next conversation.

1. **Set goals.** Setting goals allows for students to focus on a specific target. Setting smaller goals that lead to the larger goal of academic success can help. An example could be improving a letter grade on the next exam.
2. **Establish a routine.** Establishing a routine, such as blocking out time to do coursework for asynchronous classes is critical to cultivating discipline.
3. **Find an accountability partner.** Having someone check in daily or weekly will help them stay on track.
4. **Seek support.** Knowing when to ask for help is a key skill. Support could come in the form of tutoring or mental health help from the Office of Counseling Services.



Remind your student of their “why”, and tell them you are proud to keep them moving forward.

Tower/Harrison Family

Korrasik Family “Arroz con Pollo”

Continued from first page

What you'll need:

- 3lbs chicken cut into pieces.
 - Season with adobo and pepper to taste.
- 3tbsp extra virgin olive oil
- 1 medium yellow onion, finely chopped (about 1 cup)
- 3/4 green pepper, finely chopped
- 1 stalk of celery, finely chopped
- 1 1/2 tsp of minced garlic
- 1 1/2 cups of rice (Jasmine rice recommended)
- 1 packet of powered chicken flavored bouillon
- 1 packet of sazón with saffron
- 1/4 cup of olives sliced
- 1/2 cup of frozen mixed veggies (peas, corn, and carrots)

Directions:

1. Season chicken with adobo. Heat oil in large pot over medium heat and cook chicken until brown on all sides.
2. Stir onions, peppers, celery, frozen veggies, and garlic into pot and cook until semisoft (about 5 minutes). Add rice, bouillon and sazón to the pot and mix until everything is coated with seasoning and oil mixture.
3. Stir in 3 cups of water, bring to a boil and add olives. Cover pot and reduce heat to low and simmer until water is absorbed, rice is tender and chicken is cooked through (about 25 minutes).

STUDENT EMPLOYMENT OPPORTUNITIES

Long Live the CROWN



Monarch Orientation Leader applications
are open until October 30th
<http://bit.ly/2021MOLapp>

Student employment is an excellent way to gain work experience while earning money for expenses. On-campus employment can benefit students during their college career and beyond. Students can learn skills transferrable to the workforce such as leadership, teamwork, public speaking, problem-solving, and more. Students can search for on-campus, off-campus jobs, and internships using [Careers4Monarchs](#). Careers4Monarchs allows students to search for jobs and prepare for interviews.

Student Transition and Family Programs is currently accepting applications for 2021 Monarch Orientation Leaders. Students interested in applying must attend a virtual information session in order to be considered. An overview of the position and application process can be found on the [Monarch Orientation Leader website](#). Questions about the application process can be sent to orientation@odu.edu.

Housing and Residence Life has started recruitment for all student staff positions for the 2021-2022 school year. Interested students must attend a virtual information session in order to apply. Questions about Information Sessions should be directed to HRLStudentStaffRecruitment@odu.edu.



HRL STUDENT STAFF INFORMATION SESSIONS

ARE YOU PASSIONATE ABOUT LOVING WHERE YOU WORK?

Join us for one of our
student staff info sessions!

All students interested in applying for a Housing & Residence Life Student Staff position (**Resident Assistant, Desk Receptionist, Night Desk Receptionist, Office Assistant, or Peer Mentor**) must attend a mandatory Student Staff Information Session in order to be eligible to apply.

CLAIM YOUR CROWN

Thursday, October 8
7:00 PM

Wednesday, October 14
7:00 PM

Tuesday, October 27
12:30 PM

Thursday, November 5
12:30 PM

Thursday, November 12
7:00 PM

Monday, November 16
4:00 PM

ZOOM LINK:
odu.zoom.us/j/91552871625


**OLD DOMINION
UNIVERSITY**
Housing & Residence Life

Have a question?
HRLStudentStaffRecruitment@odu.edu

Money on your Mind?

Many have been guilty of using retail therapy, especially online shopping, as a safe way to keep occupied during the pandemic. ODU's partner, PNC Bank's, [My Finance Academy](#) has compiled tips that may help you break bad spending habits that may threaten your financial well-being. These small steps can lead to big gains in the bank account.

1. **Track your spending.** A budget provides you with a single organized document where you can track your spending. Each time you spend, make a note of what you bought and how much you spent. Breaking your monthly expenses and expenditures down into different categories may help you pinpoint specific areas where you tend to overspend, such as entertainment, restaurant meals, clothing or technology. Seeing where you're spending the most money may help you cut back in those areas in the future, or inspire you to reconsider unnecessary purchases.
2. **Shop from a list.** Before you set out to go shopping, whether for groceries, clothes or anything else, make a list of the items you need. This can help you differentiate between necessary buys and items you simply want. If you need something enough that you put it on the list, get it! But if it's something you spot at the store that just appeals to you in the moment, maybe skip it this time around.
3. **Be diligent about fees and subscriptions.** Review your monthly statements to determine whether you really need those streaming or subscription services, or whether you can comfortably cancel them. If you're not using them, don't keep them just for the sake of keeping them; that's money you could be saving for another day.



IMPORTANT DATES

October 19-23: Spring/Summer 2021 Pre-registration begins for currently registered degree-seeking students with a time ticket.

October 21: Career Development Services hosts a Fall Career Fair.

October 24: Leadership and Student Involvement hosts Make a Difference Day.

October 24: Spring/Summer 2021 Open registration begins.

November 3: Election Day Holiday—no classes.

November 4: Office of Counseling Services hosts Dance Away Stress.

November 10: Withdrawn deadline for no refund.

[View Fall and updated Spring 2021 Academic Calendar.](#)

A special thank you to the winners of Family Connection Bingo: the Jones family, the Korrasik family and the Tower/Harrison family!