



THE COMPASS CHRONICLE

THE OFFICIAL NEWSLETTER FOR USF ST. PETERSBURG CAMPUS
FAMILY MEMBERS AND FRIENDS

Greetings Bull families!

We are at the halfway point in your student's semester. How can we support you and your student in completing the rest of the semester strong? Below are words from the Student Success Advocates on ways to connect with your student over Spring Break. Please feel free to connect with us if you have any questions!

Words from the Student Success Advocates



Spring Break came within a blink of an eye! Sometimes students need to get away from their school work, both physically and mentally. Encourage your student to use this time to recharge themselves. Here are a few resources for your student to recharge:

1. Spend time with them outside! Take a walk and enjoy nature.
2. Reflect on the semester - What went well? What do they need to change and what support can help them?
3. Ramp up their self-care. Watch an inspiring movie, read a non-class prescribed book, treat themselves to something nice. It's ok to give your student some space during this time. This break is intentionally placed in the middle of the semester to allow them time to breathe and recharge.
4. Remind them that the semester is halfway thru, therefore it's time to start thinking about next semester and to meet with their advisor

now.

Contact usfsp-studentsuccessadvocacy@usf.edu with any questions and concerns. We help students succeed from A-Z!

USF NEWS



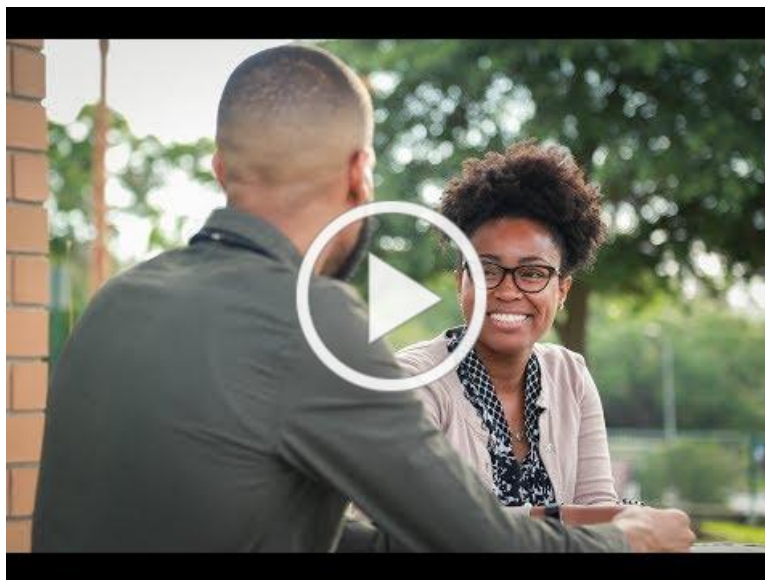
USF Contemporary Art Museum

The USF Contemporary Art Museum is expected to open its doors in the fall of 2022. This project is a partnership between the College of The Arts, the USF St. Petersburg campus, the St. Petersburg Downtown Partnership and the City of St. Petersburg.

The "USF Contemporary Art Museum will enable us to better connect with the students at USF's St. Petersburg campus, as well as the St. Petersburg community, in an unconventional arts venue," said Margaret Miller, director of the USF Contemporary Art Museum and Graphicstudio.

View this [article link](#) for more information on this partnership.

Make Mental Health and Wellness a TOP Priority for Your Student



Have you asked your student:

- "Are you getting help with this?"
- "Have you talked with someone?"
- "What can I do to help you?"

And didn't receive a response? Or didn't know how to help?

If so, this video and article are for you!

Always remember T-O-P! (Don't know what that is? Read the article!)

From <http://higheredparent.com/make-mental-health-wellness-top-priority-student/>



Has your student encountered a challenge or do they need help navigating a USF process, policy, or procedure? Is your student struggling and you want to connect them to support they need? Do you want the most accurate information to empower your student to overcome an obstacle?

Fill out our [Family Coaching Form](#) so you can receive direct follow up from your family coach.

If you are concerned that your student is experiencing personal, emotional, or behavioral distress, we encourage you to learn more about [USF Student Outreach and Support](#) and submit a [referral form](#).

HELPFUL LINKS

New Student Resources

As your student transitions to the University of South Florida St. Petersburg campus, we know there will be a lot of questions and uncertainty. Below are a few resources that will help guide you and your student through this transition.

Success
Tips

Student Success
Center

Academic Advising &

Connect with a Peer

Advocacy

Coach

Coronavirus USF
FAQ

Wellness Center

IMPORTANT DATES:

March 14-20: Spring Break

March 28: Summer/Fall registration begins for degree seeking students

April 29: Last day of classes

April 30 - May 5: Spring Final Exam Week

