



Parent & Family Newsletter

Hello Saint Mary's Parents and Families,

As October settles in and the campus is filled with the colors and spirit of fall, students are deep into their academic routines — and facing the challenges that come with the mid-semester stretch. Midterm exams may be coming up and your student will get a midterm grade around October 19. This is a great time to check in with your student and encourage them to take full advantage of the many support resources available, including counseling services, academic tutoring, writing centers, and wellness programs. Whether they're thriving or just trying to stay afloat, these resources are here to help every student succeed — and sometimes a little encouragement from home makes all the difference.

In this month's newsletter, you'll find important academic updates related to Midterms, upcoming campus events, and info on how to stay healthy as flu season arrives. As your student focuses on academics and doing well at this upcoming mid-term point, encourage your student to build in time for connection and community by checking out the SMC Events page for things to do on campus. Encourage your student to build a daily schedule that includes attending classes, study time and visiting Professor's office hours, but also one that includes an adequate sleep schedule, time to eat balanced meals and getting physical exercise every day. As the weather turns cooler, visiting the on-campus Rec Center for a variety of ways to move and get some physical activity could be encouraged.

We want to extend a heartfelt thank-you to all the families who joined us for Family Weekend — your presence brought warmth and connection to our campus community.

Julie Scaff
Asst. Vice Provost, Student Support Services

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Help your Student Win a FREE Passport!

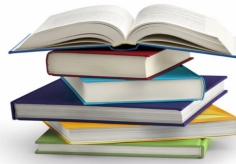
The Center for International Programs has won a grant that can fund 25 passports for first-year and first-year transfer students and we need your help to spread the word! Having a

passport provides the opportunity for students to experience culture and language through studying, teaching, interning, or volunteering abroad. To be eligible for a FREE passport with no strings attached, your student must be a U.S. citizen, a Pell-grant recipient or eligible for the Pell grant, a first-year or first-year transfer student, and never had a U.S. passport.



Passport Information Form

Academic Support during Midterms



As midterms approach, it's a great time for students to take advantage of tutoring and academic support services. Whether reviewing challenging material, preparing for exams, or improving study strategies, these resources can make a big difference in academic success. Reaching out early helps build confidence and stay on track during this busy time of the semester.

Midterm exams will generally be given 10/6-10/10, with some professors having already given a midterm exam and some professors doing so a little later in the semester. Regardless of when your student has midterm exams, they will be given a Midterm grade by October 19. This is a great time to check in with your student to ask them what their midterm grades are. Your student will get a P (Passing) grade if they have an A, B or C in the course. If they are at a D level, they will show a D midterm grade and if they are failing, they will show an F midterm grade.

There IS time to improve! If your student receives a D or F midterm grade, encourage your student to go to office hours, talk to their professor about what they need to do to pass the class and have your student look into academic support resources like tutoring.

Our official midterm break is October 16 and 17, no classed are held those days.

Academic Success Services

Flu Has Arrived on Campus - Flu Shots Now Available at the Student Health Center

Students can schedule a flu shot by calling 925.631.4254 or using the Student Health Portal on mySMC!

Cost is \$20 at the Student Health Center

Other options:

Most insurances will cover the cost of flu shots at local pharmacies for free. If student's have Kaiser, utilize one of their flu and Covid-19 vaccine clinics at no cost.



Worried about flu symptoms? Schedule an appointment at the Student Health Center in Augustine Hall. 925.631.4254. We're open Mondays-Fridays from 9 - 4:30.

After hours? Utilize TimelyCare virtually. It's free for all students.

And remember: Students should wash their hands! And students should please wear a mask around others if they are experiencing respiratory symptoms (masks are available at the Student Health Center).

Student Health Center

Men's Basketball Season Is Here!

Gael families...it's almost that time of year! Be a part of the action when the defending regular season WCC Champion Gaels take the court on November 3rd to defend their conference crown.



When the Gaels take on Gonzaga for the last time as WCC foes, the only way to see the game inside UCU Pavilion will be with a season ticket. Click the red button below to request more season ticket information or go [SMCGAELS.COM/TICKETS](https://smcgael.com/tickets) after October 15th to purchase single-game seats (single game tickets not available for SMC vs. Gonzaga).

**Gaels Tickets
Website**

Club Sports Kickoff Week

Join Club Sports teams October 1-8 as they kickoff their seasons. From recruitment events, to preseason conditioning, to competitions, Club Sports teams are kicking off their seasons this fall. Club Sports team operations rely solely on funding generated by the athletes themselves. This can come through player dues, fundraising events, or through donation drives like this. Lighten the financial challenges of these students, and donate today!



Club Sports
Website

Month of Remembrance

In the Catholic tradition, the month of November is a time to remember all our loved ones who have passed away. During each Mass in November, we will pray for our departed loved ones, and invite you to [add names for us to pray for here](#). Additionally, the Mission & Ministry Center invites you to attend our special Mass of Remembrance which will be held in the Saint Mary's College Chapel on Sunday November 16, at 8pm. All are invited to attend.



Mission and Ministry
Center

Career Center Support

It's never too early for students to start developing the skills and confidence they'll need for life after college. One of the best ways to support your Gael is by encouraging them to attend one of our **Industry Meetups**, where they can connect with career professionals and learn about career paths.

Parents and alumni: Are you interested in getting involved in an industry meet-up in the future? Fill out this form to learn more about upcoming opportunities to share your professional insights or experience!



Fall semester upcoming Meet-Ups:

- ☐ Finance Meet-Up • Oct. 14
- ☐ Creative Careers Meet-Up • Oct. 27
- ☐ Marketing & Communications Meet-Up • Nov. 4
- ☐ Mental Health & Clinical Care Meet-Up • Nov. 10
- ☐ Careers in Law Meet-Up • Nov. 12
- ☐ Kinesiology Meet-Up • Nov. 18

Get Involved with Career

Family Weekend Re-Cap

SMC Family Weekend was a vibrant and memorable event, made even more enjoyable by the beautiful weather. It was heartwarming to see so many families on campus, spending quality time with their students and taking part in the wide variety of planned activities. From Oktoberfest to the President's Reception, Faculty-led learning opportunities to hands-on art sessions, plus opportunities to support Women's Volleyball, Women's Club Soccer and Rugby, the weekend was filled with energy, connection, and school spirit, creating lasting memories for everyone involved. We were thrilled to have so many families on campus for the event!



Information for Parents & Families



Staying engaged with your student's college experience helps foster meaningful support and connection. We offer several resources to keep you informed:

- Parent & Family Newsletter – Stay updated on important dates, campus events, and helpful tips by reading this monthly newsletter
- College Social Media Channels- Follow SMC on Instagram @stmarysca for real-time updates and campus highlights.
- [Parent & Family Website](#) – Access quick links to common resources including academic calendars, billing info, and campus departments in one convenient place.
- Family Weekend & Campus Events – Attend events designed to bring families into the campus community.

These tools help you stay involved while supporting your student's independence and growth. Still have questions? Email us at family@stmarys-ca.edu for additional assistance.

[Click Here to View Upcoming Campus Events](#)



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