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MPCC Parent Connection

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Communicating with the College:

As a parents, you want the absolute best for your students and because of this, you probably struggle determining when to let them be responsible for matters in their lives and when intervention is needed.

Below are common college experiences of students and some guidance on how parents can support their students and at the same time help them grow and develop by empowering them to handle their own situations.

Room Conflicts—students complain for weeks that their roommates are messy, stay up late and interrupt studying and sleep.

First, encourage students to talk with their roommates about the concerns and possible solutions. If that doesn't work, suggest assistance from the RA to help mediate a roommate meeting or provide strategies for conflict resolution.

What not to do: Do not take it upon yourself to call the

roommates, their parents, RAs, or college officials. More is accomplished and learned when students go through the proper channels themselves.

Grade Conflicts—students feel that faculty are grading unfairly.

First, help students identify why they feel they are being graded unfairly. Encourage them to schedule a meeting with the faculty member to discuss concerns. If that does not work, suggest they meet with their academic advisor to discuss the situation to see what other options are available.

What not to do: Do not call the faculty member, the advisor, or college officials. Again, much more can be accomplished and learned when they go through the proper process themselves.

Minor Conduct Violation—students are often found guilty of behavioral violations.

First breathe, then discuss the violation, the choices

made and the consequences of the inappropriate behavior. Second, advise and support them as they go through the Judicial Process and help them reflect on what has been learned from the experience.

What not to do: Call a lawyer or college officials or attend the Judicial Hearing.

There are times that contacting the college directly is appropriate and necessary. However, when possible try to limit your contact with the college to times of crises. When parents limit their involvement to suggestions and advice, students gain confidence, self-responsibility and a skill-base lasting them a lifetime.

Times When Contacting the College is the Best Course of Action:

- Death of a family member
- Concern that student may harm themselves
- Alleged harassment
- When requested to do so

-Source: Paperclip Communications

Residence Hall Holiday Schedule:

The Residence Halls closed at 5:00 p.m. on Thursday, December 17 for the holiday break.

A week prior to the break, hot chocolate was served during the evenings, free breakfasts were served, random prizes were given and several other activities were held to help students survive finals week.

Hopefully, check-out went smoothly for students. Students were asked to remove all perishable items from the room and refrigerator, dispose of garbage, close and lock all windows and doors, turn off all lights, unplug all electrical appliances and do a general clean up. Following the checkout procedure will make the check-in much smoother,

will alleviate any unnecessary use of electricity and will lessen chances of adverse odors being present upon the students' return.

The residence halls will re-open on Sunday, January 10 at 12:00 p.m.



MPCC Tobacco-Free January 1, 2010

MPCC is proud to be the first community college in Nebraska to be Tobacco-Free. When students return to campus for the Spring term, they will be expected to follow the new tobacco-free policy. They will notice tobacco-free signage at every campus location. According to the American Nonsmokers' Right Foundation, as of September 2009, there were 365 colleges in the US with policies to ban smoking from their campuses, so the movement is becoming a common practice.

The road to a tobacco-free is expected to be rocky because many students believe that the movement infringes on individual rights. Regardless, MPCC maintains its stance of promoting a healthy tobacco-free environment. MPCC will provide tools, strategies and programming to assist those members of the student body in the transition to becoming tobacco-free.

If your son or daughter needs assistance with becoming tobacco-free, please have him or her contact the Student Life office.

MPCC is a Tobacco-Free College for the following reasons:

- To further the mission of the college by providing education on the benefits of a tobacco-free environment.
- To promote health and wellness by assuring clean air as an overall benefit for all who visit the College, including students, employees, and guests.
- To promote aesthetics by improving of the visual appearance of the College.
- To provide a consistent message prohibiting the use of all tobacco products on all MPCC owned or leased property, including residence halls and vehicles.

Preparing Your Family for Travel

When your students travel, be aware of weather advisories and be prepared accordingly. Specifically, remind students driving through snowy conditions to:

- WEAR SEATBELTS.
- Winterize their vehicle before heading out and make sure everything is in working order and ready to go for cold weather conditions.
- Allow extra time to reach their destination when the roads are slick and avoid making sudden stops and turns.
- Keep their gas tank close to full, so that an unanticipated delay or traffic detour will not be problematic.
- Remember that bridges and overpasses freeze before road surfaces and take extra caution.
- Allow additional stopping distance between cars when driving on wet roads.
- Keep their windshields and lights clear of accumulations of ice and snow.
- Know what to do if they skid on ice or get stuck in snow. When skidding, counter steer to regain control and then steer the car in the same direction that the rear wheels are sliding.
- When stuck in snow, remove snow from the area around the tire and spread sand or salt under the wheels instead of spinning the wheels.
- Use common sense. There are occasions when the best driving decision is to not drive.
- Be aware of alternative routes in case weather conditions warrant detouring traffic from

main roadway.

- Have extra blankets, warm clothing and other emergency gear should the need arise.

-Source: www.accuweather.com



Checking Road Conditions. When students are on the road within Nebraska and the surrounding states, they can dial 511 from any phone to obtain road conditions. Road conditions are updated continuously throughout the day. When

dialing 511, there is an option to get surrounding states' road conditions as well. The use of cameras and road sensors has made obtaining road conditions fairly easy. Below are websites that can also be used to check road conditions:

www.511nebraska.org
www.cotrip.org/home.htm
<http://511.ksdot.org>
<http://www.wyoroad.info/>

Residence Hall Room Cleaning

Residence hall students have scheduled room inspections once a month. As with your own home, a little work each day makes cleaning manageable. The following areas are checked for cleanliness and damage each month, so it's important for students to give special attention to the following in order to pass the required room inspections:

Kitchen:	Bathroom:	Hallway:
Microwave	Sink	Walls
Countertops	Countertop	Countertop
Refrigerator	Mirror	Carpet/Tile
Stove/Oven	Cabinets	
Table/Chairs	Toilet	
Cabinets	Shower	
Sink	Walls	
Floor	Floor	
Walls	Trash	
Trash		
Bedroom:	Living Room:	
Carpet	Carpet/Tile	
Walls	Furniture	
Desks/Dressers	End Table	
Trash	Walls	



Other tips you can give your students to help them manage living on their own for the first time:

- **Beds.** The room's appearance greatly improves when beds are made. The first thing people typically notice when they walk into a room are the beds.
- **Dishes and Countertops.** Encourage them to take care of their own dishes every day. A quick wipe down of the countertops just takes a minute.
- **Paper.** Letters, notes, reminders, and print-outs are notorious for piling up. Providing your student with a file cabinet or some expandable folders to help them stay organized would be helpful.
- **Clothes/Laundry.** At the very least, dirty clothes should be kept in a laundry hamper/bag.
- **Trash.** Break down items. Creating more space helps. They need to take their trash out several times a week.
- **Floors.** With all the traffic, floors get pretty dirty after a week. A quick sweep and vac once a week should do the trick.

Rave: MPCC's Emergency Notification System

Safety and security at MPCC is a priority. With students, faculty and staff on campuses at all hours of the day and night, a means for contacting them before, during and after any emergency/weather situation is imperative.

Your student may opt to be a part of the MPCC emergency notification system to receive alerts via text and email, free of charge at www.getrave.com/login/mpcc. Students must use their student email address for initial registration, but can then have emergency notifications sent to up to three (3) phones and up to three (3) email addresses.

Please encourage your student to register for the MPCC emergency notification system.



December

18th
Winter Holiday Break Begins

25th
All Campuses Closed

January

4th
All Campuses Open

8th
NPCC Women's BB vs Lamar
MCC Men's BB vs Lamar

NPCC Men's BB Classic Tournament

9th
Mcc Men's BB vs Otero

NPCC Women's BB vs Otero

10th
NPCC Men's BB Classic Tournament

Residence Halls Open

11th
Classes Begin

13th
MCC Men's BB vs Hastings

16th
MCC Men's BB vs SECC

MCC Women's BB vs SECC

NPCC Women's BB vs Northeastern CO

MPCC Student Organizations & Groups

Student organizations and groups are set up to help students develop leadership, service, fellowship, and to enhance the college experience overall. Clubs and organizations are a great way to meet new people, gain leadership experience, boost the resume, help the community, and learn new skills.

Encourage your student to have some fun and get involved in one or more of the

following organizations or groups:

Campus Crusade for Christ—Circle K—Criminal Justice Association—Court Jesters—International Student Organization—Medical Laboratory Technician Club—ADNR Nursing Organization—LPNR Nursing Organization—Choir—Band—Nebraska Association of Family and Consumer Science—Nebraska Student

Nurses Association—Phi Beta Lambda—Phi Theta Kappa International—Skills USA—Student Education Association—Student Senate—

For more information on student organizations and groups, please contact Student Life or look for organization or group advisors at www.mpcc.edu on the Student Life link.

*Start a Trend
with a
Random Act
of Kindness.*

RA and SA Position Openings

If your student is interested in being a Resident Assistant (RA) or Student Assistant (SA) for the 2010-2011 academic year, please have them watch for openings in the next couple months.

This is a wonderful opportunity for students to develop leadership skills through assisting with resident housing

responsibilities and student related activities.

There are several positions open each year. Both RAs and SA are expected to abide by, support and enforce all policies and procedures as set by MPCC along with creating a positive community environment among all its residents.

RAs and SAs receive room

and board discounts for their work in the Residence Halls.

For more information, students should contact Christine Zerbst in North Platte at zerbstc@mpcc.edu and Angela Franke in McCook at frankea@mpcc.edu.

HAPPY NEW YEAR!

The College wishes you Peace, Joy and Hope in the new year.

