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Getting Back in the Groove

St. Norbert College

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Academics

Admission

Campus Life

Living Norbertine

Athletics

About



Getting Back in the Groove

We’re in-person, COVID-conscious and eager to resume college life. As we contemplate the 2021-22 academic year, the very good news is that we at SNC have already learned a lot about pursuing an education through a pandemic. And, for students who may well find it a little difficult to pivot between COVID conditions and a more traditional life on campus, assistance is never far away. Here, two SNC staff members offer tips for successfully acclimating to campus life, both academically and socially.

Academically

Corey Ciesielczyk, director of academic success, support and accessibility

This past year-and-a-half has been out of the ordinary for students, especially in the classroom (which, in some cases, has been an all-virtual classroom). As our students return to a more traditional learning environment, many will have to develop new study habits, in-class habits and routines. Here are a few tips that can help.

Develop and maintain a schedule. Students should map out their class schedules, work due dates for the semester, office hours of their professors and any other important times they’ll need to know.

Build a structured study time outside of the classroom. Students should determine priorities, goals and pertinent deadlines, as well as plan out each study session. They should also complete readings prior to lectures, and spend every day reviewing their notes – even if for a short period of time – to build long-term retention of the material. But they should also reward themselves with some down-time when goals are met!

Set a sleep schedule. Students in the virtual classroom have not had to worry about travel times to physical locations, so many students’ sleep schedules have been altered. It’s best to set an established wake-up time and a target bedtime each day.

Get out of the dorm room/bedroom. It is important for students to leave the distractions of their dorm rooms or bedrooms to study. Instead, they should use one of the many different quiet spaces on campus.

Learn to manage multiple teaching styles. Professors teach differently. Students should learn to use multiple note-taking styles and find ways to organize their notes in an efficient manner. Being able to combine information from multiple pedagogical sources will be essential to their classroom success.

Spend time with faculty members. St. Norbert faculty members offer weekly office hours. Students should make sure to schedule time with them, bringing any questions they have to the discussion. Their teachers are the masters of the information they are trying to learn and an excellent resource!

Know your campus resources. Many offices exist on campus to help students achieve academic success. Students should find the **essential resources** that they will need early in the semester: **tutors**, **academic coaches**, etc. These people will be the key to their success!

Socially

Shelly Morris Mumma, director of leadership, student engagement and first-year experience



About Corey Ciesielczyk

Corey Ciesielczyk is director of the office of academic success, support and accessibility, where he helps students with time management strategies, study skills, reading techniques and more. He also works with students with disabilities. In addition, the eight-year SNC veteran teaches a fall course on college preparation and reading, plus offers one-on-one academic counseling.

Ciesielczyk has a B.A. from the University of Wisconsin-Parkside and an M.A. from Silver Lake College. He volunteers as an assistant men’s basketball coach.



About Shelly Mumma

Shelly Mumma is director of the office of leadership, student engagement and first-year experience (LSE), which works on engaging students through student organizations, service opportunities and more to build our next generation of leaders. She’s also director of the **Campus Center**, which offers entertainment events, intramural sports, aerobics and wellness classes, and even a hammock lounge.

Mumma has a B.A. in communications from Washington State University and an M.S. in student affairs in higher education from Ohio’s Wright State University. She was awarded a Ph.D. in



We know that students who are engaged on campus are more likely to complete their degree at St. Norbert College, so it’s important to us that students are involved in activities beyond the classroom.

Last year, we needed to make all sorts of changes to how students were able to engage outside the classroom. We may still have some changes this year, but we recommend that students reach out and connect with at least one student organization by going to their events, whether in person or virtually.

Students who aren’t sure what student organization to join should plan to attend the college’s **Involvement Fair** on Sept. 14 at 2 p.m. on the Campus Center lawn. Most of our student organizations will have a table at the fair and can tell interested individuals what sorts of things they do. Students can also take a look at our full list of recognized student organizations **here**. This web page offers email links to each student organization’s president (another student) and advisor (a faculty or staff member) in case students have questions ahead of time.

Aug. 19, 2021

leadership studies from the
University of Nebraska-Lincoln.

Also in This Issue

This article first appeared in the August 2021 issue of Parents of St. Norbert College. Other features in this edition included:

President Bruess Upbeat on New School Year

What’s New on Campus

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