



Parent and Family Newsletter

MARCH 2023 Issue 2

March 10, 2023

Dear parents and families,

This week is Spring Break at Minot State University, and we are halfway through the Spring 2023 semester.

This means it is time for your student to secure their summer internship or job. My advice is for them to use this time to build their resume, and if possible, summer employment should be correlated to future career goals. Regardless of where they intern or work, learning how to work, collaborate, and problem-solve with professionals covers a lot of bases. This newsletter features articles about preparing for internship interviews and dealing with anxiety.

Please know that parents and family members are welcome to use our Report a Concern link to the Behavior Intervention Team at [MinotStateU.edu/sa/report-a-concern.shtml](https://minotstateu.edu/sa/report-a-concern.shtml) if you notice your student experiencing distress that impacts them academically, emotionally, behaviorally, or physically. The goal of the BIT is to help members of our community BEFORE they rise to crisis levels. Also, another helpful website is Seize the Awkward at <https://seizetheawkward.org/>. Talking about mental health can be difficult; this guide can help you learn more about having these conversations with your family and friends.

As always, I'm available to answer any questions or concerns that you may have.

Respectfully,

Kevin Harmon,
Vice President for Student Affairs



IMPORTANT DATES & DEADLINES

MARCH

- 13** – Midterm grades posted
- 13 – 17** – Spring Break
- 23** – Last day to withdraw from all 16-wk. classes and receive a 50% refund
- 28** – Summer and fall registration for currently enrolled students begins

APRIL

- 7 – 10** – Easter Break, University closed Friday

View more dates, deadlines, and events at [MinotStateU.edu/calendar](https://minotstateu.edu/calendar).

Be seen. Be heard. Be empowered.

Five tips on how to prepare for an internship interview

From CollegiateParent.com

This article is a contribution from TheHireUps.com, a career advice site that focuses on getting more job opportunities and passing your job interview.

What is an internship interview?

To understand what an internship interview is, you need to be clear about what an internship is.

An internship is not the same as a job. It's a short-term work experience offered by an organization or company, typically to students, and it serves to offer exposure in a particular field. It's a *learning experience* rather than a job.

Yes, internships often lead to concrete job offers, but at the very least, interns will learn about the company and the industry, develop relevant skills, and begin to build themselves a network that may serve them in the future.

An internship interview is a work experience placement interview, NOT a traditional job interview.

Since the candidate doesn't have previous industry experience, the interviewer's main objective is to get to know them and find out *why* they're interested in the internship.



Five tips to help your student prepare for an internship interview

Interviews can be stressful, especially for college students and recent graduates. Preparing properly beforehand will allow your student to go into the interview feeling calm and collected.

Here's what they need to do and how you can help!

1. Research the company

If asked, your student needs to be able to answer questions about the company, which means they should be familiar with its business model and products.

The easiest way for them to accomplish this is to familiarize themselves with the company website or Google search to see if it comes up in the news.

There are a variety of other resources out there, like Crunchbase, which can help your student gain valuable knowledge about the corporate landscape.

If you know of anyone who has worked or is working there, help your student connect with them so they can find out more about the company's values and culture and what it's like to work there.

Learning about the company will help your student prepare thoughtful questions and answers and show they're invested in the internship.

2. Get their work samples in order

Not all industries will require work samples, but advertising and marketing firms generally do.

A current college student or recent graduate will have projects or assignments they've completed which can be used as samples.

The samples should demonstrate that your student has the aptitude to handle the position and can include school projects or awards in relevant subjects.

If the company has asked your student to complete

a task beforehand, this can substitute for a work sample.

3. Dress the part

An internship interview may not be the same as a job interview, but your student is still competing against other candidates. Their appearance is a big part of that.

If the company provided guidance about appropriate attire, this should be followed. If they didn't, your student should assume that business attire is expected.

The best approach is to consider the industry, but the outfit should also be flattering and fit properly. It's also best to plan ahead so choosing an outfit doesn't cause anxiety on the day of the interview. You can help by offering to take your student shopping if they don't have quite the right items in their wardrobe or evaluate possible outfits.

If you need more help, check out LinkedIn's suggestions for [how to dress for an interview](#).

4. Conduct practice interviews

Running practice interviews gets your student comfortable speaking about the topic and prevents them making the [most common interview mistakes](#).

It isn't necessary to memorize answers, but they should become familiar with giving clear and concise responses.

A great way to help them is to record them answering questions so they can see what they look like and adapt their tone of voice or manner of speaking.

Remind them to practice speaking clearly and eliminate filler words like "um" and "like." A brief pause is always preferable.

5. Prepare some questions for the end

The interview isn't just about finding out if your student is a suitable candidate. Your student also needs to figure out if they actually want to work at this company.

They should prepare a few of their own questions to ask at the end of the interview. For example:

- What is the single most important thing you expect from your interns?
- What do you love most about working here?

If your student needs more ideas, [Indeed](#) has a great list of questions to ask in internship interviews. They can practice these with you as well to make sure they're putting things into their own words and sounding natural.

Internship interview questions to expect

Again, interviewers understand that prospective interns won't have industry experience or professional history so their questions will focus more on figuring out who your student is and whether they're passionate about the industry.

Here are some common interview questions to be ready for:

1. Why do you want to intern at this company?
2. What makes you a good candidate for this internship?
3. What do you know about this company?
4. Tell me something about yourself.
5. What are your career goals and how does this internship fit in with them?
6. What are your strengths and weaknesses?
7. Where do you see yourself in five years?
8. Have you done anything that you're proud of? Describe it for me.
9. Would you like to be hired at the end of your internship?
10. How would your friends/professors/previous employers describe you?
11. How do you deal with stressful situations?
12. Do you have any questions for me?

Your student will probably be nervous before their interview so remind them that the interviewer just wants to get to know them.

The best advice you can give them is to take a deep breath, think through their responses before they answer, be honest — and be themselves.

Recent campus events

Education Fair

On March 1, students pursuing degrees in education, communication sciences and disorders, and social work had the opportunity to meet with regional school district representatives to learn about prospective employment during our Education Fair. More than 60 public and private school employers from four states were represented at the event.



Career Expo

The annual Career Expo, held on March 2, was open to students in all majors and provided an opportunity to explore careers, network, and apply for positions. Regional employers were present to answer questions about employment and internship openings and set up interviews.



Bottineau ski trip

Over 40 students participated in a free skiing and tubing activity at the Bottineau Winter Park on March 3. This event was sponsored by the Wellness Center.



Financial Aid Information

Know what you owe

If your student has borrowed a federal student loan or has received a Federal Pell Grant, they have a federal student aid history. Their federal student aid history is available for them to view online at studentaid.gov. They can log in with their federal student aid (FSA) ID and password, the same ones used to file the FAFSA, to view their borrowing history, contact information for their federal direct loan servicer, and their Pell Grant history.

Although students are not required to make payments on their student loans while they are enrolled on a half-time or greater basis, borrowers or their parents can choose to make early payments on the principal or interest (if the student has borrowed an unsubsidized loan) at any time. Keeping track of amounts borrowed and Pell Grant usage can help students keep loan debt reasonable, and it can also help them avoid exhausting their eligibility before they complete their program. For more information about federal student loan limits, visit studentaid.gov/understand-aid/types/loans.

FAFSA time

If your student has not yet filed their 2023-24 Free Application for Federal Student Aid (FAFSA), we encourage them to submit it this month. Filing the FAFSA now helps students avoid delays in the fall and helps them maximize their eligibility for federal and state financial aid programs.

We also encourage students and parents to use the IRS Data Retrieval Tool (DRT) to retrieve their financial information if possible when submitting the FAFSA. Using the DRT helps assure accuracy of the data submitted and can help students avoid having to provide additional documents to the financial aid office later.

If you have hesitated about submitting a FAFSA in the past because you thought your student wouldn't qualify for financial aid, know that all students who meet the [basic eligibility requirements](#) will be offered [some type of financial aid](#). As a FAFSA filer, your student could end up qualifying for a grant that doesn't have to be repaid or may simply be offered a low interest Federal Direct Loan that doesn't require a co-signer and they can choose to decline the loan if they don't need it. The FAFSA is easier and faster to complete than ever. Make sure you aren't missing out on any financial aid opportunities! Don't wait!



How this mother learned about anxiety from her son

By Deborah Porter, CollegiateParent.com



Deborah and Clif

I'll never forget the first time I got the call: "Mom, I had an anxiety attack!"

I say first time because, although they didn't come often, there would be other calls and I'm sure my initial response was not particularly helpful.

It was something like, "what do you mean you had an anxiety attack? We all get anxious from time to time. Don't be late for class."

I didn't know what I didn't know about anxiety disorders because it wasn't something I suffered with. Sure, I get anxious before having to speak in front of a crowd or on my way to the dentist. But that's not what my son was trying to tell me.

What he was telling me is that he suffers from a disorder where this type of anxiety does not go away and can get worse over time. His symptoms can interfere with daily activities such as job, school, and relationships.

Anxiety disorders are not one size fits all.

And as my son Clif has taught me, everyone responds differently when anxiety hits.

Over the years, he's also taught me a lot about triggers, symptoms, and responses. He's given me permission to share some of that in this piece because after a few conversations (and text messages), we agreed that it would help parents of college students to respond better and help their student to soar.

According to a report by the SERU (Student Experience in the Research University) Consortium cited by Inside Higher Ed, "about one-third of undergraduate, graduate, and professional school students screened during the summer were found to have depression or anxiety, or both, which is a higher rate than seen in years past."

In light of this statistic, I asked Clif a few questions to start our dialogue on the issue.

Please note: This cannot be considered medical advice or take the place of an appointment with your medical provider. It is, however, a peek into how our family is managing the impact that anxiety and anxiety disorders can have.

Question #1:

What's a helpful tip for battling the isolation that anxiety can cause?

Clif's response:

For me the best way to deal with isolation is finding a comfortable environment. Sometimes isolation *is* that comforting environment, especially in those situations when other people are what's triggering the anxiety.

But in other cases, when my inclination to isolate is enabling my anxiety, it's been important for me to know the environments that involve people that make me comfortable. My auntie's house is like that for me. She is helpful when I ask for help, but otherwise she doesn't pry or try to fix things for me. She just lets me chill and she does the same.

Question #2:

How should parents of college students who suffer from anxiety show up for them? Do's and don'ts would be helpful here.

Clif's response:

I'd say **"Do"** check in on your child in as normal a way as possible. Ask them how they're doing, what they've been up to, how their friends are, etc.

The flip side of that: **"Don't"** press them about their anxiety every time you speak. Make it clear you care and are concerned about their mental

health but doing so after it's already been clearly communicated can do more harm than good. Let them know you're there for them, then treat them normally. It'll make them much more comfortable to come to you if and when they need to and are ready to get professional help.

Another "Do" would be take mental notes of symptoms you notice. In the fog of anxiety sometimes it's difficult to tell, especially early on, what your own symptoms are. Parents often ask, "have you eaten anything today?" If routinely their answer is no, make note of that. When they visit home, give them food to take with them.

But again, it's up to that person to decide they are ready for help. Once they've made that decision, and if they're having trouble identifying what their anxiety looks like, **"Do" offer your knowledge as a parent in non-intrusive ways.**

"Do" ask them! Ask your kid (once or twice so as to not be repetitive) in what ways you can be supportive! They may not have an answer at first and that may be related to their comfort level with you. For me, when you backed off a bit was when I felt I was able to come to you with what would be helpful. It made me feel like you were ready to learn from what I experienced.

The biggest "Don't" is do not try and fix your child. I can imagine how difficult that would be when you see them hurting, but in the long run it's better that they are comfortable enough with you to tell you when something is wrong than for them to be desensitized by the constant lectures about their mental health. Again, this is what works for me. Every person is different.

Question #3:

Any final thoughts?

Clif's Response:

The disclaimer is that everyone's experience with anxiety is different and different things work for different folks. I'm only discussing my personal experience. Isolation can be good and/or bad. For me, it depends on the moment.

Also, remember to treat your child like they are your child, but also like they are a person — not just a person with an anxiety disorder.

As a mom, I encourage any parent who's concerned about a mental health issue their child may be experiencing to find out what services are available on campus.

This is a great question to ask during college tours, especially if you know this is an area of need for your child. If your child is already seeing a medical provider for anxiety, make sure a few virtual appointments are set and on the books before they leave home for campus.

Here are five tips to support you, if you get a phone call similar to the one, I received:

1. **Listen well.** Not just to what they're saying but also for what they're not saying and the way they are communicating. Is your normally upbeat, high-energy child suddenly sounding defeated, depressed, or alone? As Clif mentioned, notice if they are eating or sleeping well. We know college students have a very different diet and sleep schedule than we do but have they gone a day or two without much of either?
2. **Ask them.** Don't avoid the topic but at the same time don't allow it to be the sole topic of conversation on each and every call. Communicate your love for them without attachment to grades or accomplishments.
3. **Offer support.** Many times, as parents, we think we know what they need and there are times that's true. However, anxiety presents differently in everyone who lives with it. Be available and supportive for what they need.
4. **Get support.** For you and them. Seek out a support group in your area (or virtually) for parents of children with anxiety. Additionally, encourage your child to talk with someone to help them with the self-talk that is likely going on. There are proven techniques that may help your child.
5. **Trust your parental instincts.** As moms and dads, there are times we instinctually know things about our children. Simply hearing their voice or seeing their facial expression before a word is spoken reveals something. Call your medical provider when you feel it's necessary.