Welcome to the February edition of the Benedictine University Parent & Family newsletter. Please take a few moments to review the important information included in this announcement.

**Information from the Business Office**

As a reminder, **the last day to enroll in the spring undergraduate payment plan is Monday, February 28th**. There will be 3 months remaining in the plan if you enroll by that date (March – May). Students may enroll online via MyBenU or an authorized user can set up the plan. Enrollment instructions can be found [here](#).

Please contact [sar@ben.edu](mailto:sar@ben.edu) if you have any questions.
Covid Update

As we continue to learn and adapt during the pandemic, we remain committed to providing a safe learning environment. Please refer to www.ben.edu/coronavirus/index.cfm for updates on our COVID-19 protocols.

Student Affairs Happenings

Does your student have BenU Spirit?  Student Affairs is actively recruiting Orientation Leaders for the fall 2022 Ben Beginnings event where we welcome new students. Students can apply to be an Orientation Leader here: https://benu.formstack.com/forms/orientation_leader_application

Student Affairs would like to remind you that we are here to support and to help your student to be successful. If your student is struggling, whether in or out of the classroom or if you have a concern about a student, please contact us. You or your student can complete a confidential CARE Referral through this link: (http://www.ben.edu/student-life/care-team.cfm#referral). Or feel free to contact us directly with your concern:

   Marco Masini, Dean of Students  mmasini@ben.edu
   Marc Davidson, Director of Student Affairs  mdavidson@ben.edu
   Michelle Schaefer, Academic Support Specialist  mschaefer@ben.edu
   Advising Center  AdvisingCenter@ben.edu

What is an Early Warning Notice? At BenU we pride ourselves on being a small, supportive community. With that in mind, we have developed an Early Warning Notice initiative where students are notified if they are performing poorly in a class. The idea here is to provide early support to students who may be struggling in a class. Students who receive an Early Warning Notice will be contacted by a staff member from Student Affairs to see how we can help.

Is your student struggling in a class? The Academic Support Center (ASC) is here to support students on their academic journey at Benedictine. We offer free tutoring, skills for academic success, and writing assistance. ASC also provides accommodations for eligible students. Our goal is to help students grow and succeed at BU and beyond. In addition to our Learning Specialists, Peer Tutoring for the Spring semester has begun and students may view the available dates and times through this link Peer Tutoring. For more information about our services please click here: https://www.ben.edu/academic-support-center/index.cfm
Did you know that we have a BenU Food Pantry? If your student is in need, Campus Ministry is here to support. Students may visit the BenU Food Pantry, located on the 4th floor of the Kindlon Building in suite 410. The pantry works on the honor system, students may take what they need. It is well stocked with grocery items and toiletries.

Student Health Information

If your student is sick, they must remain home and complete this form from our Student Health Office:
https://www.ben.edu/coronavirus/student-symptom-reporting.cfm. In addition to completing the form, it is always a good idea for students to communicate their absences to their professors. Also, students can make an appointment with a nurse by calling the Student Health Office at 630-829-6046.

BenU Counseling Center

Did you know that all current students are eligible to receive services from the BenU Counseling Center? Our Counseling Center is dedicated to offering a student-centered approach while supporting each student in their pursuit of personal, social and academic goals and in keeping with the Benedictine University Mission. We promote a student’s growth and development in a safe and confidential environment and by encouraging self-reflection.

Hours for Spring 2022 are:

Monday - Wednesday: 10:00am - 3:00pm
Thursday: 10:00am - 1:00pm

For more information, please visit:
https://www.ben.edu/student-life/counseling-center/index.cfm

Wellness Wednesday will be on February 23 at 12:00 - the topic is “Healthy Relationships”
News from the Advising Department

Summer class registration begins on March 1\textsuperscript{st} and the schedule will tentatively come out the week of February 21\textsuperscript{st}. Students do not need to meet with their advisor in order to register for summer classes at Benedictine University. However, we are here to help if they need assistance. Summer is the only session where there is no advising hold for BenU classes.

Does your student plan to take summer classes at another institution? If students are considering taking courses at another institution over the summer, they can only do so if they have less than 60 credit hours at the end of the Spring semester. Students must complete this form and send it to their advisor if they will be taking a summer class elsewhere: [https://www.ben.edu/registrar/upload/Approval-of-Transfer-Courses-Form-Updated-2-23-21.pdf](https://www.ben.edu/registrar/upload/Approval-of-Transfer-Courses-Form-Updated-2-23-21.pdf)

If the advisor approves the desired class selected, they will send the form to the Registrar’s Office to confirm that the course will meet BenU standards and count for the anticipated credit here at Benedictine. Students should wait for the form to be approved by the Registrar’s Office before registering for a class at another institution in order to be certain that the credit will count toward their degree plan.

Please note that if a student desires to repeat a class they have already taken at Benedictine, they can only repeat the class at Benedictine and not at another institution.
Student Activities & Recreational Sports

We are excited to announce that the BenU intramural sporting league is back. This is a great way for students to stay active and have fun with other students. Encourage your student to join today!

INTRAMURAL LEAGUE RETURNS!

BenU is bringing back Intramural leagues/sports powered by IMleagues.com
Scan the QR code to head to the home page and take a look!
There, you can sign up, make your team, or just see what is coming up!
Any questions, concerns, or suggestions, please feel free to reach out to zgyuricza@ben.edu

Hope to see you out there!
Information from the Office of the Registrar

Graduation Application Deadlines

Summer 2022 degree conferral application deadline is February 15, 2022.

Fall 2022 degree conferral application deadline is March 15, 2022.

Students may apply for graduation online through MyBenU.

For more information on the 2022 commencement ceremony please visit the Commencement website.

Summer and Fall Registration

Summer 2022 registration opens for all students on March 1, 2022.

Fall 2022 registration begins April 4, 2022 and runs through April 15, 2022. Students are assigned an initial registration appointment day during these two weeks based on the number of earned credit hours. After April 15, 2022, Fall registration will remain open for all students through the first week of Fall semester.

The class schedule will be made available through MyBenU a week before the start of each term’s registration.

External Course Registration

Current students must receive pre-approval to take courses at another college or university. Students should first seek out options available through Benedictine before looking at external course options. Without pre-approval the courses will not be transferred back. Students may obtain approval using the Approval of Transfer Courses form. Students with Junior or Senior standing are not permitted to take courses at community colleges.
As we hit mid-February, winter has been with us for some months and can feel never-ending for some. Around this time, students may feel the effects of the long, gray winter and are eager for warmer weather. This is a great time to check in with your student. Reviewing the **Dimensions of Wellness** below may help you formulate questions specific to your student.

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person’s life. Each aspect of wellness can affect overall quality of life, so it is important to consider all aspects of health.

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Emotional</strong></td>
<td>Coping effectively with life and creating satisfying relationships</td>
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<tr>
<td><strong>Environmental</strong></td>
<td>Good health by occupying pleasant, stimulating environments that support well-being</td>
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<tr>
<td><strong>Financial</strong></td>
<td>Satisfaction with current and future financial situations</td>
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<tr>
<td><strong>Intellectual</strong></td>
<td>Recognizing creative abilities and finding ways to expand knowledge and skills</td>
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<tr>
<td><strong>Occupational</strong></td>
<td>Personal satisfaction and enrichment from one’s work</td>
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<tr>
<td><strong>Physical</strong></td>
<td>Recognizing the need for physical activity, healthy foods and sleep</td>
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<tr>
<td><strong>Social</strong></td>
<td>Developing a sense of connection, belonging, and a well-developed support system</td>
</tr>
<tr>
<td><strong>Spiritual</strong></td>
<td>Expanding our sense of purpose and meaning in life</td>
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Conversation Starters

With March approaching, Spring Break is often on the minds of students. Spring Break is a time for students to take a break from academics and begin to prepare for the end of the semester. Encourage your student to take a pause from school work and connect with their friends and family.

- What are your plans for Spring Break?

As students get closer to the end of their first year, questions about where to live for their second year become popular on campus. There are many options available for your student, which can be found here: https://www.ben.edu/student-life/residence-life/student-housing/index.cfm

- Where are you planning to live next year?

Upcoming Important Dates

- February 28th Last day to enroll in the spring undergraduate payment plan
- March 1st Summer Class Registration begins
- April 3rd Last day to drop a class and receive a “W” grade from regular 15 week semester class
- April 4th 2022 Fall Registration begins
- April 15th - 18th Easter Break, no traditional undergrad classes, offices closed
- May 9th - 13th Traditional Undergrad Finals Week