Dear Parents/Guardians,

Congratulations! Your student has made it through the first six weeks of the semester. Classes and exams are getting harder, so remember that FISA is always there for your student! Remind your student to contact a FISA mentor to discuss what type of assistance he or she needs. We are here for your student and want the very best for them. Now let’s continue to work hard together and keep moving forward. You got this!

**Tips to Help Students Through the Stress of Midterm Exams**

Midterm exam time can be a stressful time for most students. Parents/guardians of college students may feel helpless as their student begins to worry or even panic over exams. This is one of those moments where students need to figure out how they will cope. However, there are a few things that parents/guardians can do to help students through this stressful time. Below are a few examples:

- Recognize that your student is tired and stressed.
- Use your best listening skills.
- Remind your student that they will get through these few days or weeks and then things will level off again.
- Remind your student to think about their health.
- Help your student keep midterms in perspective.
- Help your student have realistic expectations.
- Encourage your student not to panic.
- This is an excellent time to send a care package from home and/or send a “cheer up” card/letter.

What is happening around campus in October?

FISA Program

- **10/1:** Workshops: Career Services & Forming Friendships (via WebEx at 3 p.m.)
- **10/8:** Workshop: Study Habits & Test Preparation (via WebEx at 3 p.m.)
- **10/23:** Workshop: Money Management (via WebEx at 3 p.m.)
- **10/29:** Netflix Movie Social (via WebEx at 3 p.m.)

The Office of Financial Aid at Texas A&M University-Corpus Christi encourages all students to apply for federal student aid that opens on October 1st, 2020 for the 2020-2021 academic year. For priority consideration, submit your application by January 15th, 2021. To apply visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
The information below are campus events and resources available to students and important information that a parent/guardian could ask or encourage their student to attend:

- **Oct. 8**: Loteria | 9-11 pm | UC Anchor
  Islanders can play a game similar to Bingo to win fabulous prizes, including Airpods.

- **Oct. 13**: Hispanic Poetry Reading | 6-7 pm | via Zoom
  The two poets will read in both English and Spanish from their latest works.

- **Oct. 15**: Cooking with Vianney Rodriguez | 6-7 pm | via Zoom
  Vianney will discuss her love of food while making a recipe from her book, the Tex-Mex Slow Cooker, and the audience will have a chance to win a copy of her book.

- **Oct. 20 through Nov. 5**: Dia de Los Muertos Altar | UC Rotunda
  Islanders can place a labeled artifact to remember their loved one and display it on the Dia de Los Muertos Altar.

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**ISLANDER BINGO**
**October 8**
**7 - 9 PM**
**VIA WEBEX**

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**Loteria Night**
**Hispanic Heritage Month**
**Thursday, October 8 & 9 & 11 PM**
**UC Anchor Ballroom**

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**SERVICE SATURDAY**
**Salvation Army Thrift Store**
**Saturday, October 3**
**9:45 AM - 10:00 PM**
**SIGN UP AT TAMUCC.GIVEPULSE.COM**

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**Oct. 5**
**Social Justice Week**
**Watch Night “On the Streets”**
**6:30 PM Virtual Watch Party Followed by a WebEx Discussion**
**RSVP on I-Engage or Email SVC@TAMUCC.EDU**

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**Outstanding Author/Artist Speaker Series**
**Call for Nominations**

**Outstanding Author Due:** September 25
**Outstanding Artist Due:** October 23

This year we will be hosting our presentations virtually.

bit.ly/TAMUCCOutstandingFaculty

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**Food Bank Fridays**
**8:45 am - 12:00 pm**
Help sort, inspect, and package food for families in the community!
Sign up on Tamu.GivePulse.com today!
The event will follow COVID-19 safety and health precautions.

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**Day Trips**
**Outdoor Adventures**
- Surfing Workshop
- Paddleboard Pass
- Wind Surfing Lessons
- Fishing Trip
- Hiking at C.R. 302
- Bike Rental at C.R. 302

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**CHECKUP**
**Weekly Prize**
**YETI Cooler**
**Grand Prize**
**BOSE Headphones**

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**Giveaway Ends Friday, October 2**

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For more information or to request disability-related accommodations, contact SVC at svc@tamucc.edu
COVID-19 Testing on Campus
Free for TAMU-CC students, faculty, and staff
To see if you qualify, visit: tamucc.edu/fall-2020

Izzy’s Food Pantry
Open starting Sept. 8th
Mon - Thurs: 10AM - 6PM
Friday: 10AM - 5PM
By appointment ONLY
Call 361-825-FOOD (3663)
FMI or disability-related accommodations, visit foodpantry.tamucc.edu

FREE COUNSELING SERVICES
Topics include:
Parenting during COVID-19, wellness, grief, and more
Telehealth: 361.825.3988
FMI: ctc.tamucc.edu

PADDLING FISH PASS
October 10th
Trip cost: $20
Pre-Trip Meeting on Oct 9th

ANXIETY & MINDFULNESS TOOLBOX
FRIDAYS @ 11:00 AM
SEPT 4 - NOV 6
Join via WebEx
In this virtual workshop, students will learn to recognize anxiety symptoms and triggers, and practice simple but powerful strategies for coping with and reducing anxiety.
FMI call 361-815-2703

COPING WITH COVID
A 16 minute, drop-in virtual workshop series focused on managing anxiety, uncertainty, and improving your mental health while coping with the COVID-19 pandemic.
Mondays at 11am via webex
Starts September 14th
Ends October 12th
For more information or to request anxiety-related accommodations, contact Stephanie Hopkins at 361-825-2703 or stephanie.hopkins@tamucc.edu

FACULTY WINTER SEMESTER HOURS
WINTER SEMESTER 2021
Monday - Thursday: 10AM - 6PM
Friday: 10AM - 5PM
Saturday: 10AM - 2PM
Sunday: Closed

University Center 204
Select up to 25 items a week

ISLANDERS RACE TO ZERO 5K VIRTUAL WALK RUN
OCTOBER 12TH - OCTOBER 17TH 2020
It's an CC to End Domestic & Sexual Violence!
REGISTER TODAY AT RACETOZERO.TAMUCC.EDU

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