

MSSM Parents' Association
Tips and Tricks (Updated June 2009)

- The first few months involve an enormous adjustment period for nearly every student (and his/her parents). Try not to stress too much about your child's infrequent calls home; or apparent lack of sleep. (It's difficult to go from seeing your child every day, to not hearing from him/her for a week or two. If you don't hear anything, he/she is probably thriving! He/she is experiencing the rewards and challenges of living and studying among a group of true intellectual peers. It may take a while for him/her to settle in, but the MSSM student community becomes a vital, close-knit family. If you have concerns for lack of communication, you may e-mail Dale Dintaman, the Dean of Residential Life, and ask how your child is adjusting. He will give you an honest perspective and will remind your child to call home if you so request.)
- Prepare your child to take responsibility for:
 - o Laundry
 - o Time Management
 - o Waking up on time every morning
 - o Daily hygiene (roommates really appreciate this)
 - o Using an ATM/Debit Card
 - o Managing over the counter medicines
- Establish a contact time once a week. This is a time for you or your student to call and connect; or "talk" by instant message. For some students, it takes a while to figure out when to schedule this as their extracurricular activities unfold – so you may have to reschedule it a few times. Also, during study hours students are prohibited from personal use of the phone or internet, typically between the hours of 6 and 9 p.m. ALSO NOTE: your child may not have access to the internet and his/her laptop computer for the first 2 to 3 weeks of school while Dr. Brown reviews each device for virus and security problems.
- You will receive a copy of your child's schedule upon registration on New Students' Day. Keep a copy handy. Also, remind your child to inform you of class, work & extracurricular schedule changes so you have a general sense of his/her daily schedule.
- Regularly check the MSSMPA web site www.mssmvoice.org. Note the weekly updates to student activities posted there. Please share similar information with others via the webmaster and the Yahoo Group "MSSMParents" ~ <http://groups.yahoo.com/group/MSSMParents> (yahoo ID and request to subscribe required).
- Regularly check the school administration's "Daily Announcements" as a "Guest" on the MSSM Moodle site. <http://moodle.mssm.org/moodle>
- Join the parents' Yahoo Group listserv (link above).
- E-mail your child's teachers or the appropriate administrator if you have questions or concerns. The R.I.'s are also very helpful.

- Make sure the MSSM Administration has your current correct e-mail address. If MSSM Administration e-mails are going to your home e-mail address, consider placing a rule in your e-mail to forward messages to your work account.
- Send “care” packages by mail when you are able (Student’s Name, c/o MSSM, 95 High Street, Limestone, ME 04750). Expect a delivery delay of a few days if you are considering fresh baked goodies.
- Note: Students will not have Internet access for the first 1 to 4 weeks while the school checks over their laptops.
- Note: A debit card is accepted at most places the students go (e.g. Limestone Grocery, Paul’s Sub Shop, Presque Isle Mall). If your local bank offers no-fee ATM usage, that would be a good choice for a bank account. Alternately, Katahdin Bank is just down the hill from the school. Paperwork to open an account may be completed by mail. However, ATM fees will apply at non-Katahdin ATM machines.
- Note: A Corded or cordless phone/ answering machine can be accommodated in each room.
- Note: US Cellular cell phones have good reception on the school campus. (Please check coverage with your carrier. Many phones pull a signal from Rogers Cellular which is a Canadian tower. International rates apply.)
- Note: Skype internet phone service is free (but unavailable for the first 1-4 weeks).
- Note: Over-the-counter meds must be provided to the nurse. They are not allowed in the dorm rooms.
- Note: For summer storage, Limestone has a storage facility near the school. Cost currently is \$35/month.