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[Parent Newsletter] InsideSMCM for Parents & Families - Feb. 24, 2026

1 message

St. Marys College of Maryland <inside@smcm.edu>
Reply-To: "St. Mary's College of Maryland" <communication@smcm.edu>
To: ancaldwell@smcm.edu

Mon, Mar 2, 2026 at 10:50 AM



March 2, 2026

Dear Parents & Families,

I think most of us were hoping the groundhog didn't see his shadow earlier this month - much of the east coast has had an unusually harsh winter, and here on campus it was no exception. However, thanks to the tireless work of our facilities staff in the Office of Physical Plant, our Office of Public Safety, our dining services staff and many others on campus, we were able to keep your Seahawks safe and warm during the recent snow and ice storm. We did lose a few days to closure, but our faculty were able to pivot to virtual classes, and most of all, our students responded in the St. Mary's Way - by looking out for one another (and taking advantage of the "snow days" to have a little fun, as well)!

We did hear from a number of you and, as always, there are lessons to be learned from this kind of event. Rest assured, our Campus Emergency Response Team has made note of changes to procedures that will help us be even better prepared for the next major weather event. I want to reiterate that our lines of communication are always open. The [Seahawk Family Liaison](#) can be contacted at (240) 895-4388 or email families@smcm.edu; you can also leave messages for me [on my website](#).

Sincerely,

Rhonda G. Phillips, Ph.D, FAICP
President
St. Mary's College of Maryland

Navigating Changes Your Student May Face



College is designed to challenge students and help them grow. As they learn more about the world, they also gain a deeper understanding of themselves. During that time, your role shifts from “directing” to “providing” - providing your support, guidance and wisdom. This helps your student become a more confident, independent adult.

Check out [Navigating Changes Your Student May Face](#) for some practical tips on supporting your student as they grow through their college experience.

Eating Disorder Awareness

Eating Disorder Awareness Week takes place the last week of February. This annual campaign seeks to educate the public about the realities of eating disorders. It also brings visibility and hope to individuals and loved ones impacted by eating disorders.

Eating disorders are serious medical conditions that tend to get worse over time and can become life-threatening. These disorders include anorexia nervosa, bulimia nervosa and binge eating disorder. Eating disorders can appear in adolescence and young adulthood, with college students being particularly susceptible.

The most important tool in your arsenal is awareness. Learn how to identify the signs of an eating disorder and protect your student with this special February article, [Eating Disorders: Awareness is Key](#).

Why the Numbers Matter



College success is shaped by habits, engagement and timely-decision making. There are some key numbers and calculations that students need to understand in order to be successful in their college career: the average number of credits they need to earn per semester to graduate in four years, how a GPA is calculated and why a “W” is better than an “F”.

Read [Why the Numbers Matter](#) to learn more about the key numbers your student needs to know.

Upcoming Family Webinars (Free)

Please join staff members from the Office of International Education and the Office of Student Success Services for two free virtual family webinars, coming up in March and April.

March’s webinar, “Passport to Possibilities: A Guide to Study Abroad at SMCM,” will focus on your student’s potential academic adventure abroad! April’s webinar, “The Year-End Boost: Helping Your Student Finish Strong and Plan What’s Next,” will provide practical strategies for helping your student wrap up the spring semester.

Visit [Upcoming Parent and Family Webinars](#) to obtain the Zoom link.

Missed the Last Webinar?

[The Wellness Playbook: Navigating Health & Counseling Services at College](#) provides information on campus medical care, mental health services, preventive resources and after-hours options for students.

The Importance of Vaccines



Vaccines are one of the most reliable ways to defend against serious illnesses. For students heading to college and their families, understanding which vaccines are needed can feel overwhelming amid endless headlines, online opinions and social media advice.

Starting college means students take on more responsibility for their own health and make medical decisions independently for the first time. Families, meanwhile, may receive conflicting advice about what vaccines are recommended and when. This can make it hard to know what guidance to follow.

Caring for our Campus: Why Vaccines Matter will help you and your student navigate important vaccinations throughout their college career.

1098-T Information

IRS 1098-T forms were mailed to the permanent address in your student's file and were also uploaded to your student's portal. The 1098-T is an IRS form entitled "Tuition Statement" that assists students in determining if they qualify for certain education-related tax credits under the Taxpayer Relief Act of 1997 (TRA97).

Review the full 1098-T announcement and reach out to studentaccounts@smcm.edu with any questions or concerns.

Events [view online](#) [search](#)

Important Dates & Deadlines

March 9 – 13 | [Spring 2026 Half-semester courses begin.](#)

 All Day

March 13 | [Spring 2026 LAST DAY to register for a half-semester course beginning at mid-semester](#)

 All Day

March 16 | [Spring 2026 Mid-semester report deadline.](#)

 All Day

March 16 | [Spring 2026 recess begins.](#)

 All Day

March 23 | [Spring 2026 CLASSES RESUME.](#)

 All Day

March 23 – 27 | [Spring 2026 Academic advising for all degree students currently enrolled.](#)

 All Day

March 24 | [Spring 2026 Advising Day: NO CLASSES](#)

 All Day

March 25 – April 3 | [Spring 2026 Registration for degree students.](#)

 All Day

Upcoming Featured Events

March 5 | [St. Mary's College of Maryland Orchestra Concert, March 5](#)

 7 – 9 p.m. |  Nancy R. and Norton T. Dodge Performing Arts Center - Concert Hall

March 12 | [SMCM Jazz Ensemble Concert, March 12](#)

 7 – 9 p.m. |  Nancy R. and Norton T. Dodge Performing Arts Center - Concert Hall

March 12 | [VOICES Reading: Eman Quotah, March 12](#)

 7:30 – 9 p.m. |  Daugherty-Palmer Commons (DPC)

March 24 | [Career and Internship Fair](#)

 10 a.m. – 1 p.m. |  Michael P. O'Brien Athletics & Recreation Center (MPOBARC) - ARC Courts

March 25 – 26 | [The 26th Annual Colloquium on Women, Gender and Sexuality Studies: March 25–26](#)

 All Day |  Campus Center - Cole Cinema

March 29 | [Dance Club Showcase](#)

 5:30 – 8 p.m. |  Michael P. O'Brien Athletics & Recreation Center (MPOBARC) - Arena

News [view online](#) [search](#)



[Associate Professor Tickle and Alumna Publish Article in Eating Behaviors Journal](#)

Feb. 12, 2026



[Luke Schwenk '25 Lead Author on Research Published in Peer-Reviewed Journal](#)

Feb. 11, 2026



Provost Gantz Discusses Value-based Collaborative Culture on AAC&U Panel

Feb. 2, 2026



Biology Faculty Received a Combined \$1.4 M Through Three Independently Awarded National Science Foundation (NSF) Grants

Feb. 1, 2026



Professor of Anthropology Sarah Hlubik Awarded Prestigious Fellowship from the Leakey Foundation

Jan. 28, 2026



Lorena Torres-Martínez Publishes Invited Commentary in New Phytologist Journal

Jan. 28, 2026



Rachel Swarns to Deliver the 2026 Benjamin C. Bradlee Distinguished Lecture in Journalism

Jan. 22, 2026



Performing Arts Students Present at Region 2 ACTF Conference, Win Competition

Jan. 21, 2026

If you'd like to sign someone else up for the parent & family newsletter, we have a sign-up form on our [Families page](#), so check it out today for quick links, events, news, and other information to help you support your student.

NATIONAL PUBLIC HONORS

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