



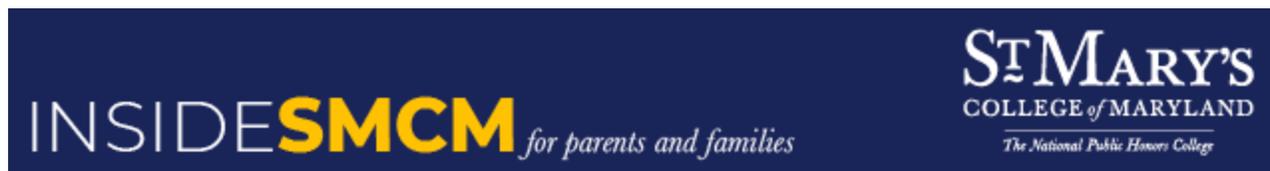
Caldwell, Amber <ancaldwell@smcm.edu>

[Parent Newsletter] InsideSMCM for Parents and Families - Nov. 6, 2025

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 11:37 AM



March 2, 2026

Dear Parents & Families,

This being a year of firsts for me, just as it is for our first-year students, I'm particularly excited to talk about some events that are new to me but are becoming increasingly a part of the fabric of SMCM.

The first of these was held on Wednesday, Nov. 5: LiveWell. A product of The Rising Tide strategic plan, LiveWell is a campus-wide day devoted to health and wellness – physical, mental and spiritual. Your students had the opportunity to participate in a wide variety of activities across campus.

On November 14, I will take part in my first **Sacred Journey** – our annual observance of the **Commemorative to Enslaved Peoples of Southern Maryland**. Perhaps you have walked past the mirrored, cabin-like structure on your way to Jamie L. Roberts Stadium. I hope you have had a chance to stop and reflect on it during a campus visit. This award-winning example of public art is the College's way of recognizing the lost voices of the enslaved persons who once lived, toiled and died on our grounds. The Sacred Journey is a solemn and moving event that unites us all in bringing to light our shared history.

Each day I am reminded about these and other things that make SMCM a distinctive and special place. I hope you are seeing these experiences reflected in your student's life.

Sincerely,

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

ALL ABOUT ACADEMIC ADVISORS



Academic advisors are valuable members of your student's support network at SMCM. They can serve as advocates, provide guidance, help craft personal statements, share tips and set up your student for success.

Students should have already met with their advisor to discuss courses to take next semester. It's a good idea to ask your student what they discussed with their academic advisor. Before you do, be sure to check out [The Role of the Academic Advisor](#) on the Parent & Family Resource website!

SELF-ADVOCACY FOR STUDENT SUCCESS

Going to college is a big change. For many students, it's the first time they are living away from home. They have to take care of themselves, keep up with schoolwork, make new friends and manage their time. This can be exciting - and hard.

One of the most important skills a student can learn is self-advocacy. This means being able to speak up, ask for help and take charge of their own needs. College students who learn this valuable skill often feel more confident and perform better in school and life.

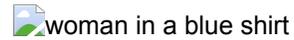
As a parent or family member, your support can make a big difference. Instead of solving problems for your student, you can help them learn how to solve problems on their own.

In our latest article, [Student Self-Advocacy for Academic and Personal Success](#), we share simple ways you can help your student grow into an independent adult—starting now.

NOVEMBER FAMILY WEBINAR (FREE)

On Tuesday, Nov. 18 at 7 p.m., join Executive Director of the Center for Career and Professional Development Cindy Greb '87 for SMCM's November family webinar, "Pathways to Purpose: Supporting

Your Student Through Career Uncertainty.”



Whether it's choosing a major, exploring internships or envisioning life after graduation, college life often brings excitement mixed with doubt about future directions. In this empowering webinar, we'll discuss common challenges students face, all while highlighting practical strategies to help your student pave a rewarding professional path forward.

Visit [Upcoming Parent and Family Webinars](#) to grab the Zoom link for this free virtual resource.

LET'S TALK MENTAL HEALTH



This time of year, college students often make their way back home for an extended visit. During this time, it may be helpful to check in with your student - not only in regards to their academic progress, but also about their mental health.

In our newest Parent & Family Resource article, [Helping Your Student with Mental Health and Self Care](#), we discuss a few tips for navigating conversations about your student's wellness.

HEALTHY MINDS STUDY (HMS)

The Healthy Minds Network is conducting a campus-wide HMS survey about student health and well-being. Your student's input can impact how SMCM addresses mental health issues on campus and help improve our college's support systems, creating a healthier environment for everyone. Plus, your student has a chance to win some great prizes!

Your student should watch for an email from healthyminds-SMCM@umich.edu for the invitation to participate in the HMS survey.

GIVING TUESDAY CHAMPIONS



Is your student passionate about a particular academic program, student club, varsity sport or scholarship at SMCM? If so, encourage them to become a Giving Tuesday Champion!

Giving Tuesday Champions will compete for a share of \$30,000 towards their favorite SMCM cause or fund. Some pretty fun prizes are up for grabs for your student, too!

Students can visit the [Alumni Council Challenge website](#) to learn more and sign up by Monday, Nov. 10.

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](#)

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 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

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.



47645 College Drive, St. Mary's City, MD, 20686-3001 | (240) 895-2000 | web@smcm.edu