

FALL 2020



news
LETTER



welcome to THE COLLEGE OF THE HOLY CROSS

WHAT DO WE MEAN WHEN WE SAY "FIRST-GENERATION"?

Holy Cross defines the term first-generation college student as anyone who is among the first generation in their families to attend college. Our hopes with this periodic newsletter is to provide some helpful resources and information for your first semester as a college student.

WHAT IS HCF1RST?

HCF1RST is a platform for staff, faculty, and students to discuss, organize, and implement strategies to empower and include first-generation students.

WHAT IS HCF1RST SCHOLARS?

HCF1RST Scholars serves as a resource for first-generation and/or low-income college students, to educate the community at large about these aspects of society, to promote inclusion between all economic groups, and finally to help perpetuate "a community marked by freedom, mutual respect, and civility," as stated in the Holy Cross Mission Statement.

MESSAGE FROM THE 2024 CLASS DEAN

I am Constance Royden and I am your class dean – the Dean for the Class of 2024! I was an undergraduate at Caltech, where I majored in Biology and Engineering. I received my PhD in neuroscience from the University of California, San Francisco in 1988. I have been a professor in the Computer science Department at Holy Cross since 2000 and I am very excited about taking on the role of class dean for the class of 2024!

What is a class dean? I oversee your academic program and anything that affects it - which is pretty much everything! Basically, I am your academic go-to person for the next four years. I will assist you with your academic requirements and help you find the resources that will allow you to be successful.

When I am not the one best suited to assist you, I will point you in the right direction. We won't be able to fix every situation, but you can be certain that you will not be alone on your journey, especially when that journey is bumpy, has

set-backs, wrong turns, or delays. Regardless of the nature of your journey, I will be there for you. You can count on me to listen, to offer guidance, and to be responsive as you work to achieve your goals. We have the time to get to know each other over these four years. Once we are back on campus, please come by my office to say hello and let me know how things are going. In the meantime, don't hesitate to reach out by email or to set up an appointment by phone or zoom.

I hope you are excited about being a college student at Holy Cross! It will take time to find your own way, to make friends, figure out what major is right for you, and more. I hope to get to know you so that I can assist you in navigating the challenges of college and exploring all the exciting opportunities that await you!



—Constance Royden

ten TIPS

for being successful
during midterms
and finals

PRACTICE SELF CARE

Make sure to do things that make you happy and provide relief from studying such as taking breaks or making sure you are staying healthy. Eat a healthy diet and nutrient dense foods to fuel studying.



ATTEND OFFICE HOURS & REVIEW SESSIONS

Use your resources on campus as much as possible. One of them is the office hours offered by your professors and review sessions offered in and outside of class. Make sure to take notes and listen to the questions your peers may ask. They may have questions you have not yet thought about.

PRIORITIZE SLEEP

Aim for 7-8 hours each night. However, in order to do this, start studying at least 1.5 weeks in advance to avoid all nighters.



REMOVE DISTRACTIONS

Communicate with family and friends your midterms and finals schedule. If you have weekly commitments or plans, work around this schedule and don't assume you will study during this time as your mind will be preoccupied.



EDIT PHONE SETTINGS

Consider removing apps from your phone for midterms and finals weeks so you don't get caught up scrolling for hours. Also, turn on "Do Not Disturb" mode throughout study hours.



MAKE A STUDY PLAN

Use a calendar to write or type out your study plans. Do not wait until the last minute to start studying and break it up into manageable shorter study sessions over the course of 2 weeks.



CREATE A STUDY SPACE

Find a quiet place to get your work done. Lay out all your books, notes, pens and things you will need to study. Have snacks and water nearby to prevent frequent trips to the kitchen or pantry.



STUDY IN INTERVALS

Take strategic study breaks to improve productivity. Set a 55 minute timer dedicated to studying followed by a 5 minutes break. If you have trouble studying for long periods of time follow the Pomodoro Technique which is having a 5 minute study break for every 25 minutes of studying



FORM A STUDY GROUP

Partner up with a classmate or two in each of your classes and leverage off of each other's strengths. This can also be an efficient way of studying if you assign content by sections or chapters for each person to focus on and share with the group.



STAY POSITIVE

It is easy to become overwhelmed when there are tests and quizzes around the corner, but try to take things one step at a time. When you feel good, you do good!





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Co-Chair



VICTORIA DE LEON
Social Media Coordinator



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Social Media Coordinator



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AMIE ARCHAMBAULT
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The Lending Library

Making Textbooks Affordable and Accessible

ABOUT THE LENDING LIBRARY

The Lending Library is a collaborative initiative supported by the Bishop Healy Committee, Holy Cross Bookstore, HCF1RST Scholars, Dinand Library, and the Office of Multicultural Education. The library houses over 1600 textbooks available for students to rent for the entire semester at no cost. Students are encouraged to return textbooks to pay it forward to the next student in need.

RENTING TEXTBOOKS

All students are encouraged to rent from the Lending Library where you are able to request books to rent out for free. Books are first come first serve and as long as we have them available, they are yours to borrow!

Students can rent the book for a semester at a time. At the end of the semester, students will be reminded to return the

book before leaving for the break. We ask that all books are returned to be able to help students in the future.

Please visit www.holycross.edu/lending-library for more information on the request process or email lendinglibrary@holycross.edu.

DONATING TEXTBOOKS

At the end of each semester, HCF1RST Scholars, HC Bookstore, and OME host a textbook drive. HCF1RST Scholars collects textbooks at lobby tables and the residence halls from students. OME will add the new donations to the Lending Library collection for future use. Students are encouraged to advertise this resource to students in need. Additionally, if faculty have textbooks they would like to donate, we will house the books for future use by students.

FINANCIAL ASSISTANCE

Students facing financial hardship should contact the financial aid office for more information on additional funding to purchase books or visit the Student Emergency Aid website at: www.holycross.edu/SEA

OCTOBER IS FINANCIAL AID AWARENESS MONTH



DON'T WAIT TO APPLY FOR FINANCIAL AID!

PRIORITY FILING DATE IS NOVEMBER 1ST

The Office of Financial Aid hosts Financial Aid Awareness Month each October to help students navigate their FAFSA and CSS Profile. On October 1st, both the FAFSA and CSS Profile became available for the 2021–2022 academic year, and families are strongly encouraged to complete them as soon as possible. Financial Aids priority filing date for all documentation is November 1st, so be sure to complete the following by that date:

- [Complete the 2021–22 FAFSA](#)
- [Complete the 2021–22 CSS Profile](#)
- [Upload to IDOC your signed 2019 federal tax return and W2\(s\)](#)
- [Upload to IDOC your parent\(s\)' signed 2019 federal tax return\(s\) and W2\(s\), as well as any business tax returns and schedules](#)

SIGN UP

for a Financial Aid
Help Session

Applying for financial aid each year can be confusing and overwhelming, so the Office of Financial Aid is offering several virtual help sessions throughout October to help mitigate this stress. During these sessions, financial aid experts will be available to answer any financial aid questions you might have. The sessions will be held:

TUESDAY
October 6
9 – 11 am

THURSDAY
October 15
6 – 8 pm

FRIDAY
October 23
9 – 11 am

THURSDAY
October 8
4 – 6 pm

MONDAY
October 19
4 – 6 pm

WEDNESDAY
October 28
6 – 8 pm

To sign up for a help session, please go to bit.ly/FinancialAidHelp



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Multicultural Education