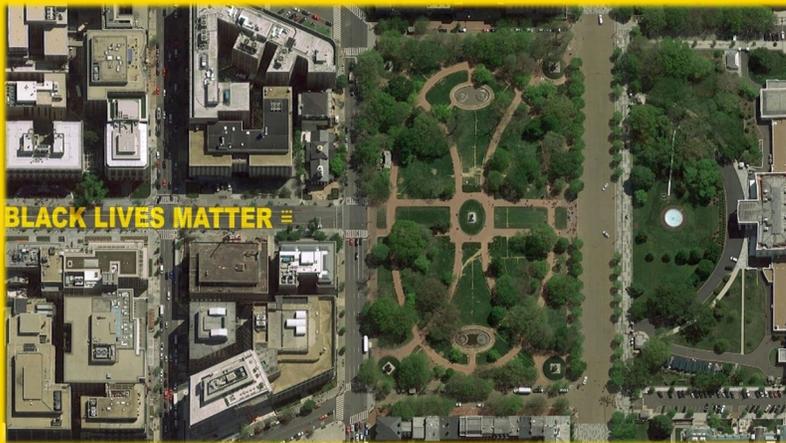


# FYE EXPRESS

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## **Black Lives Matter.**

Over the last few weeks, tensions between police and protesters have escalated, across our country. The recent deaths of Breonna Taylor, Ahmaud Arbery, and George Floyd have sparked a national uprising in support of justice for the victims-in the mist of an ongoing pandemic.

This past weekend, D.C. mayor Muriel Bowser, had the street painted with the BLACK LIVES MATTER slogan in yellow 35ft letters. The art takes up two blocks on 16th Street NW, between K and H streets, an iconic promenade directly north of the White House. In addition to painting "Black Lives Matter" on the street, Bowser officially named the section of 16th Street in front of the White House "Black Lives Matter Plaza."

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## ADVICE FOR PARENTS OF COLLEGE STUDENTS: 5 PIECES OF FIRST-YEAR WISDOM

1. **MAKE NEW MEMORIES-** You have one last summer before your child is college bound—make the most of it!
2. **PREPARE THEM FOR THE BASICS-** This is the first time your child is living without you. Take some time to go over the housing rules and guidelines where your child will be staying and don't forget to talk about money. Teach your child how to create and stick to a budget.
3. **BE PREPARED FOR THE "I CAN'T DO THIS" CALL-** Most days will be great, but there will be days when things just are not shaping up as planned. A low grade that was not expected. A new friend who turned out not to be so friendly. The list goes on. So, be prepared for that "I can't do this" call that is likely to come at one point or another. Your child is still in the early stages of figuring out how it works to live independently. Despite being away from home, you are still a parent; you are still needed as a shoulder to cry on or as a listening ear.
4. **SET UP WEEKLY E-DATES-** You are used to seeing your child every day. It is a big adjustment to lose that face-to-face time. As you are both adjusting to life away, agree to grab a few minutes once a week on a FaceTime or Skype call. It is easy, free, and a pretty good remedy for a homesick heart.
5. **REMEMBER: NO NEWS IS GOOD NEWS (USUALLY)-** As a parent, you love being in the know. But your new college student is experiencing life independently for the first time, and that is a good thing!



## Braineaser of the week

**A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a greenhouse made from? (answer on page 3)**

## Coppin State Fall 2020 Return to Campus Plan

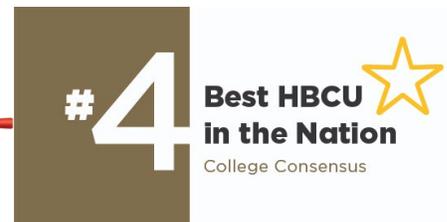
Coming Soon

*Coppin State University (CSU) plans to welcome students back to campus for the fall semester in a hybrid capacity, combining in-person instruction with remote learning. Fall classes are scheduled to begin on August 31, and the university will implement plans that continue to prioritize the health and safety of students, faculty, and staff.*

*Plans call for making residence halls available in a reduced capacity that allows for proper health distancing, based on guidelines provided by the state, USM, and the Centers for Disease Control (CDC). CSU is also exploring ways to assist with guidance to the surrounding Coppin community, which remains an important priority of the university.*

*The COVID19 pandemic evolves, constantly, and plans may change for the university to ensure compliance and safety of the campus.*

*Updates will continue to be provided as they are developed, and additional information can be found at [www.coppin.edu/coronavirus](http://www.coppin.edu/coronavirus).*



**Coppin State University has been ranked among the top 20 Best HBCU's in the nation for 2020, according to a college ranking website.**

College Consensus ([collegeconsensus.com](http://collegeconsensus.com)), a unique college ranking website that aggregates publisher rankings and student reviews, has ranked CSU 4th among best value colleges and universities in the nation.

**WHAT'S COOKING IN THE RESIDENCE HALL?**

**Quarantine Cookin'**

**Southern Shrimp and Grits**

In a large saucepan, bring the broth, milk, butter, salt and pepper to a boil. Slowly stir in grits. Reduce heat. Cover and cook for 12-14 minutes or until thickened, stirring occasionally. Stir in cheese until melted. Set aside and keep warm.

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 4 teaspoons drippings. Saute the shrimp, garlic and seasoning in drippings until shrimp turn pink. Serve with grits and sprinkle with onions.

**Ingredients:**

- 2 cups reduced-sodium chicken broth
- 2 cups 2% milk
- 1/3 cup butter, cubed
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup uncooked old-fashioned grits
- 1 cup shredded cheddar cheese
- 8 thick-sliced bacon strips, chopped
- 1-pound uncooked medium shrimp, peeled and deveined
- 3 garlic cloves, minced
- 1 teaspoon Cajun or blackened seasoning
- 4 green onions, chopped



**W.Y.T.Y.K.**



Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863.

Cities and States across the U.S. and beyond are realizing the wonderful opportunity we must come together in appreciation, reconciliation, and commemoration. During Juneteenth we acknowledge the African American spirit and pay tribute to the roles and contributions which have enriched our society.



*Brainteaser Answer: Glass.*

## CAMPUS RESOURCES

**First Year Experience Program | 410-951-3508** Offering students a pathway to degree completion with partnerships across the campus, placement testing, tutoring services, academic advisement, freshman seminar, and co-curricular programming to help them successfully complete the course requirements in the General Education Core as well as achieve their personal best in all areas during their first and second years at Coppin.

**GHJ Bldg. Room 208**

**Center for Counseling & Student Development | 410-951-3939.** Offers a wide range of programs and services that foster student growth, development, and emotional wellbeing.

**Tawes Center, Room 160**

**Disability Support Services | 410-951- 3944.** Offers services to ensure that students with disabilities and special needs can fully participate in all aspects of the Coppin experience.

**HHS Bldg. Room 223**

**Career Services Center | 410-951-3919.** Delivers programs and services in concert with the University's mission that enables students to develop life-long skills in career planning.

**Tawes Center, 113**

**Office of Student Activities and Leadership | 410-951-3922.** Offers opportunities for CSU students to enhance their educational experience, improve their social life, gain self-confidence, and acquire leadership skills.

**Tawes Center, 1st Floor**

**Office of Financial Aid | 410-951-3636.** Within the confines of available funding and federal, state, and institutional policies, the office makes every effort to assist students in making a Coppin education a financial possibility.

**Miles Connor Admin Bldg. First Floor**

**Office of Records and Registration | 410-951-3700.** Responsible for maintaining all academic records for the University and updating and monitoring the institution's policies and procedures.

**Miles Connor Building, 1st Floor**

**Community Health Center | 410-951- 4188.** Nurse-managed University Health Center serving the local community as well as students, faculty, & staff.

**Health & Human Services Bldg. Room 131**

***“Start Strong, Finish Strong”***

