

# PARENT AND FAMILY Guidebook

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## Dear MBU Parents and Families,

Ginger and I want to welcome you to the MBU community. As a member, you play an important role, and we are eager to connect with you as your student transitions to MBU. We want you to know how grateful we are for the encouragement and support you have provided your student along the way.

Please be assured that our focus at every level is to foster an environment that is safe and healthy where MBU students grow, learn, reflect, flourish and are challenged to sharpen their God-given talents. This is a great responsibility and one that we do not take lightly.

As you read this Parent and Family Guidebook, I trust you will find it helpful as you also navigate the transition of sending your student to college. Let's join together in making these next four years truly transformative!

Blessings in Christ,

#### DR. KEITH ROSS

President, Missouri Baptist University



#### A NOTE FROM

# Alumni Engagement

## **Dear Spartan Families**,

We are delighted that you and your student are now a part of the MBU Community.

At Missouri Baptist University, we believe that education is not just about academic pursuits; it is about fostering a sense of belonging, community and shared values. As a member of the MBU Community, you and your student are an integral part of this vision. We are committed to serving you and ensuring that you are well-informed and actively engaged in the life of the university.

Whether near or far, we hope you'll join us in embracing what it means to be a Spartan! We are grateful for your trust in us and look forward to witnessing the growth and transformation that your student will experience during their time at MBU.

#### **ABBY KASSEBAUM**

Director of Alumni Engagement



# Spartan Family Portal



Stay engaged and focus on what matters most: your student's success at Missouri Baptist University.

Sign up now at <u>mobap.campusesp.com</u> or scan the QR code.

# Supporting YOUR STUDENT

College is an exciting time of growth for your student. Forging friendships, learning new perspectives, discovering ways to grow—your student will experience some of their greatest highs and lows in life at college.

Here are some suggestions for helping your student make the transition smoothly.

## **Ask Your Student...**

- How can you be intentional about building friendships with other students?
- Do you tend to overcommit or under commit yourself?
   What are some strategies you can use to balance your time and energy?
- How do you think college will be different from high school?
- What are you most excited about? What are you most nervous about?
- What can I do to help smooth your transition to college?





## **Strategies for Supporting Your Student**

- Pray for your student. See page 16 for ideas!
- Encourage your student when they make mistakes.
- Always be available for a phone call or a visit, no matter what time of day (or night) it is.
- Send your student letters and care packages. Mail to:

Student's Name c/o Missouri Baptist University One College Park Drive Saint Louis, MO 63141

- Show interest in their classes and friendships.
- Tell your student when you see them demonstrate growth or maturity. Give specific encouragement instead of general compliments.

# **Academics**

# **Ways to Encourage Your Student**

- Encourage your student to take advantage of electives, internships and other opportunities to explore career options.
- Suggest that your student seek out their professors for help and wisdom.
- Remember that grades don't determine your student's success—don't pressure your student on their GPA or test results, but help them keep a healthy mindset about grades.
- Model an attitude of lifelong learning to your student.

#### **Student Success Center**

#### **ADVISING**

Your student has a student success advisor to help them register for classes and plan their academic career. Encourage your student to meet with their advisor if they have questions about their class schedule or academic plan.

#### **TUTORING**

The Student Success Center also provides tutoring for almost every subject. General education course tutoring is available by walk-in, or students can make an appointment for major-specific tutoring at <u>calendly.com/mbututoring</u>.







#### **FERPA**

The Family Educational Rights and Privacy Act (FERPA) protects the privacy rights of college students. Due to FERPA regulation, **MBU cannot release any student education records without the student's prior written consent, even to the student's parent.** 

# Student Life

MBU has plenty of opportunities for your student to get involved on campus! From campus-wide events in the Quad to dorm hall hangouts, campus hums with energy throughout the school year. Here are some classic student events our students look forward to each year.

#### **BLOCK PARTY**

A summer-themed party with ice cream, music and our annual limbo contest.

#### **UP ALL NIGHT**

A late night hangout that lasts until 2 a.m. with rec sports, video games and, of course, plenty of snacks.

#### **HOMECOMING**

A week of fun capped off with our annual football game.

#### **FIRST THURSDAYS**

A monthly hangout at the Perk ranging from game nights to grocery bingo to karaoke.



## St. Louis Recommendations

Just fifteen minutes from downtown St. Louis, your student has plenty of options for weekend adventures. Check out some of these St. Louis favorites:

- Forest Park (free!)
- City Foundry STL
- Cardinals baseball game, Blues hockey game, St. Louis CITY SC Soccer Match or Battlehawks football game
- City Museum
- St. Louis Art Museum (free!)
- St. Louis Zoo (free!)
- Missouri Botanical Garden

# **Spiritual Life**

MBU provides plenty of opportunities for your student to plug into a community of believers and grow in their relationship with God.

- Weekly chapel services
- Campus community groups
- Music ministry groups
- Service days

For more information about churches in the area and how to get involved in ministry, visit <u>mobap.edu/student-life/spiritual-life/</u>.

# Health and Safety

## **Public Safety**

Public safety officers patrol MBU's campus for 24 hours a day, 7 days a week. Each officer is licensed and has arrest authority through the St. Louis County Police Security Division. To sign up for emergency notifications from MBU, visit getrave.com/login/mobap.

#### **CONTACT PUBLIC SAFETY**

Phone: 314-744-5355

Location: Spartan Village 101, Suite 101

#### IN THE EVENT OF AN EMERGENCY, CALL 911

# **Counseling Services**

Free counseling services are available to all MBU students. To schedule an appointment and complete the necessary forms for services, please email Counseling Services.

#### **CONTACT COUNSELING SERVICES**

Email: counselingservices@mobap.edu

**Hours:** 8 p.m. to 4 p.m.

Location: Spartan Row, Building 503, Suite 202

# **MBU Mercy Clinic**

MBU works with Mercy Medical to provide a medical clinic on campus with a nurse practitioner, Jenna O'Shea. The Mercy Clinic at MBU operates the same as a normal medical office, offering services such as sick and acute visits, personal wellness visits, vaccinations, chronic disease care, and mental screenings.

#### **CONTACT THE MERCY CLINIC AT MBU**

To schedule appointments:

- Visit MyMercy at <a href="mailto:mercy.net/app/login">mercy.net/app/login</a>
- Use the phone outside the clinic
- Call 314-364-3970

#### Hours:

- Monday/Wednesday: 1 p.m. to 5 p.m.
- Tuesday/Thursday: 9 a.m. to 1 p.m.

Location: Spartan Village Building 503.

IN THE EVENT OF AN EMERGENCY, CALL 911



# **Finances**

# **Bill Payment**

Students can pay their bill through the student portal, over the phone, by mail or in-person. Students choosing to pay via credit or debit card will incur a 2.85% non-refundable service fee. No service fee charge will apply if students pay with an e-check/ACH, a personal check, a money order or cash. Please do not mail cash.

Students who cannot pay in full by the first day of the term may set up an interest-free payment plan through Nelnet. Log into MyMBU Access and click on My Payments/Refunds to enroll. The cost for enrolling in a plan is \$30 for each term.

#### **CONTACT FINANCIAL SERVICES**

**Phone:** 314-392-2366

Email: financialservices@mobap.edu

Location: Administration building, first floor, room 106





#### **FAFSA**

Students must fill out the Free Application for Federal Student Aid (FAFSA) each year. The form opens on October 1st, and it's important to file it as soon as possible, as federal aid is awarded on a first come, first serve basis. Visit <a href="mobap.edu/financial-aid/how-to-apply/financial-aid-fafsa/">mobap.edu/financial-aid/how-to-apply/financial-aid-fafsa/</a> or scan the QR code to learn more.

MBU'S TITLE IV SCHOOL CODE 007540



# Career DEVELOPMENT

### Encourage your student in their professional pursuits.

We provide rosources and facilitate opportunities for students to pursue meaningful careers. Visit mobap.edu/supportservices/career-development/students/ to learn more.



Find jobs and **internships** on our online career platform, Handshake!



# **Sharing** shop

We are here to help in any way we can.

We created the Sharing Shop to help students who encounter unexpected and difficult situations. Members of the MBU community have stocked the shop with food items and basic necessities to help lift financial burdens even just a little.

Students can submit a form at <a href="mobap.edu/sharing-shop/">mobap.edu/sharing-shop/</a> to request supplies from the sharing shop. All information will remain confidential



report your concern by scanning

the QR code. Examples include:

- Behavior significantly out of character
- Unhealthy or dangerous patterns of behavior
- Continued distress after prior referrals

# **Praying** FOR YOUR STUDENT

# Pray for your student regarding their...

# **RELATIONSHIP WITH GOD** $\square$ Diligently spend time with God each day. ☐ Find a church that preaches Scripture. ☐ Share the gospel with wisdom and truth. ☐ Find a godly mentor who will challenge their faith. **RELATIONSHIPS WITH OTHERS** $\Box$ Find close friends who support and challenge each other. ☐ Have fun! ☐ Connect with their professors and learn from them. ☐ Love and serve their neighbor. **HEALTH AND SAFETY** ☐ Stay healthy in mind and body. ☐ Take care of their body by exercising and eating well. ☐ Care for their mental health. ☐ Stay safe from the dangers of this world. **ACADEMICS** ☐ Love to learn, both inside and outside of the classroom. ☐ Develop good study habits and manage their time wisely. ☐ Gain wisdom and clarity about their future career. ☐ Pursue opportunities to grow in their field. **ATHLETICS** ☐ Stay safe while training and competing. ☐ Develop healthy relationships with their teammates. ☐ Exhibit gracious competition, both on and off the field.

# MBU Office CONTACT INFORMATION

Admissions—314.392.2290 | MBUadmissions@mobap.edu

Alumni Engagement—314.744.5322 | alumni@mobap.edu

**Athletics**—314.392.2279

Bookstore—bookstore@mobap.edu

Career Development—314.744.5322 | career@mobap.edu

Counseling Services—counselingservices@mobap.edu

IT—314.392.2377 | helpdesk@mobap.edu

Parent and Family Engagement—314.744.5322 family@mobap.edu

Financial Services—314.392.2366 | SFS@mobap.edu

Mercy Clinic—314.364.3970

Public Safety—314.744.5355 | MBUPS@mobap.edu

Records—314.392.2232 | recordsoffice@mobap.edu

Resident Life—314.392.2262 | ResidentLife@mobap.edu

Spiritual Life—314.392.2251 | SpiritualLife@mobap.edu

Student Development—314.392.2212 | studentdevelopment@mobap.edu

Student Life—studentlife@mobap.edu

Student Success Center—314.392.2364

University Advancement—314.392.2304 advancement@mobap.edu

## **University Advancement**

One College Park Drive Saint Louis, MO 63141-8698 314-434-1115 | 877-434-1115

