

| April | Issues | What You Can Do |
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| Academic Pressure | Academic pressures increase with the end of the semester approaching. Final papers and exams loom large. | Tell your student to start early! Procrastinating on final projects can take its toll academically. Talk to your student about going to the Learning Commons or the Shepard Academic Resource Center to learn about effective study habits. UP's Learning Assistance Counselor , Brother Thomas Giumenta, can talk to students about test anxiety, and test-taking and studying strategies. Encourage your student to use the Math Resource Center, Writing Assistance, or the several other tutoring opportunities available. Using these resources is one key to success! |
| Spring Fever | With nicer weather, the desire to enjoy the sun may impact your student's ability to concentrate on schoolwork and studying. | Spending time outdoors and enjoying spring is perfectly acceptable! However, time management is key. Encourage your student to complete work first before spending time in this area – or combine both by studying outdoors! Encourage your student to utilize the many resources UP offers to travel off campus and see the surrounding area. Check out the parent article on this topic for more information. |
| Financial Issues | Students without summer job plans begin to worry about how to pay for expenses. Financial strain from spring break may also carry over. | If your student would benefit from having a job on or off campus next year or here at UP over the summer, encourage him or her to start early. Direct him or her to the Financial Aid website , which lists on-campus job, as well as to the Career Center , which keeps listings of off-campus jobs as well. |

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| Major Selection Pressure | Undeclared students feel pressure to select a major, and students who are unsure of switching majors believe they must decide now. | Students do not technically have to declare a major until the end of their sophomore year. However, making progress in this decision during their freshmen year is important. If they haven't already, refer your student to the Career Center for major exploration. |
| Registration Worries | Freshmen are concerned with everything from selecting the right classes to their registration order. | Now that your students are planning for their sophomore year, their academic advisor is their best resource for registration issues. Your student should speak with his or her academic advisor for approval of course selection. If your students have other questions regarding registration, refer him or her to the Shepard Academic Resource Center . |
| Health Concerns | Students may become frustrated over initial or continuing illnesses due to the change in weather, allergies, etc. | Illness on a college campus is not uncommon, but it can be frustrating. Refer to the parent article on keeping healthy at UP for more information. |
| Disenchantment with all things UP | As pressures build on all fronts, students tend to become disenchanted with many normal services...and food services can be a primary target. | First, understand that this is normal. However, always feel free to refer your student to the Shepard Academic Resource Center to see if we can help. |

Issues taken from ResLifePro.com