

DECEMBER	Issue	What You Can Do
Final Exam Pressures	Anxiety, fear, and guilt increase as exams near and papers are due. The increased use of alcohol and drugs is related.	Remind your student that the most effective studying includes breaks – study breaks, snack breaks with friends, etc. Encourage your son or daughter to seek tutoring resources from the department of a difficult class if necessary, and to study with friends who are succeeding in that difficult class. Speak with your student about utilizing university-wide learning assistance resources, such as the language, writing, math, and speech tutoring that occurs almost daily in the Learning Commons in BC 163.
Extracurricular Time Strains	Activities such as seasonal parties, concerts, social service projects, and religious activities drain students.	Encourage your student to contact Brother Thomas Giumenta, UP's Learning Assistance Counselor , to discuss time management. Tell your student to come to the Shepard Academic Resource Center to pick up a Time Budget Sheet to help plan out his or her week.
Sexual Pressures	Pressure increases to perform sexually due to the approach of vacation and extended separation.	Encourage your son or daughter to contact the Health Center for help with facing this issue.
Pre-Holiday Blues	Students who have concerns over family, who have no home to visit, or who would prefer not to go home experience feelings of stress or depression.	Encourage your son or daughter to talk to a counselor at the Health Center ; they are trained professional listeners who are there entirely to help students work through any and all issues they experience in their time here.
Friendship Anxieties	Tensions with friends become high with the onset of the stress of final exams.	Talk to your student about understanding these issues are most likely a result of the stressful season. Encourage them to communicate regarding serious issues.
Financial Strain	Worries over finances increase with holiday expenses and travel costs.	With almost a full semester of college experience, students better understand their financial needs. Talk to your student about creating a budget that works for him or her. Should your student decide he or she would benefit from employment, contact Financial Aid for info on on-campus jobs, and the Career Center for info on off-campus jobs.
Increasing Thoughts or Deliberations of Suicide	Due to an inability to cope with the pressure of academic and social expectations, students may experience increasing thoughts of suicide.	If your student is expressing suicidal thoughts, please immediately contact the University Health Center .