

February	Issues	What You Can Do
Continued Academic Pressures	<p>Students begin to take their first set of tests for the second semester. Depending on first semester performance, pressures exist to maintain good grades or improve unsatisfactory grades.</p>	<p>Talk to your student about going to the <a href="#">Learning Commons</a> or the <a href="#">Shepard Academic Resource Center</a> to learn about effective study habits. UP's <a href="#">Learning Assistance Counselor</a>, Brother Thomas Giumenta, can talk to students about test anxiety, and test-taking and studying strategies.</p>
Cabin Fever	<p>Rainy weather and colder temperatures may result in students staying indoors for extended periods of time.</p>	<p>Encourage your student to utilize the many resources UP offers to travel off campus and see the surrounding area. Check out the <a href="#">parent article</a> on this topic for more information.</p>
Vocational Choice Anxieties	<p>As the hunt for internships and summer jobs heat up, students may begin to stress about their major/career choices and their ability to be hired.</p>	<p>Talk to your student about visiting the Career Center in the lower level of Orrico Hall. They can help with resume writing, major and career choice, and help students prepare for upcoming <a href="#">career fairs</a>.</p>
Relationship Stresses	<p>Friendship and romantic relationships began during the first semester begin to either strengthen or unravel.</p>	<p>Either way, encourage your student to continue to explore the opportunities available at UP. Many students are still finding their friend group second semester, so attending hall or Student Activities events, club or organization meetings, and even just leaving doors open while at home are great ways to continue to meet people and make friends.</p>
Housing Concerns	<p>Most students finalize fall housing plans. Decisions are made to stay on campus or to move off, and they may have questions about what to do next.</p>	<p>Encourage your student to speak with potential roommates early to establish plans. Questions about options can be directed to <a href="#">Residence Life</a> in Tyson 123.</p>