

January	Issue	What You Can Do
Academic Anxiety	Anxiety about spring semester begins as students work to continue good grades or if students didn't do as well first semester and need to perform this semester in order to stay in school.	Talk to your student about going to the Learning Commons or the Shepard Academic Resource Center to learn more about effective study habits. Students with a GPA below 2.0 will be required to meet with a Peer Mentor .
Loss of a Loved One	Some students lose a loved one, friend, significant other, or end a relationship over break and find it hard to share in the happiness others experienced.	Talk to your student about making an appointment with the Health Center . Counselors there can work with your student to talk about the issues and help them start off the semester on the right foot.
Roommate Moves	Students moving in with a new roommate, onto a new floor, or into a new building, may experience feelings of intrusion because many friendships have already been established.	It's not uncommon for students to find their group several months into the school year – tell your student not to give up! The key is for students to “put themselves out there” –keep their residence hall doors open, attend activities happening in the hall, form study groups with classmates and hallmates.
Financial Stress	Students who were unable to work over break begin to experience money concerns. Students begin to feel the pressure of finding a job this semester.	Encourage your students to put themselves on a monthly budget that works for their income and their needs. Should your student need a job, direct him or her to the Financial Aid website , which lists on-campus jobs, as well as to the Career Center , which keeps listings of off-campus jobs as well.
Post-Holiday Blues	Students may experience sadness upon their return to UP because they are once again away from security and the positive strokes they often get at home.	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.
Unwanted Weight Gain	Holiday food and home cooking can lead to unexpected and unwanted weight gain.	UP's Health Center is an excellent resource regarding self-care and healthy behaviors. Encourage your student to get involved in a club or intramural sport, utilize the Beauchamp Center, or sign up for a Health and Physical Education class.

Academic and Social
Reintegration

Reintegrating a social and academic life may be difficult after a period of not having to worry about academics.

Remind your student that they learned many of the skills they need during their first semester here at UP. The [Shepard Academic Resource Center](#) has time budget sheets and 15 week planners to help organize time, the [Learning Commons](#) can provide additional resources for specific classes or subjects, and UP's [Learning Assistance Counselor](#), Brother Thomas Giumenta, can help students learn or refresh additional skills.