

March	Issues	What You Can Do
Academic Pressures Increase	Academic pressures increase with the approach of midterm exams. Students who did not perform as well last semester feel pressure to improve, and students who did well last semester may start to experience their first difficulties.	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!
Use of Alcohol	With the pressures of midterms, many students start to increase their use of alcohol and drugs. This can cause problems with their health and behavior.	UP's Health Center is an excellent resource regarding self-care and healthy behaviors – encourage your student to contact the Health Center to talk about how to handle stress in a healthy way. If you have health concerns about your son or daughter, please contact the Shepard Academic Resource Center .
Major and Career Questions	With registration approaching, some freshmen experience a crisis over majors. Do I really want to be this major? Is it too late to change if I want to? What have I signed myself up for?	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 career fairs .
Living Arrangements	Living arrangement anxieties occur with the forcing of decisions. Should I move out or live on campus? Should I stay in the same building, or with the same roommate? Will a friend be left out of the plan?	Encourage your students to do their homework in terms of where they want to live, and to talk openly with the students they're considering as roommates. Questions about options can be directed to Residence Life in Tyson 123.
Summer Jobs	Summer job hunting will be heavy over spring break. Worry about not finding a job will cause anxiety.	Talk to your students about starting early. If they would like to return to a former job, have them call now and ask about that likelihood. When they are home over spring break, encourage them to start the search and application process. Summer positions fill quickly with returning college students, so the earlier your student starts, the better.

Spring Break Plans

Trying to find money to use over spring break can be a problem, especially when the friends of your son or daughter are going to a place other than home and he or she is not able to join them.

Remind your student that spring break is an excellent time to relax, recharge...and make some academic progress. We hear from many students after Fall Break that they wish they had used their time to catch up or get ahead – so now's the time. They also have at least 3 spring breaks left, so encourage them to check out the opportunities for alternative spring breaks available through the [Moreau Center for Service and Leadership](#) for future years.

Issues taken from ResLifePro.com