

MAY	Issue	What You Can Do
Academic Anxiety	Anxiety develops as your students realize the year is ending and they may feel unprepared academically – for a particular class, in a particular major, or for a particular future career.	If your student is struggling in a particular class, there is still time to speak with the professor of the class to clear up last-minute questions. If your student is concerned with the bigger picture – am I in the right major? What career will I eventually have? – refer them to the Shepard Academic Resource Center or the Career Center . Either can help students work through these questions.
Finals Pressure	Finals pressure is at a critical level this week! Papers, take-home exams, and general studying are the order of the day – which can lead to less sleep and a lower tolerance level for friends (and family!).	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 Buckley Center 163.
Summer Job Worry	Students without summer job plans begin or continue to worry about how to pay for expenses.	If your students would like to return to a former job, have them call now and ask about that likelihood. When they return home for summer break, encourage them to start the search and application process immediately. Summer positions fill quickly with returning college students, so the earlier your student starts, the better. 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.

Spring Fever	<p>With nicer weather and the end of the year fast approaching, the desire to enjoy the sun may impact your student's ability to concentrate on schoolwork and studying.</p>	<p>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.</p>
Year End Blues	<p>Students experience some sadness and anxiety as they prepare to leave friends they've grown close to, potentially separate from significant others, and head back home after experiencing independence for the last year.</p>	<p>Let your student know these feelings are normal! Remind them that they went through a huge adjustment in August – so they have the skills to readjust. Phone calls to friends can be made, visits to hometowns can be arranged, and “home” rules can be abided. These summer months go quickly, and before they know it, they'll be packing up to return to UP as seasoned sophomores!</p>

Issues taken from ResLifePro.com