

NOVEMBER

Issue

What You Can Do

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Academic Pressure	Due to procrastination, the increasing difficulty of work assigned, and a lack of ability in some areas, students begin to feel significant academic pressure.	Your student should begin by speaking with the professor of the class or classes in which he or she is struggling. Also, encourage your student to go to the department of the difficult class to inquire about tutoring, and to the Learning Commons , which provides resources in math, language, writing, and speech.
Pre-Finals Stress	Preparation begins for final exams; stress associated with these tests begins to emerge.	Your student should be studying 2-3 hours for every hour he or she is in class; following this general formula helps students stay on track with studying. Students can also work with peers who are academically successful in a class to increase their own understanding. Lastly, encourage your student to speak with the Learning Assistance Coordinator , Brother Thomas Giumenta, for help in dealing with test anxiety and test preparation.
Time Management	Conflicts between social and academic commitments continue, especially as the need to focus academically increases.	Talk to your student about making an appointment with our Learning Assistance Coordinator to gain skills in time management.
Social Apathy	Students may begin to experience frustration over social apathy from friends who are dedicating more and more time to academics.	Student Activities continues to have social events happening frequently for students who need a social outlet!
Depression and Anxiety	Feelings of depression or anxiety increase as students begin to think they should have adjusted to college life by now.	There is no set timeline for adjustment to college. If your son or daughter is experiencing depression or anxiety, encourage them to set up an appointment with counselors at the University Health Center .
Economic Issues	Money from parents and summer jobs begins to run out; loans may start to be due.	Contact Financial Aid with questions regarding loans, scholarships, and info on on-campus jobs. The Career Center keeps postings on off-campus jobs.
Roommate Problems	Issues with roommates emerge again, mostly due to the pressures of school; tempers shorten and people become less tolerant in an academically stressful environment.	Encourage your student to fall back on the communication skills he or she learned during earlier conflicts. Should a conflict escalate, your son or daughter should contact the RA on the floor to help mediate the issue.

Health Issues	Student performance may begin to be affected by health issues. Changing weather and unhealthy eating habits begin to catch up with students.	UP's Health Center is an excellent resource regarding self-care and healthy behaviors – encourage your student to contact the Health Center to set up an appointment.
Friendship Anxieties	Students begin to find the friendships they made in August are not lasting; the thought of having to start again in making friends is daunting.	Plenty of students are still searching for a friend group that matches their interests and values. Encourage your student to continue to be involved in clubs or activities , in his or her residence hall, and with peers in classes.
Thoughts or Deliberations of Suicide	An inability to cope with the many social and academic pressures students are facing may lead to an increase in suicidal thoughts or deliberations.	If your student is expressing suicidal thoughts, please immediately contact the University Health Center .

Issues taken from ResLifePro.com