

OCTOBER

Issue

What You Can Do

Academic Stress from Midterms	As midterms near, academic pressure increases; studying takes up more and more time. For some students, a midterm may be their first exam. After midterm grades are received, feeling of failure as well as a loss of self-esteem may result.	Encourage your son or daughter to talk to the professor in the class or classes in which the difficulties are happening. Make sure they know about resources on campus like the Learning Commons , which has math, writing, language and speech resources. Talk to your student about forming study groups, and refer him or her to the Shepard Academic Resource Center for additional help with academic issues.
Roommate Issues	Issues with roommates may continue to happen, though generally they do not loom as large as in previous months.	Continue to encourage your student to discuss issues with his or her roommate directly. Should problems continue, refer your son or daughter to the RA on the floor, or the Hall Director of the building .
Values Exploration	Students may continue to question and explore their values, especially in the area of sexuality.	Exploration like this is a common part of the “growing pains” of college. Speak with your child about visiting counselors at the Health Center – they are professional listeners who can confidentially discuss all issues your student might be puzzling through. Or, direct your student to UP’s Campus Ministry to talk about their exploration.
Dating/ Non-Dating/ Friendship Relationships	Anxieties regarding these other significant relationships may be extremely high. Non-dating students may feel a loss in self-esteem, if much value is placed upon dating in their social circles. Women or men who do date may feel increasing pressure to perform sexually, which may lead to increasing feelings of rejection, loneliness, and guilt, and in some instances, unwanted pregnancies.	If your child is struggling with anxiety in this area, you can direct them to the University Health Center to speak with professional counselors.
Homesickness	Even more than a month into the school year, it is very common for students to continue to have feelings of homesickness.	One of the most effective ways to combat homesickness is to make new connections – so talk to your student about ways he or she is doing this, perhaps through joining clubs or activities , attending programs in the residence hall, or forming study groups with classmates. If homesickness persists, encourage your son or daughter to talk to a counselor at the University Health Center – students often find speaking confidentially

		with a trained professional helps.
Withdrawal from School	Some students will choose to withdraw from the university as they realize college is not the right place for them now, that another college may be a better fit, or if personal reasons prevent them from continuing.	Leave of absences can be pursued if a student wants to leave for the semester or year but plans on returning within one year. Encourage your student to come to the Shepard Academic Resource Center to talk through the process of leaving the university.
Feeling Like an Outsider	Grief from not being a part of a group develops because of a lack of skill or effort in finding a group, or from not being selected by one.	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” – join activities they have an interest in, form study groups with classmates, and keep their residence hall doors open. If your student needs to talk through these feelings, encourage him or her to set up an appointment with the Health Center.
Financial Strain	Due to a lack of budgeting experience, finances may become a stressor. Students who have work study but have been unable to find a job begin to feel as though there are no options.	Now that your student has a few months of college experience, encourage him or her to sit down and create a budget of monthly expenses. Should your student need a job, 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.
Homecoming Blues	Students may develop the “blues” if they have no date for social activities, or are simply not participating in social activities.	Feelings like this are not uncommon! Encourage your student to begin or continue in his or her efforts to meet new people. Student Activities is a wonderful resource for students looking to get more involved on campus.
Time Conflicts	Students will begin to experience a conflict between balancing time between social and academic commitments.	Encourage your son or daughter to contact our Learning Assistance Counselor , Brother Thomas Giumenta, for help with time management and study skills.
Advance Enrollment Planning	Stress over majors and class choices begin as students begin to think about what to take next semester.	Your student should speak with his or her academic advisor for approval of course selection; for help in selecting courses, semester planning, or creating a four-year academic plan, send your student to the Shepard Academic Resource Center .