

SEPTEMBER	Issue	What You Can Do
Homesickness	Missing home, and the support systems students had there, continues for many students.	Continue to encourage your student to forge connections here at UP. Talk to him or her about joining a club or organization or attending campus events regularly. Refer your student to the <a href="#">Health Center</a> if the homesickness is affecting his or her ability to function well.
Roommate Conflicts	Issues with roommates increase as students continue to adjust to new differences, compromises, and the experience of living with another person.	The first step in solving roommate issues is for the two students to have a conversation – encourage your student to try this first. If this doesn't work, refer your student to the RA on the floor or, if the issue is severe, the <a href="#">Hall Director of the building</a> .
Test Anxiety	Students take their first college exam! Not knowing what the professor expects, how the test will be designed, how to properly study, and unnecessary worry are the contributing factors.	Test anxiety is a common problem, especially for the first exams of the semester. UP's <a href="#">Learning Assistance Counselor</a> , Brother Thomas Giumenta, can talk to students about test anxiety, and test-taking and studying strategies.
Disenchantment with School	Students begin to realize college isn't as perfect as they were led to believe by teachers, counselors, and parents.	The first step is to find out what exactly isn't working well for your student. Have your student stop by the <a href="#">Shepard Academic Resource Center</a> to see if we can help.
Learning New Study Habits	Students realize they can't study the way they did in high school and expect to be as successful. More time for the greater workload needs to be incorporated into their schedules for studying.	Remember, students should be studying 2 to 3 hours outside of class for every hour that they're in class – so for a student taking 5 3-credit classes, that's an average of 30-45 hours a week. For many students, that represents a big change from high school. Talk to your student about going to the <a href="#">Learning Commons</a> or the <a href="#">Shepard Academic Resource Center</a> to learn more about effective study habits.
Dating Anxieties	Not being asked out, or not being successful in finding a date begins to cause anxiety.	Encourage your student to explore other social possibilities, each of which allow students to meet and form connections with other people. Student Activities keeps a list of all <a href="#">clubs and activities</a> on campus – there's something for just about everyone.
"Administrative Red Tape"	Students see that getting a question answered or a problem taken care	Direct your student to <a href="#">Shepard Academic Resource Center</a> – we're the "one-stop

	of can be a long process, which can be frustrating when the question seems simple.	shop” for freshman. We’ll work with your student to make the process of answering their questions as simple as possible.
Family Problems	Issues with family may be amplified because students feel caught in the middle, relied on for the answer or, because they are so far away, helpless to help in finding a solution.	Encourage your son or daughter to talk to a counselor at the <a href="#">Health Center</a> ; they are trained professional listeners who are there entirely to help students work through any and all issues they experience in their time here.
Time Management	Frustration in managing time builds as students work to find an equitable balance between social and academic commitments.	Encourage your son or daughter to contact our <a href="#">Learning Assistance Counselor</a> , Brother Thomas Giumenta, for help with time management and study skills.

Issues taken from ResLifePro.com