

April 2016

## Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this spring:

- Some students lose their motivation for the final push
- Spring fever hits and problems arise as students become restless
- Anticipating the end of the year
- Frustration and confusion develop because of class registration
- Papers and exams pile up
- Summer job panic
- Feeling like they are no longer accountable for their actions – may turn to vandalism
- Sexual assault increases
- Concerns about moving home for the summer

## Preparing for End of the Year Move-Out

For students living in the residence halls or in off-campus apartments, move-out will soon arrive. To help you and your student prepare, here are some important things to take into consideration.

**Transport.** How will your students get her belongings home? Will her car do the trick? Will she need to rent a van or truck?

**Summer Storage.** Since most residence halls don't have space to store student belongings, what are some other options? Does an off-campus landlord allow bigger items, like rugs, furniture and appliances, to be kept there over the summer?



Is there a nearby storage space you could rent instead?

**Extra Stuff.** Recycling unwanted items takes some foresight so

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### Cleaning!

Here are some cleaning tips to share with students to help move-out go more smoothly...

- Clean as they go instead of leaving it all until the end
- Remove sticky rug residue if held down with tape
- Put furniture back in its original place
- Start removing tape residue from walls, etc. now, as it always takes longer than expected
- Leave the room clean out of respect for the kind cleaning staff and to avoid hefty charges



## Sending Care & Encouragement

Students are in the final stretch, as they wrap up the academic year. This means papers, projects, activities and much more. It can be a stressful time, and your support along the way can make a big difference.

Whether you're sending a care package or providing bits and pieces of encouragement along the way, your student is bound to appreciate your efforts! Some ideas include...

- **Notes of Encouragement.** Consider sending texts, emails or handwritten notes to encourage your student and let him know that you believe in him.
- **Healthy Snacks.** If you're putting together a care package, include some healthy snacks, like granola bars, dried fruit, yogurt-covered raisins and baked chips. That doesn't mean you can't include a few "guilty pleasures," too!
- **Photos.** Have the family dog pose for a portrait. Or have siblings do something goofy for

### Food Safety

If you're giving or sending your student perishable food items, be sure to keep food safety in mind. Some helpful tips are available in the USDA's "Food Safety Tips for College Students" at [1.usa.gov/1Ryfpiz](http://1.usa.gov/1Ryfpiz).

the camera! Getting glimpses into family/friend life back home can give your student a needed break – and some laughs!

- **Cartoons & Quotes.** Send along that funny Far Side calendar page that you think your student will appreciate. Or print out an inspirational quote that



fits her and put it in a magnetized frame she can stick on her fridge.

- **Comfy Clothes.** A pair of comfy socks, lounge pants or a hometown T-shirt can give your student some comfort and care.
- **Food Coupons.** A gift card for a local restaurant or grocery store could be very welcomed indeed, as your student might need to get off campus for a break during this intense time.
- **Office Supplies.** A new pack of highlighters or pens could certainly be put to good use!

Just think about who your student is and what brings him comfort and care. That'll make all the difference!

## Preparing for End of the Year Move-Out

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they don't just end up in the trash. Encourage your student to talk with the residence hall or community services staff about options. And then have him find out about donation and trash possibilities, too. Will the community services office be collecting donated clothes, food and personal products? Is there an appropriate place to recycle paper, cardboard and other items? And where do big trash items go?

**Packing Products.** Since packing often gets left to the last minute, students don't always think about having adequate packing materials. Trash bags, boxes, suitcases, duffel bags and plastic containers can all do the trick. Make sure your student is well-equipped before crunch time – those kinds of materials aren't generally available at the very last minute.

**Final Goodbyes.** Move-out time can be an emotional one for students, as they say goodbye to

good friends, some of whom may be leaving for good. Be prepared for move-out day to not just be about the tasky things. Seeking out friends for final goodbyes, hugs, meeting parents/siblings and more will all be part of it.

Thinking ahead to move-out day can help you and your student be prepared and efficient when the time comes. So, talk through these things now in order to get your ducks in a row and keep that last-minute stress at bay.



## 5 Funnies for National Humor Month

The Month of Mirth is upon us, as National Humor Month takes center stage. And infusing a little bit of humor into your student’s life could be just what he needs during this busy month!

Here are a few ways to do just that...

1. **Make Some Mad Libs.** Go to a site like [www.itsawordfunworld.com](http://www.itsawordfunworld.com) where you and your student

can have some fun with words! Send the link to your student, along with a sample one you did, just to make him giggle.

2. **Tap Into Your Inner Muppet.** Encourage friends and family to quickly take the “What Muppet are You?” quiz at [bit.ly/1p8c1UA](http://bit.ly/1p8c1UA). It’s a hoot to see which Muppet personality best fits you!

3. **Dress Up the Family Dog.** Or guinea pig, cat, pot-bellied pig or neighbor! Take a photo of this silly sight and email it to your student, along with a goofy caption.

4. **Send a Funny T-Shirt.** Whether it has your student’s favorite cereal on it, a photo of her little nephew making a wacky face or a word she finds funny (“per-snicky,” perhaps?), send it along for a fashionable funny!

5. **Find a YouTube Clip.** What was it that made your student laugh when he was a kid? Chances are, you might find a clip of it on YouTube! Type in a keyword like “Cookie Monster” or “Elmo” and you just might encounter a funny blast from the past that you can send along to your student.

Sending a bit of mirth to give your student a laugh could be just what he needs right now.

### Candygram!

Use an index card or piece of cardstock/cardboard, with different candies conveying your special message...

- › I appreciate all the Nuggets (Hershey’s Nuggets) of knowledge you share!
- › You make me Snickers – thanks for the laughs!
- › Sending Mounds of support!
- › You have so many great Twix up your sleeve!
- › You’re putting in a Whopper of an effort at school – I’m proud of you!
- › I love you is the Reese’s-son for this card!

## Promoting Car Care

If your student has a car, does she know how to take care of it? Car care is a lifelong skill that will serve her well.

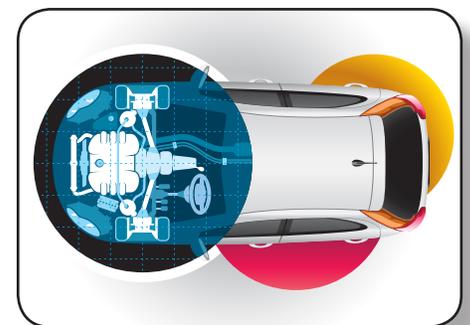
During April’s National Car Care Month, encourage your student to visit [www.carcare.org/car-care-guide](http://www.carcare.org/car-care-guide) to get a free electronic or print copy of their Car Care Guide. The guide includes:

- A car care checklist
- Tips on getting better gas mileage
- How to protect the environment through proper vehicle maintenance
- Descriptions of major vehicle systems and parts

- A maintenance log
- A list of questions to ask when repairs are being done

Another good resource is the Car Talk site at [www.cartalk.com](http://www.cartalk.com). It includes:

- A test drive library
- A loan calculator
- The Car Talk auto advisor
- Info on hybrid vehicles
- How to sell your car
- Mechanic files
- Tips on how to keep your car running



- A roadside survival guide
- Safe driving tips for summer, winter and anytime
- Car cleaning tips from the pros

So, whether your student has a car or is thinking of buying one, learning to take care of that car is an important piece of the automotive puzzle!



## Before Your Student Moves Home

Is your student moving home for the summer? If so, consider discussing these matters right away to clear the air and proceed into a productive time together.

**Rules.** Will there be a curfew? What other “house rules” will you expect your student to abide by?

**Chores.** What expectations do you have for your student pitching in with household tasks?

**Living Quarters.** Where will your student sleep? Store her belongings?

**Use of Car.** If your student doesn’t have a car, will he be able to use yours? If so, under what conditions?

**Siblings.** Will your student have responsibilities for younger siblings?

**Events.** Are there events on the summer schedule – like a family reunion or grandparents coming for a visit – that you want to be sure your student is there for?

Discussing these types of things now can help you and your student have a better understanding of one another and how the summer is going to go. As a result, you’ll be better able to enjoy one another’s company!

## Being a Career Coach

If your student is job searching, you can support him by serving as a coach in the process. Ways to do that include...

- ▶ Practicing interview questions
- ▶ Asking the tough questions:
  - What are you interested in doing?
  - Why?
  - What matters to you?
  - What does “valuable work” mean to you?

- ▶ Giving feedback on his resume
- ▶ Encouraging him to come up with questions for prospective employers
- ▶ Developing a job search strategy *with* him

Career coaching is about supporting your student as he job searches, rather than doing things for him. Think about how an athletic coach operates. Challenge, support and care are your roles, while the searching is up to him.

## Resume Reminders

Students want their resumes to JUMP out to potential employers in positive ways, as summer job season quickly approaches. So, encourage students to keep these basics in mind when creating their resumes...

**Avoid College Slang.** Don’t make potential employers guess what you are talking about.

**Don’t Go Overboard.** You have done a lot in your time at college, but you aren’t writing a memoir, you are compiling a resume. Try to limit your resume to one or two pages that highlight your experiences.

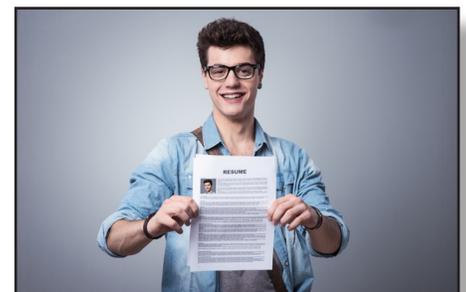
**Include Volunteer Experiences.** Don’t just limit your resume to paid positions. Service experiences that

provided you with specific marketable skills are also valuable.

**Ask Someone to Review Your Resume.** Having a mentor, advisor or other trusted person go over your resume for clarification, typos and to ensure that you didn’t forget to include anything is always a good idea.

**Clean Up Your Social Networking Sites.** Employers are members of Facebook, Instagram and Twitter, too, and the picture you paint on your resume may be tarnished if it doesn’t match what they perceive from words and pictures posted online.

**Network, Connect and Build Relationships Now.** You may not land the job, but if you have built



connections and impressed a potential employer, she may forward your name and resume on to someone she knows is looking, too. Every connection counts!

Also encourage your student to talk with the knowledgeable career services folks on campus. They can help her formulate a resume to remember!