



a newsletter for parents & families



April 2017

Keeping the Momentum Going

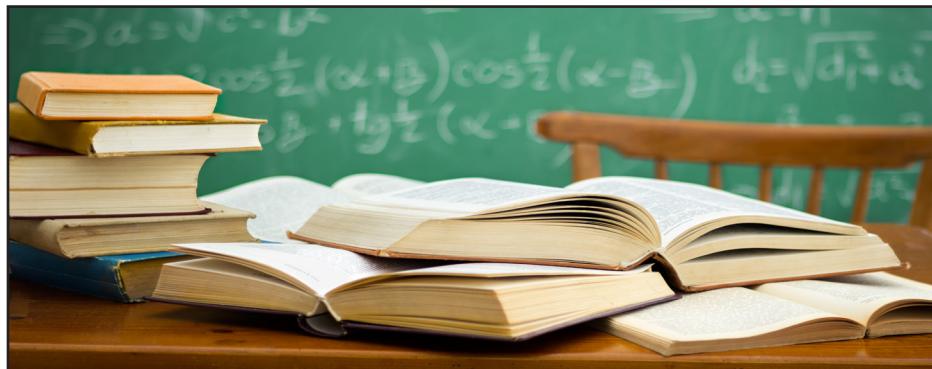
Now that Spring Break is over and the final push stares students in the face, it can be tough for them to keep their momentum going. Sure, there's a lot that needs to happen between now and the end of the term. And with your support, they can make it strongly across the finish line!

Here are some tips to share...

Write It Out. Encourage your student to write down everything on her mind that needs to get done.

A Sample “Mind Dump”

- Write sociology paper
- Finish minutes for board meeting
- Spend time with Amy before she graduates
- Find boxes & bags for move-out
- Figure how I’m getting home for the summer
- Send birthday cards to Grandma & Roy
- Read chapters 5-9 for psych
- Polish up final speech for comm. class



This is sometimes called a “Mind Dump.” Having a visual will help your student get better organized than if she’s just trying to remember everything off the top of her head.

Make a Plan. Taking intentional action to check things off the To Do list can be very empowering. Students who make a plan for how and when they’ll get things done are often most successful in reaching their goals.

Take Time for Fun. The approaching end of the year means your student will be saying goodbye to good friends, so it’s important that he spend time with them. Encourage him to incorporate fun with friends into the other tasks that need to get done, too.

Stay True to Your Best Self. Sometimes, students who are

feeling wiped out may adopt an “I don’t care” attitude that can lead to trouble – whether it’s vandalizing property, blowing off responsibilities or not taking care of themselves. Let your student know what you admire about her and her perseverance, as well as her integrity, as a reminder to be her best self, to the very end. That will feel best and lead to the best end of the year outcomes.





Facing Summer Job Panic

Empty pockets and a quickly-approaching summer season may have your student in the throes of summer job panic. To calm him down and turn anxiety into productive action, you can...

Encourage List-Making. What are 10 things your student could see himself doing this summer for work? Sometimes having a list like this can help him take the next steps to turn one of those into reality.

Provide a Contact. You may not have a Rolodex of multiple people waiting to give your student a job – and that's perfectly okay! By giving her just one phone number of someone you trust to talk about job options, you can help her get in the groove of making contact with potential employers. This first one is practice, if nothing else!

Ask to See Progress. Maybe it's a list of references or a simple resume that you'd like to see. Asking your student for a tangible sign of progress on the job search front can help give him a deadline so he won't keep putting off the task.

Point to Campus Resources. And, of course, make sure you encourage students to use the great on-campus resources that are available, from the career center to advisors and more. We'd like to help your student succeed in her search for gainful, positive employment this summer, too!



This Month's Student Issues

Here are a few things your student may be experiencing this spring...

- Losing motivation for the final push
- Becoming restless as spring fever hits and problems arise
- Anticipating the end of the year
- Developing frustration and confusion due to class registration
- Having papers and exams pile up
- Experiencing summer job panic
- Feeling like they are no longer accountable for their actions – may turn to vandalism
- Increasing instances of sexual assault
- Having concerns about moving home for the summer



10 Ways to Address Restlessness

Spring fever can truly rise to a fever pitch in April. Here are some ways that students can attack their feelings of restlessness in positive ways...

1. Do a service project to focus on others
2. Go on a night walk (with other people!)
3. Get off campus for a movie or brunch
4. Play disc golf or tennis
5. Head outside with a good book
6. Listen to favorite music
7. Visit a friend on another campus
8. Take part in a campus program
9. Cook an awesome dish to share
10. Make summer plans to look forward to



Putting Summer Plans in Place

The end of the term is near, as students try to determine what comes next. You can help by serving as a sounding board while options are considered...

What Will Fill the Time? Perhaps your student is taking on an internship or a summer job that's in line with her anticipated career. Or she may be working on campus, doing service or taking on a job to pay the bills. Discuss the options in order to help your student determine where to focus her energies.

What about Classes? Does it make sense for your student to take classes this summer, either on his campus or at a local school? Explore this possibility together to determine if this is the best use of time and resources.

Where is the Break? Students do need to take a breather after a busy year of school, work, involvements and more. This may not translate into a trip to Europe, yet it's important to help your student carve out some intentional



Summer Considerations

Other things to consider include...

- **Keeping Up with Friends** — Will there be any opportunities to visit? Figure how to help your student keep up with those college friends who have become like family.
- **Family Obligations** — What does the family expect of your student and what does he expect from you? Talk now before misunderstandings and hurt feelings can take hold.
- **Tracking Deadlines** — When do classes begin again, when are bills due, etc.? Get those dates on the calendar now so you all have some deadlines in mind.

down time in order to recharge her batteries. She'll need it!

What Role Do Finances Play?

The reality of summer dreaming is considering what kinds of funds need to be raised in order to make next term possible. Talk honestly with your student about his expected contributions and how he's planning to make that money over the summer.

Summer goes quickly and being intentional with this time can help your student meet her goals and make the most of it all.

When Students Move Home for the Summer

If your student has been away at school, his homecoming this summer will require readjustment on everyone's parts. Here are some things to consider before that time comes...

Space. Where will your student sleep and put his belongings? Do you have enough room for him to move everything home or should he find storage closer to school?

Siblings. What will the transition be like for them, having their sibling back in the house? What can you do to make things smoother?

Rules. Have you and your student talked about rules of the house? She

may balk at the "same old rules" after having freedom at school, so consider discussing rather than imposing to create a mutual agreement.

Responsibilities. What do you expect your student to do around the house to help out? Be clear and let her know that you fully expect her to meet those family responsibilities.

Transportation. Will your student ask to borrow your car? How do you feel about that? Think about this possibility before the summer arrives.

Obligations. Is there a family reunion scheduled? Weddings or birthday parties? Be sure to let your student

know about these things ahead of time so he can work them into his schedule.

Visitors. And how do you feel about having your student's friends visit during the summer? Chances are that she'll want to see some college friends, so be clear about your boundaries when it comes to overnight guests.

There will certainly be conversations that occur during the summer as you and your student figure out how to live together yet again. However, thinking about some of the important categories ahead of time can help you both go into the summer months in thoughtful, open ways.



Preparing for Room Checkout

It's Right Around the Corner!

Students who live in the residence halls will be going through the room checkout process very soon. It helps to remove some stress from the process by being prepared and intentional about the important tasks that are involved, such as...

Finding Out Important Information. Students need to take responsibility for finding out important checkout information, reading posts and attending meetings. Encourage your student to ask residence hall staffers if he's not sure what to do.

Not Ignoring the Process. The checkout process isn't optional! Everyone must comply with hall policies or else an improper checkout charge will likely occur. Ignoring the process just makes things messy – and expensive.



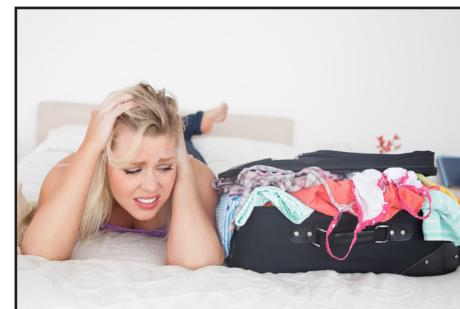
Connecting with Student Staff Members.

Students need to plan when they will check out, once they've examined the final exam schedule. Encourage your student to connect with her student staff member to make a check out appointment ahead of time. This is most respectful of that student's time, as well as making the process much smoother for your student.

Beginning the Cleaning Process.

That sticky rug tape residue, the dust bunnies behind furniture and more need to be cleaned up before your student checks out. Nobody else is going to do it! He can ask student staff members or the cleaning staff about accessing cleaning supplies. Just make sure he understands that, not only is leaving a filthy room disrespectful to the kind cleaning staffers, it is irresponsible and costly, too. It should never happen.

Returning Items to Their Original Position & Condition. Any furniture that was moved into the closet needs to be put back on the floor. Walls and doors need to be cleaned up. Drawers need to be emptied. Considering all of these "little things" can



ensure that your student leaves her room as good as she found it.

Looking at What You're Signing.

Once the room condition has been assessed, your student will probably be asked to sign his room contract, saying that he agrees with the assessment. Make sure that he pays attention to what it is that he's signing so there are no surprises over the summer!

Packing Ahead of Time. Move-out day is *not* the time to do all your packing! Get started ahead of time with things you don't need, figure if you'll need to ship anything or take it home early, and don't leave things until the last minute. You'll want to say your goodbyes on move-out day, not stuff sweaters in crates!

Talk with your student now about the move-out process and what needs to go into it before the actual move-out day arrives. Everyone involved will be calmer and clearer as a result!

Happy Spring!

- Laughter
- Green things
- Sunshine
- Reemerging

- Spirit
- Frolicking
- Fresh air
- And fun!