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New Advice for Thanksgiving Break

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THURSDAY NOVEMBER 18, 2021

New Advice for Thanksgiving Break

By Diana Barrett, Brittany House Conrad, Kristen Altenau Keen and Christina Smith

Students often go through a transformation in their first few months away at college. In 1992, a [news release from UD](#) titled “There’s a Stranger in the House! Yes, It’s Your College Freshman” offered expert advice for families as they prepared for their first-year students to return home for Thanksgiving. “The season lends itself to complications,” the expert said. That hasn’t changed — but the available resources have. Staff in student development share some new tips for 2021.

After a few months on campus, students have likely changed a lot. Parents might find themselves with thoughts such as these:

- “We spent day in and day out together during the pandemic, and now we don’t even seem to speak the same language. What in the world are YikYak and [PATH points](#)?”
- “I was so looking forward to the time spent with my student, but it seems like they’re more interested in seeing their high school friends.”
- “My student has never had a curfew past midnight, but now it seems like they don’t want to follow any rules.”

PARENTS: BE READY TO LISTEN

Your student might have had a great semester, but there are things — big and small — that they might need to talk to you about. Some students might be hesitant to share issues, or they might be seeking acceptance and approval from you as they are exploring their adult identity. Consider how you balance the roles of listening and

PREVIOUS POST

Start Trying to Make Roesch Happen

Inspired by the movie *Mean Girls* (because we’re a *cool* library), we’ll have a lineup of services and resources to make finals week *groot* for University of Dayton students.

[Read More](#)

NEXT POST

Back on the Porch

Porch Reads, Roesch Library’s popular book club-style leisure reading program, returns with a collection of edgy, spine-tingling

advice-giving — or whether or not you take action on their behalf.

GUIDE THEM TO RESOURCES

Some students may express that it's been difficult to find friends or get connected on campus. Others may share that this adjustment has impacted their mental health. Perhaps they are exploring their identities in a new way. On top of all this, the COVID-19 pandemic has made the transition to living in community more stressful than before. created living in community or adjusting to learning in person. Let your students know you are there to listen and support them. Empowering them to use UD's many on-campus resources (listed below) is a great approach.

FOCUS: HEALTH, WELLNESS, VOCATION, GOALS

College should be challenging — but not overwhelming. If you find that your student is not thriving, encourage them to reach out to a trusted staff person on campus. We are here to help your student be successful. For some, it's easier to explore resources online. [YOU@Dayton](#) is a confidential online resource curated for UD students. This provides resources on mental health, physical well-being, finding vocation (including internships, jobs, etc.) and goal setting. Find more information on the [Health and Wellbeing website](#), and encourage your student to explore their account by visiting wellbeing.udayton.edu.

ADDITIONAL RESOURCES

As you explore these thoughts and new conversations with your student, we encourage you to be aware of some of the following resources:

- [Campus Ministry](#) offers students the opportunity to find leadership in their faith, including participating in retreats, faith-sharing groups, and daily Mass.
- The [Center for Student Involvement](#) and [Career Services](#) provide opportunities in student organizations

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[Read More](#)

[Services](#) provide opportunities in student organizations and on-campus employment. [Campus Activities Board](#) and [#UDLateNight](#) plans student activities and events.

- The [Co-Pilots](#) are peer educators who provide one-on-one peer health coaching to help your student develop an action plan to achieve their well-being goals.
- The [Counseling Center](#) provides support groups, individual counseling, toolbox seminars and much more.
- The [dean of students' office](#) supports students encountering challenges including mental health, academic, and homesickness. One-on-one holistic support is available through case managers.
- The University Libraries provide a [wide variety of spaces](#) for study and team projects, and students can [Book a Librarian](#) for research assistance in person, via Zoom or by phone. [Finals week services](#) provide study breaks, support and encouragement.
- The [Food4Flyers food pantry](#) is available for any student experiencing food insecurity.
- [Housing and Residence Life](#) staff support the student community in each living area by providing connection opportunities, assistance in resolving conflict, and education for community living.
- The [Office of Learning Resources](#) can help your student with supplemental instruction, tutoring and other academic support. College can be a lot harder than high school! Encourage them to check their

midterm grades and set themselves up for success for finals.

- The [Student Transitions and Family Programs](#) office offers connections to resources, engagement for commuter students, leadership development opportunities, and information for families.
- Other offices that provide programming and support services tailored to different student groups' needs include the [Multi-Ethnic Education and Engagement](#)

include the [Multi-Ethnic Education and Engagement Center](#) (MEC), the [Women's Center](#), the [Brook Center](#) (LGBTQ+ student services), [Military and Veteran Programs and Services](#), and the [Center for International Programs](#)

BROWSE NEWS RELEASES

UD's digitized news releases date from 1955 to the present. [Browse them in eCommons](#) or use the search tool to find a specific topic.

— *Diana Barrett is the director of student transitions and family programs; Brittany House Conrad is the assistant dean of students for advocacy and intervention; Kristen Altenau Keen is the assistant dean of students and director of the Brook Center; Christina Smith is the director of residence life.*

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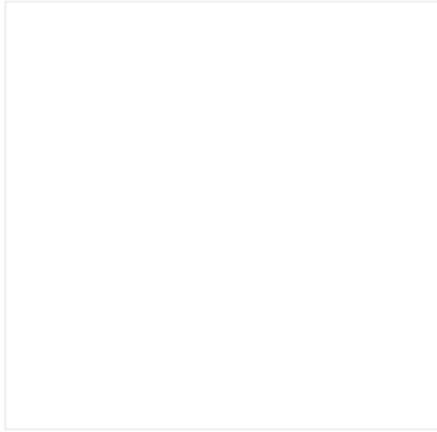
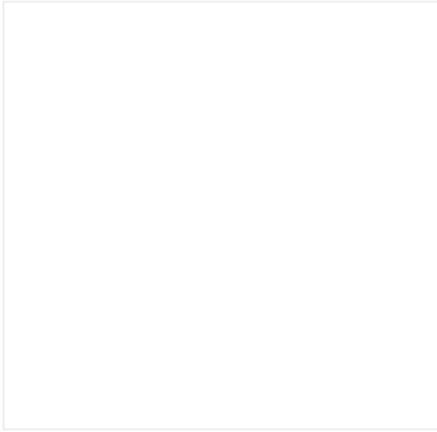
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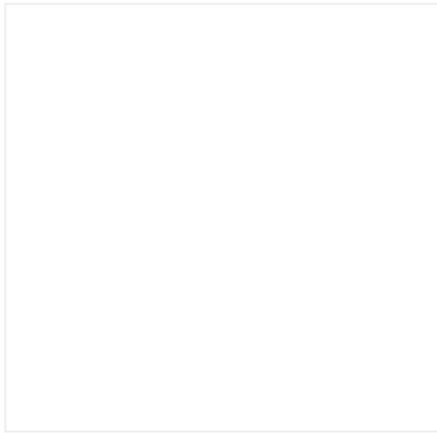
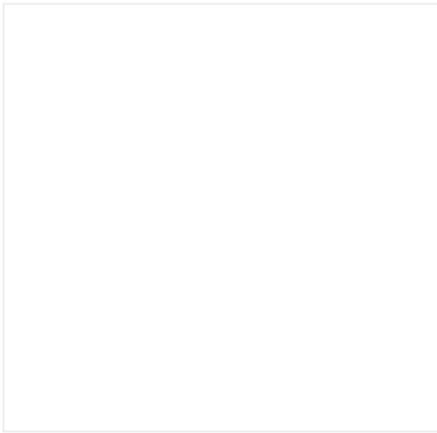
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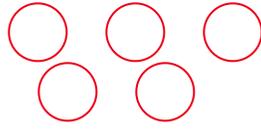
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