

Break from Study, Break for Friends

Fall Break: The big sigh after eight weeks of study, sports, and socializing. For most college upperclassmen, this is a much welcomed break; an opportunity to rejuvenate before hitting the books again. For the college freshman, Fall Break may seem like a trip back in time where reentering the world they left behind can be awkward, uncomfortable and maybe even daunting. Many freshmen will travel home to visit family and friends during break. Some students find that their hometown friendships have remained the same, and that familiar connectedness is still alive. For others it is evident early on that they have changed and so have their high school friends resulting in a yearning for what use to be. For some of you, you may be surprised to be consulted on these matters. For others of you, it is a reaffirmation of your role with your son or daughter. You have been through this stage of life. It is the stage of figuring out who you are and who your true friends are. Remember what it was like for you to lose touch with good friends. How did you react? What did you do to cope? How did you decide whether a friend was worth keeping or not?

If your child is feeling disconnected from their friends, encourage them to communicate with them— letters, phone calls, visits. Tell them to share with their friends the news and stories of their lives. Reassure them that their friends care about their recent life events. Before long future travels home will be met with less transition stress and actually be something students are both comfortable with and look forward to. You can offer insight on these matters, or you can just provide a listening ear for your child.

It is natural for your child's relationships to change. Some may end, others may grow. Your relationship with your son or daughter is going to evolve, as well. When they talk to you about feeling as though they have a foot in two different worlds it is an opportunity for you to establish communication with your child as an adult.

While spending time with friends will be important to your child they should also take advantage of this opportunity to catch up on their rest. Your college student has been inundated with papers, quizzes, extra-curricular and co-curricular activities which result in an overwhelming need to kick back a bit and just plain relax. Many students appreciate this week in time to get caught up academically. Encourage your student to strike a balance during this mid-point in the semester and they will most definitely return to campus refreshed and renewed.

At anytime feel free to call Career and Counseling Services and ask to speak to someone from our professional staff team about your concerns, questions or for additional information. We are happy to partner with you and your student as they navigate the ins and outs of personal and career development.