Student experiences:
Residence Life advice for students and families!

If your students are struggling to stay motivated and looking for some structure, encourage them to schedule a meeting with their residence life advisor. This can help them stay on track and prevent feelings of burnout.

Extended days of snow and cold will cause frustration and depression. Encourage your students to take breaks and find ways to de-stress. They can take a walk, listen to music, or engage in other activities that help them feel more relaxed.

It’s important for students to take care of themselves during this time. The winter months can be challenging, but with a bit of planning and support, your students can get through it.

We hope these tips help your students during this tough time. As always, please reach out if you have any questions or concerns.

Best regards,
[Signature]
[Name]
[Title]