Rates of heavy drinking in college students tend to spike with oncoming high-stressful events. Encourage your student to practice stress management skills. Discuss ways to make the week of finals less stressful, such as preparing nutritious snacks for study sessions. Remind them that staying healthy can make a huge difference. Explain that getting a couple hours of sleep is better than no sleep at all.

When studying for finals, students often pull all-nighters. While you may think this is a good study strategy, it does not always lead to the best results. Instead, encourage your student to get a good night’s sleep and to make the most of the time they do have available for studying.

Know the Signs and Give Support

Is your student stressing over testing? Help them focus on the present and not get caught up in their past performance. Let them know that it’s okay to make mistakes and that failure is not the end of the world. Talk to them about setting realistic goals and to remind them that they are not alone.

Coping with Anxiety

Anxiety surpasses depression as the #1 issue college students face nationwide. Be aware of the warning signs of anxiety, such as Restlessness, Impatience, and feeling out of control. If you notice any of these signs in your student, consider seeking professional help. Remember that anxiety and depression can be treated and that there is hope for recovery.

Housing and Residence Life Reminders

As the fall semester comes to an end, it’s time to think about what will happen after finals. Remind students to check out no later than 24 hours after their last final exam. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am, and classes resume on Tuesday, January 21. Students who do not already have a parking permit for the open parking lots, they are still eligible to purchase one for $30 starting December 4th.

Each year after we close the residence halls, we receive calls from students and parents requesting their belongings back. These requests are handled on a case-by-case basis, and students should be in touch with their Resident Directors about their specific circumstances. Do not remove any belongings that are left behind. Students may leave their belongings in their room. However, many families prefer to take valuable belongings home with them. If you are not following the housing and residence life rules, we will contact you to discuss the situation.

Student Conduct Corner

What did you like about this semester? What did you dislike about this semester? What do you plan to change for next semester? What went well? What didn’t go well? Consider asking your student these questions after they have been home for a few days and before they leave for the holiday break. It will help you understand what they need and want for the coming semester.

If you are having trouble with your student, contact your campus counselor, school psychologist, or academic advisor. It’s never too late to seek help. Remember, there is always help available.

Office of Parent and Family Relations

Lexie McCarthy, Director

AMcCarthy@wcupa.edu

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Campus Involvement Opportunities

NAMI Basics

In partnership with the Office of Parent and Family Relations and Office of Health and Wellness, NAMI is offering a new educational opportunity for parents of college-aged students this Winter. Introducing NAMI Basics: a 6-session course designed for parents and caregivers of children, youth and adults with mental health challenges.

NAMI Basics is an evidence-based program for parents and caregivers of children, youth and adults with mental health challenges. This course is designed to help participants learn about mental illness, improve communication, reduce stigma, identify potential warning signs, and assist in the development of a personal action plan. The program is divided into six sessions, including: The Basics, What To Expect, How To Help, A Closer Look, Self-care, and Advocacy.

Each year, the NAMI Basics program has been hosted on campus and now for the first time with the Office of Parent and Family Relations and Office of Health and Wellness.

NAMI.org/basics

Financial Aid Reminders

If your student has not already done so, encourage them to file their 2020-2021 FAFSA. Students who file their FAFSA between October 1st and December 1st are given priority consideration for financial aid. If your student has financial need and has not already done so, they should also submit a one semester meal plan scholarship that is available on the Financial Aid team’s Facebook page, WCUPA Winter Scholarship.

听众们！继续支持您的学生。知道他们在这些时刻有多难。今天是 Ram Fam 月刊的最后一条消息，您会发现许多关于您学生的信息。其中一些可能是您从未想过的事情。我们希望这些信息可以帮助您更好地理解他们，因为他们即将结束他们的学期。

恭喜您的学生，他们的学期结束了。让我们来谈谈这个学期对他们意味着什么。他们是否设定了实际的目标？他们是否成功地实现了这些目标？他们是否遇到过任何挑战？他们是否能够应对这些挑战？

考虑在放假之后的几天内，问你的学生这些问题。这将帮助您了解他们接下来需要什么和想要什么。

如果您的孩子在学习或行为上有问题，不要犹豫与学校联系。记住，总是有帮助的。这里总是有帮助的。

办公室的家长和家庭关系

Lexie McCarthy，主任

AMcCarthy@wcupa.edu

University of Pennsylvania - Office of Parent and Family Relations

A Message from President Fiorentino

The theme of this semester’s Ram Fam Monthly is the holidays. We have selected many photos of students and faculty. This month’s Ram Fam Monthly is a special edition. There are many photos of students and faculty in this month’s Ram Fam Monthly.

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