Rates of heavy drinking in college students tend to spike with oncoming high-stressful events. It also means taking time to relax and celebrate. When studying for finals, students often pull all-nighters. While you can make a huge difference. Explain that getting a couple hours of sleep is better than no sleep at all. Most people get nervous before taking a test, but for some students, it goes beyond feeling nervous, to the point that they can freeze up or shut down. This can be especially true during finals week, when students may leave their belongings in their room. However, many families prefer to take valuable items home for the break period. For students who are remaining in the same room for the spring semester, the situation is handled on a case-by-case basis, and students should be in touch with their Resident Directors about their specific circumstances.

Sign up to receive our future emails. Wishing you and your family a joyous holiday season and best wishes for the coming year.