Commonwealth Hall, at their

available to them - these conversations can empower your student to think about their plans, rather

According to the NIAAA, the more alcohol a student consumes in a week, the lower his or her GPA

Rates of heavy drinking in college students tend to spike with oncoming high-stressful events.

stressful, such as preparing nutritious snacks for study sessions. Remind them that staying healthy

your student to practice stress management skills. Discuss ways to make the week of finals less

When studying for finals, students often pull all-nighters. While you

Know the Signs and Give Support

nationwide.

anxiety surpasses depression as the #1 issue college students face

students using inadequate methods to cope. Studies show that

students are trying to manage multiple tests, projects, and

or shut down. This can be especially true during finals week, when

Most people get nervous before taking a test, but for some students,

Coping with Anxiety

In addition, garage passes for the spring semester will be available starting the first week of

each of their professors regarding their class policy

about

remind students and parents about the

OnDemand, please visit

If you or someone you love could benefit from the in-person NAMI Basics program or NAMI Basics

the program to others. NAMI Basics is available both in

for youth (ages 22 and younger) who are experiencing

parents, caregivers and other family who provide care

If you have any questions, please feel free to reach out at

identification, travel documents, phone chargers and laptop computers.

make sure your student takes home their prescription medications, passports or other

Each year after we close the residence halls, we receive calls from students and parents requesting

students may leave their belongings in their room. However, many families prefer to take valuable

check out no later than 24 hours after their last final exam. The residence halls re-open for the spring

The residence halls close on Saturday, December 14, at 5:00 p.m.  However, we ask students to