

August

Important Events/Happenings

- Fall Semester Bill Due
- Start of School Year/Fall Semester

Emotions Your Student Might be Experiencing

- Excited about the school year starting
- Nervous about starting college/a new year
- Stressed about paying their fall semester bill
- Sad about leaving home

Tips and Talking Points for You

Ask them if they feel prepared for the upcoming year and if there is anything you can do to help.

Get a copy of their class schedule so you know when their classes are and what they are taking. Then you are able to ask them about specific classes and show you are invested in their education too.

Have a send off gathering (small or large) to ensure you spend quality time with them before they leave for school.



September

Important Events/Happenings

- Involvement Fair (A Fair to Highlight all the Clubs, Organizations, and Activities Students Can Get Involved In at CSB/SJU)
- Family Weekend (Dates vary by year)
- Homecoming (Dates vary by year)
- Long Weekend Break (Dates vary by year)

Emotions Your Student Might be Experiencing

- Excited about the school year starting
- Stressed about managing their schedule and time
- Happy to be back with college friends
- Overwhelmed about classes, homework, and involvement

Tips and Talking Points for You

Ask them for a copy of their schedule (classes, involvement, and work) so you can understand when they are busy and how much they are involved in. You can also use this information to specifically follow up about things they are doing at school and show your interest.

Ask them how they are adjusting to their semester schedule.

Ask about their classes (difficulty, interest level, homework load).

Remind them to check out involvement fairs if they want to get more involved on campus.

If you are able, attend Family Weekend. If you cannot go to Family Weekend, determine the dates and make sure to reach out and have a meaningful talk during that period as it can be difficult for students to be without family during that time.

Ask about their goals for the semester (academic, involvement, personal, professional.) Write them down so you can follow up as the semester progresses.



October

Important Events/Happenings

- Long Weekend Break (Dates vary by year)
- Family Weekend (Dates vary by year)
- Homecoming (Dates vary by year)

Emotions Your Student Might be Experiencing

- Excited about Long Weekend Break
- Stressed about midterms
- Overwhelmed with homework and deadlines
- (Potentially) Sad about having to stay on campus for break

Tips and Talking Points for You

Ask them what they want/need to do over Long Weekend if they are coming home. If they have to stay on campus, consider sending a care package with items that remind them of home.

Check in with them about how midterms are going and remind them to take care of themselves so they don't get overwhelmed.

Ensure they have proper clothing for the upcoming winter months or are able to access them. If not, refer them to the Bennie Closet for CSB students and to XPD in Mary Hall for SJU students.



November

Important Events/Happenings

- Registration for next semester's classes
- Thanksgiving Break

Emotions Your Student Might be Experiencing

- Excited about Thanksgiving Break
- Overwhelmed with homework and deadlines
- Stressed about finals
- Excited and/or stressed about registration

Tips and Talking Points for You

Ask them what they want/need to do over Thanksgiving Break.

Check in with them about how they are feeling about classes, homework, and deadlines.

Ask about their finals week schedule and exams.

Ask about their plans for registration and if they know what classes they are going to register for.

Over Thanksgiving Break, be patient with them if they need to complete homework assignments and/or rest. This time of the semester can be very busy and stressful.

December



Important Events/Happenings

- Finals Week
- End of Fall Semester
- Winter Break

Emotions Your Student Might be Experiencing

- Excited about winter break/end of the semester
- Nervous about finals week
- Stressed about grades
- Happy about a break from classes and homework

Tips and Talking Points for You

Check in with them about how they are feeling about finals week.

Consider sending them a care package to get through the end of the semester.

Ask them what they want/need to do over Winter Break.

Allow them time to rest and recuperate from the semester over break.



January

Important Events/Happenings

- Spring Semester Bill Due
- Spring Semester Begins

Emotions Your Student Might be Experiencing

- Happy to be back on campus with friends
- Sad about leaving home again
- Excited about the new semester
- Stressed about paying Spring semester bill


Tips and Talking Points for You

Ask them if they feel prepared for the upcoming semester and if there is anything you can do to help.

Get a copy of their class schedule so you know when their classes are and what they are taking. Then you are able to ask them about specific classes and show you are invested in their education too.

Have a small gathering to ensure you spend quality time with them before they leave again.

February

A photograph of a winter landscape. The foreground is a snow-covered field. In the middle ground, there is a road with a triangular warning sign. The background features several trees with snow-laden branches under a bright, overcast sky.

Important Events/Happenings

- No institution wide academic events

Emotions Your Student Might be Experiencing

- Excited about the new semester
- Stressed about managing their tasks and schedule
- Overwhelmed about classes, homework, and involvement
- Low mood due to winter weather

Tips and Talking Points for You

Ask them for a copy of their schedule (classes, involvement, and work) so you can understand when they are busy and how much they are involved in. You can also use this information to specifically follow up about things they are doing at school and show your interest.

Ask them how they are adjusting to the semester schedule.

Ask about their classes (difficulty, interest level, homework load).

Ask what their goals are for the semester (academic, involvement, personal, professional.) Write them down so you can follow up as the semester progresses.



March

Important Events/Happenings

- Spring Break
- Easter Break (Dates vary by year)

Emotions Your Student Might be Experiencing

- Excited about Spring Break
- Stressed about midterms
- Anxious about housing registration
- Overwhelmed with homework and deadlines

Tips and Talking Points for You

Ask them what they want/need to do over Spring Break if they are coming home. If they have to stay on campus, consider sending a care package with items that remind them of home.

Check in with them about how midterms are going and remind them to take care of themselves so they don't get overwhelmed.

Ask them if they have plans for housing registration.



April

Important Events/Happenings

- Easter Break (Dates vary by year)
- Registration for next semester's classes
- Registration for next year's housing

Emotions Your Student Might be Experiencing

- Excited about summer break
- Overwhelmed with homework and deadlines
- Stressed about finals
- Excited and/or stressed about housing registration
- Anxious about summer plans

Tips and Talking Points for You

Check in with them about how they are feeling about classes, homework, and deadlines.

Ask about their finals week schedule and exams.

Ask about their plans for registration and if they know what classes they are going to register for.

Ask them about housing registration for next year (have they registered yet, do they know where they want/are going to live?)

Ask what their plans are for the summer. Remind them to consider getting a job or internship and saving up money for the next year's tuition bill(s).

A close-up photograph of several pink daisies with yellow centers, set against a soft, out-of-focus background of green and yellow light. The flowers are in the upper right corner of the page.

May

Important Events/Happenings

- Finals week
- End of the semester/school year
- Graduation (Eligible students only)

Emotions Your Student Might be Experiencing

- Excited about summer break
- Stressed about finals
- Anxious about grades
- Sad to be leaving college friends

Tips and Talking Points for You

Check in with them about how they are feeling about finals week.

Consider sending them a care package to get through the end of the semester.

Ask them about their summer plans.

Allow them time to rest and recuperate after finals week.