



Surviving the Holiday Break: Tips for College Students and Families

Holiday Breaks are usually the first extended periods of time that families will spend together since saying goodbye at the dorms in early fall. Although the Holiday Season has many joyous occasions, there are sometimes feelings of stress and anxiety for students and their families. Below are some tips to help make the Holidays brighter.

- Students and parents might have different ideas of what will take place over the break. Parents often envision their student spending significant amounts of time with the family, while students may have plans to work and visit with old friends. Students can find time for catching up with old friends and devoting time to family. Parents and students can communicate before break about what the break will look like.
- Parents-your student will need a break from the stress of the semester so make sure to give them a little space at first. Although most parents check in on students throughout the semester, this can be a time to spend more in depth time communicating about how college is going.
- A common area of conflict is parents' reluctance to see their student as an adult who has been living on their own. It may be difficult to transition back to house rules after enjoying the freedom since college began. Parents and students can possibly negotiate a new set of house rules, remembering that both sides will have to give a little to make sure to enjoy a smooth holiday break.
- Students-prepare your parents in advance if your grades aren't what they might expect or if there are any other issues that need to be addressed.
- Students may arrive home to find the balance and patterns aren't quite the same at home. Dynamics within the family might have shifted since the student left for college. Parents and students can both do their best to support one another during this time.
- Some students may experience some feelings of anxiety or depression due to being away from their college environment. The same may happen when they return to college after the holiday break so be sure to keep in contact with your student and encourage them to use the resources on campus to assist them if needed.
- Most importantly-enjoy spending time with family and friends over the holidays! Make to rest and relax, indulge in some yummy treats, have fun, and be safe!

