



HOME FOR THE HOLIDAYS



What are you most  
looking forward to during  
the holidays with your  
student?





# Introductions

## Parent and Family Relations



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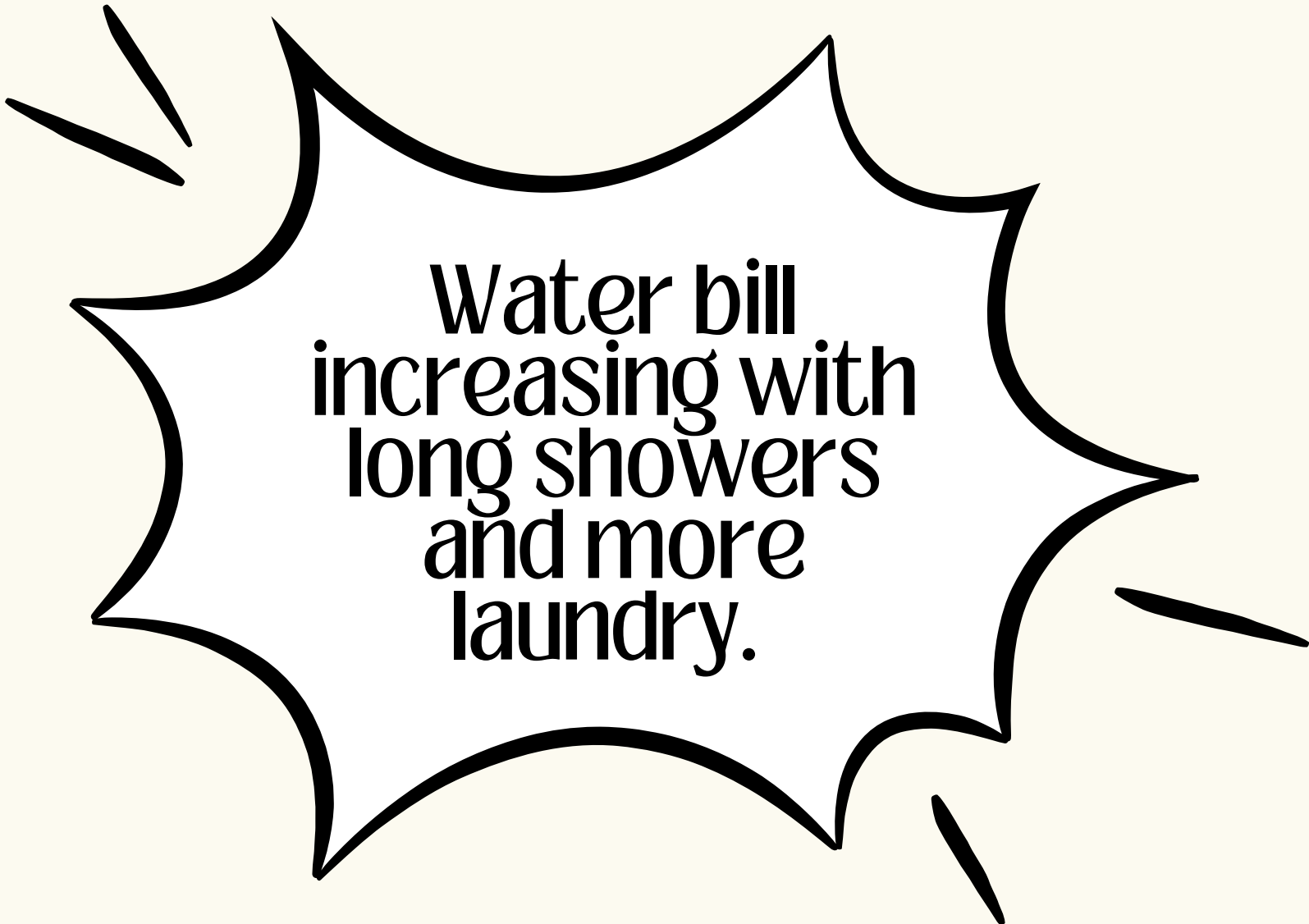
# Topics to discuss before your student heads home





We asked families ...

# Any concerns?



Water bill  
increasing with  
long showers  
and more  
laundry.



Not one! Her  
room is ready!!  
LOL

“

## Something to Think about:

We hope your thanksgiving with your student goes off without a hitch and everyone has a great time. But there are some things to be aware of.

”



Families said....

# Thanksgiving is too Short

I wish it was longer.  
Hard to fly home the  
night before  
thanksgiving and say  
“goodbye” Sunday.

Fitting it all in.

The days will  
go by too fast.

## Something to Think about:

Think of Thanksgiving as a prelude to the longer time you'll have with your student over the winter break. You don't have to be pressured to fit everything in. You will see them again very soon. Enjoy the moment!

””



Students often say....  
**I'm not in high school any more!**

I am sure the freedom will feel different now that she has experienced it- we will have to modify our expectations while she is at home.

Adjusting to the independence that has grown and developed in our child and navigating with the previous rules and expectations of our home.

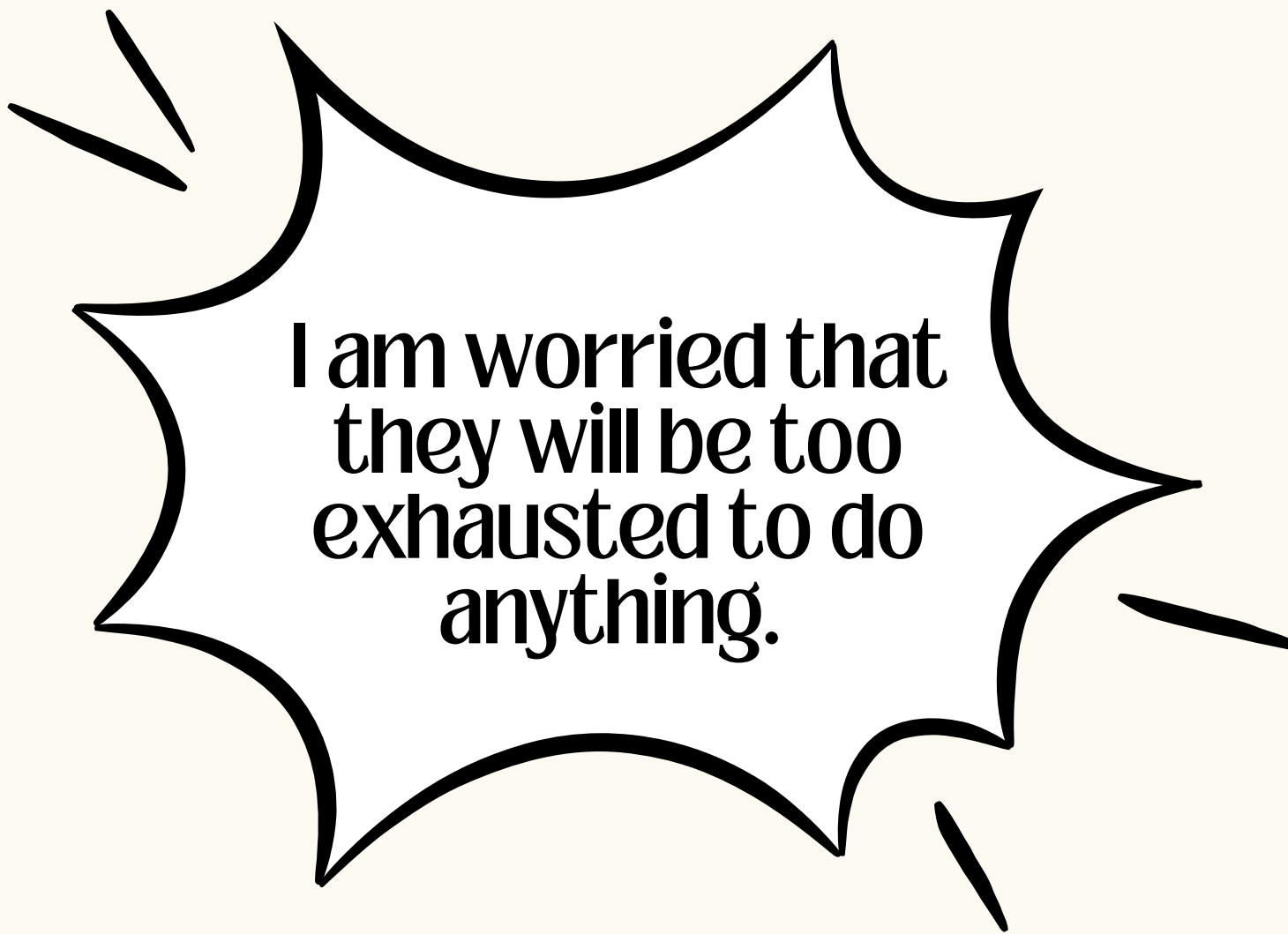
**Something to Think about:**

Be ready to discuss any "house rules" ahead of time to ward off misunderstandings and arguments so you can enjoy the short holiday. Be prepared to honor your student's new independence. Think "communication instead curfews."

”



# Students often say... **I'm Exhausted**



I am worried that  
they will be too  
exhausted to do  
anything.

“

## **Something to Think about:**

Travel in any form is tiring, and it's been a long semester. Know that your student may need a lot of rest and may not jump right into busy family activities. Sleep routines are likely very different from when they left home. Try not to plan any super early morning activities.

”



Students often say....  
**I'm changing and trying  
new things!**



Wanting his schedule to  
match what what is  
already happening at  
home



I am worried about the  
adjustment when he  
come backs home after  
being in school.

“  
**Something to Think about:**

Again, your student's routines may be very different. They may also be trying new things. Your hardcore carnivore may be trying plant-based foods. Your quiet child may have joined a student organization and is considering a leadership role. Show openness and curiosity about your student's new interests.

”

Students often say...

**I want to see my friends!**

Balance between  
family time and  
social time with peer  
group.

She wants to be at  
home, but we are  
doing family  
Thanksgiving out of  
town.

“

### Something to Think about:

Talk to your student ahead of time about expectations with family plans, but make sure they have time to socialize, rest, or destress.

”



Students often say...

# Stop asking me so many questions!



What to ask if  
academics aren't  
going well

“

## Something to Think about:

Instead of asking “did you do XYZ?” or “How was that test grade?” use open-ended questions, like, “Tell me about how things are going now that the semester is coming to an end” or “Tell me what interesting things you’ve been doing.” If you sense that your student is not happy with their grades heading into finals, let them know you support them and that, after enjoying the holiday, they can use the Learning Center, Academic Coaching, or other resources for help. First semesters are just that...the first time they have tried college. No one is expected to be perfect.

”

A student said....

# My brother took my room!

“



Her room is different and I am worried she will be upset.

## Something to Think about:

Sibling dynamics may be different now that one of your children has been away at college. Even if your student said it was perfectly fine to repurpose their room, they may have feelings about it once they return home, so be prepared for that. There may be hurt feelings on either side of a sibling relationship if one feels the other didn't miss them as much. Make sure to include younger siblings in family conversations...all the excitement about a college student's first semester may make the younger siblings feel left out, (and it may put too much pressure on the college student to answer all those questions).

”



Students love.....

# The Good Stuff

"Food! They make dinner. Food is better... just in general, more familiar."

"Restock on stuff I need- paper plates, hair stuff, lotion, snacks."

"Car stuff gets taken care of- oil change, full tank, inspection."

"They PAY FOR EVERYTHING!"

"Get to see all the family- grandparents, aunts, cousins..."





What is your  
students favorite  
holiday dish?





# Red Raider Family Cookbook

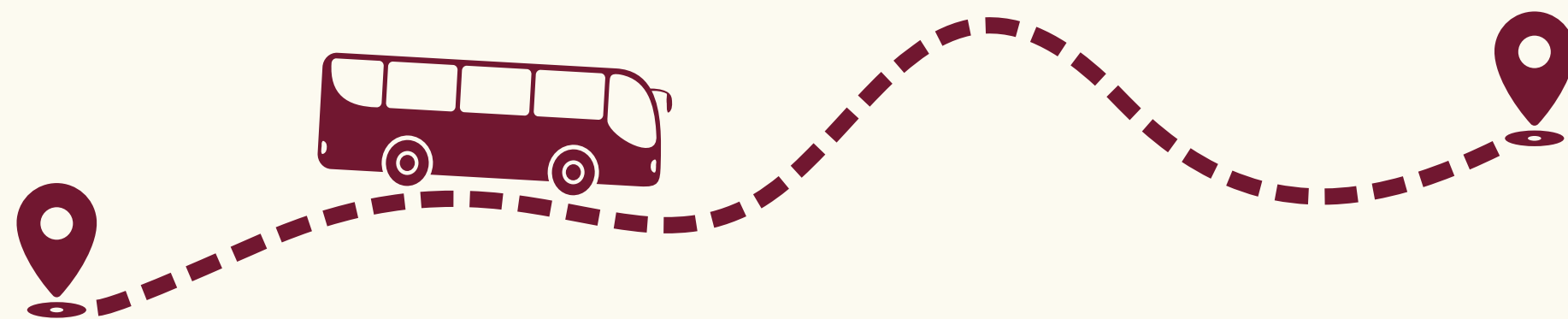
Submit your recipe here:  
<https://www.surveymonkey.com/r/RRFcookbook>



# Closing Remarks



Still not sure how your  
student is getting home for  
the holidays?





# Upcoming Events



**SAVE THE DATE**  
**SIBLING SATURDAY**



**FEBRUARY 24TH, 2024**



More details coming  
soon....



Thanks for  
joining us!

