Greetings from the Office of First Year Experience Programs!

Your student is most likely finishing up a very busy first semester in his or her college experience. In all likelihood you've learned a lot about your student since he or she came to IU. Most of those things are wonderful, but a few might be somewhat worrisome. It is perfectly normal for your student to be facing new stressors at this point in the semester; here is some insight into a few things that he or she may be dealing with in the month of December:

- Reflecting on their campus connections with other students, faculty, and staff
- Eagerness/anxiety to share with you and with old friends how they've changed since August
- Meeting with academic advisor and deciding spring semester courses
- Anticipation about holiday season (reconnecting with old friends, financial pressure, and extended time with family)
- Pressure of final exams and final grades
- Balancing studying, sleeping, staying healthy and the social patterns they've established over the semester
- Looking forward to changes in new semester (classes, student organizations, etc.)
- Excitement and pride to have completed the first semester

Questions or Concerns? Know Who Can Help!

Being aware of the academic and personal resources that are available for your student at IU allows you to help direct him or her.

- Academic Support Centers offer a wide range of free services including tutoring, advising, workshops, review sessions and other academic support.
• **Counseling and Psychological Services** (CAPS) allows students to talk to someone about stress or changes in their life.
• **Office of Student Financial Assistance** provides resources regarding money management.
• **Residential Programs and Services** (RPS) offers your student support and opportunities to get connected. Use the staff directory to contact a specific person or department.
• **University Division** advisors are available to help your student explore academic options, and prepare to enter a degree program.

### Campus Health: Holiday Eating Tips
The holiday season is often centered on food. Maintaining healthy eating habits is challenging for everyone. Encourage your student to consider these tips for fully enjoying the holiday season while maintaining his or her health:

- **Don’t skip meals before holiday parties.** Arriving on an empty stomach may cause you to more easily overeat.
- **Make a plan** and think about where you will be, who you will be with and the foods usually available and the foods that are really special to you vs. those that you can do without.
- **Slow down** especially during holiday meals. It usually takes about 20 minutes for your brain to get the message from your stomach that you are full.
- **Maintain perspective** as overeating one day won’t make or break your healthy eating plan. If you over-indulge, put it behind you. Return to your usual eating plan the next day.
- **Be physically active** each day.

Visit [www.eatright.org](http://www.eatright.org) for more information on healthy eating tips during the holidays.

### Spotlight on Careers: Self-Assessment
*Provided by Justin Zuschlag & Alexa Yarnelle, Assistant Directors, Career Development Center and Arts & Sciences Career Services*
From deciding on a major to searching for internships and jobs, the career development process can be overwhelming to students. To aid in this process, the **Career Development Center and Arts & Sciences Career Services** offers a number of great tools, including:

- One class, ASCS-Q294: Basic Career Development, focuses on self-assessment: the first vital step in the career development process. In Q294, students will take multiple assessments, such as the Myers-Briggs Type Indicator, the Strong Interest Inventory, and the SkillScan to help them clearly define their motivations, preferences, interests, and skills.
- Students are also welcome to attend drop-in advising, where they can meet with an advisor to discuss their individual self-assessment needs. Results gathered from self-assessment information can begin important discussions about career direction.

Drop-in advising occurs:
- **Monday - Friday 12:30-4:00 p.m.**
- **Mondays 9:00 a.m.-12:00 p.m.**
- **Thursdays 9:00 a.m.-12:00 p.m.**
Protect IU

Protect IU is an IU-maintained website featuring current information about campus safety status, personal safety tips, campus emergency action plans, and who to contact in the event of a disaster. Sign up for email notifications and alerts related to safety, security, and preparedness from the IU Bloomington campus.

Campus News 24/7

If you are looking for the latest information about campus, visit the IU News Room, where you can search for news and press releases by topic, campus, or keyword. For additional information about the Bloomington campus, the Indiana Daily Student, our student newspaper, is a great resource.

IU Parents Association

The IU Parents Association is coordinated with the assistance of the Division of Student Affairs and the Office of the Dean of Students. Have questions or want more information? Send them an email at mykidis@indiana.edu.