Greetings from the Office of First Year Experience Programs

Your student survived their first round of midterms at IUB and is likely eagerly anticipating next week’s break in routine. Even if everything seems to be going well, this point in the semester can bring an added level of stress to your student. Relationship changes, academic possibilities, successes, pressures and adjustments all take their toll. As students reflect on their semester and the changes it has brought, just remember: there are people who care and who can help your student and there is access to information for both students AND family members.

Thanksgiving Break: Together or Apart. Tips for IU Families

While you are busy thinking and preparing for Thanksgiving next week, your student may be preparing to head your way for the week-long break. For some, this may be the first time returning home since the semester began. Things might not pick up where they left off in August. Here are some tips to guide you through this transition:

- Recognize that your household dynamic will likely change once your student returns home during breaks. They have been gaining independence while living on their own, and now that they are back in your home. There will likely be a shift in your relationship and possibly an adjustment of rules and expectations. It’s a good idea to have a conversation about what those expectations are for both of you as you experience their newly gained maturity and independence.

- Spoil your student with their favorite foods. While IU has great food options for dining,
students often find themselves eating the same thing over and over again. Treat your student to some home cooked meals or take your student to their favorite restaurant. After months of eating the same foods, they will appreciate it.

- Encourage your student to relax. For many students, this may be the last time to catch a breath before the stress of finals begin. Your student may find her or himself trying to catch up with friends and family during the break. Remind them that winter break is a few weeks away and they will have plenty of time to catch up with those they did not get to see.

Perhaps distance or other circumstances prevent your student from leaving Bloomington for the break.

- Students living on campus received information about housing and dining closures for break and should have made plans by now. That information can be found here.

- Students who stay in Bloomington over break often want to catch up on rest, studies, and relaxation. For those looking for things to do in town, we included ideas in the student newsletter. IU Football, and the Bloomington Canopy of Lights top those ideas. VisitBloomington has a list of events you can suggest to your student.

Looking ahead:

- Help your Hoosier plan ahead for the last push. Once students return to IU after Thanksgiving Break, there are only 2 weeks of classes before final exams. This can be a stressful time as students complete class projects and prepare for final exams. Having conversations to offer support and help in planning now can help students plan ahead.

- Discuss winter break travel plans. Encourage your student to determine when their last final is scheduled as it does not necessarily match their class routine. Final exams are scheduled through 9:15 pm on Friday, December 19; spring semester classes will begin on Monday, January 12.

Is Your Student Still Undecided on Their Major or Career Path?

Student can enroll in Q294: Basic Career Development! It’s an eight week class that will help students learn to make decisions about majors and careers and give them the tools to be successful during their time at IU. The course is offered in the fall and spring semesters and is offered to freshmen and sophomores. Learn more about courses taught through the Career Development Center here.
IU Health Center: Free Prescription Delivery Service

If your student does not have the time to pick up prescriptions while they are home for Thanksgiving break, remind them that they can have prescription medications delivered to them, avoiding the hassle of having to pick them up. The Indiana University Health Center is now delivering prescriptions to residence centers. If your student is on a medication that is refilled monthly, he or she may now have this prescription delivered directly to his or her residence center at no additional charge. Interested? Click here to enroll.

2014 Freshman Family Weekend Photos

Thanks to all the families that visited the Hoosier Village Tailgate on Freshman Family Weekend. We enjoyed having the opportunity to talk to some of you while visiting. FYE and the Division of Student Affairs were able to capture some photos and would love to share them with you. To view photos from FYE, simply visit our Facebook page. To access Division of Student Affairs’ photos, click here. If you snapped some photos of your own, feel free to share them with us on social media or by emailing us at fye@Indiana.edu. We would love to see them!

IU Resource Guide

A reminder: the Online IU Resource Guide is full of helpful information related to academic life, campus involvement, housing, health and wellness, transportation, and more. We encourage frequent use of this resource, as well as other parent information resources. Two great places to start are the Parent Pages on the FYE website, and the Parent Resources information provided by the Office of the Provost.

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.

What matters. Where it matters.