Greetings from the Office of First Year Experience Programs

Your student is about to complete his or her first semester at IUB. We hope this moment brings you pride and happiness. The first semester can be wonderful, scary, exciting, nerve-wracking time for both students and parents - and it's almost complete! We wish you a wonderful time over the semester break with your IU Hoosier and will look forward to welcoming your student back for the spring semester in January.

Offering Support to Your Student

With the semester winding down, even experienced students may feel overwhelmed with the stress of final projects and exams. Here are some tips for helping your student succeed during finals week:

Know the resources. If your student needs academic help, check out some of these resources: Academic Support Centers, Writing Tutorial Services, and many more. If your student is having a hard time in a class, urge them to visit their professor’s office hours as well to discuss course materials, expectations, and support.

Send a care package. Even though most students were able to enjoy family during the recent Thanksgiving break, finals week is a great time to be reminded of the moral support from home. The Residence Hall Association sent information on purchasing a care package to be delivered to residence halls. If you did not have the chance to order one, you might want to create your own personalized care package for your student as a nice boost while they are preparing for finals. Check out this We Are IU blog for one student's suggestions of coveted items to include.
Check in with your student. Your student will likely be busy during this time as finals week nears, but calls, cards, and texts of encouragement go a long way! Let them know how proud you are and offer support if they are feeling overwhelmed.

Remind them to be healthy. Sleeping and eating may be at the bottom of your student’s to-do list. Remind them that sleep and food are important tools for the brain.

**Important Dates**

Here are a few important dates to know as your student gears up for the end of the semester:

- **Finals week**: December 15-19
- **Dining service ends**: December 19
- **Residence hall buildings close**: December 20 at 10am

Here are some important dates to consider when making plans for your student’s return to campus in January:

- **Residence hall buildings re-open**: January 7 at 8am
- **Limited dining services available**: January 7
- **Full dining service available**: January 12
- **Spring semester courses begin**: January 12

**Winter Part-Time Jobs Fair**

Is your student looking for a part-time job during spring semester? On-campus and local Bloomington employers will be looking for employees at the Winter Part-Time Jobs Fair on **Wednesday, January 28th** from 2-4pm in the Frangipani Room of the Indiana Memorial Union. This fair is open to all IUB students - including students with Federal Work Study Authorization and any student looking to make some extra money!

**IU Health Center: Free Prescription Delivery Service**

Is your student busy studying for finals? Is there not enough time to make a trip to the IU Health Center to refill your prescriptions? 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. Remind your student to re-fill their prescriptions before leaving for winter break.
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.