Greetings from the Office of First Year Experience Programs

You survived your first round of midterms at IUB and are probably ready for next week’s much needed break. Even if everything seems to be going well, this point in the semester can bring an added level of stress: relationship changes, academic possibilities and pressures, the upcoming end to the semester. As you reflect on your semester and the changes it has brought, just remember: FYE and many other offices on campus are here to support you through these transitions.

**Three Things to Keep in Mind for Thanksgiving Break**

*By: Shelby Dance, Senior, English*

**You will lose a little “me” time.** No matter what—my mom always sees me as her little girl that she needs to protect. I was frustrated, because I got used to being on my own—having my own time. So, when I had to consider what plans for the break my family had in mind, it was annoying. What I learned is that I needed to talk to my mom about the independence I’ve acquired and the importance of “me” time. Just keep an open mind when your family is making plans for the holidays.

**Rules might still be enforced.** When I went home for the first long-period of time, I almost went crazy. I was living on my own—how could my mom still tell me what to do? I wasn’t in high school anymore… I was technically an adult! It caused a little bit of heated discussion, but what I learned is that I needed to have a discussion with my mom about negotiating existing rules. My advice is to talk to your parents as soon as you can about what guidelines are going to be set in place. Be respectful, but also let them know that things have changed since you were home last.
There will be questions. “How is school going?” “Have you met any new friends?” “What’s your favorite class?” “How do you like your roommate?” are just some of the endless questions your family members will be asking. It may be annoying—you may just want to blow off their questions—but you should consider that you going to college may be a big deal for them. Personally, I am one of the first people in my family to go to college, so this is a whole new territory for them—they were learning about college along with me. This may not be the case for your family, but just keep in mind that your family cares about you and is interested in what you’ve been up to the past few months.

Overall—just enjoy the time you’re with your family. It may mean some negotiation of expectations, but there’s nothing like going home for free laundry and an amazing home-cooked meal.

Staying in Bloomington for Thanksgiving Break?

If you find yourself staying in Bloomington during Thanksgiving Break, know that there are still events happening throughout the campus and Bloomington area.

- **The Politics of Food**: Gallery of the Art of the Western World, first floor. This installation focuses on several contemporary artists who use food as a reflection on consumerism and cultural identity (Chuck Ramirez), a social commentary on excess and gluttony (Tom Huck), and a platform for political activism on animal rights (Sue Coe). See more at: [http://www.visitbloomington.com](http://www.visitbloomington.com)
- **Rachel’s Open Mic Night (November 25)**: Everybody’s welcome at Rachael’s Cafe to perform music, poetry, a skit, a dance—the stage is yours! Wow us every week, and enjoy a coffee or a quiche. See more at: [http://www.visitbloomington.com](http://www.visitbloomington.com).
- **Canopy of Lights (November 28)**: Celebrate our sparkling holiday tradition of lighting the downtown lights with Bloomington Brass Band playing and Bloomington POPS Carolers singing holiday tunes. City and County officials as well as Polka Dot the Clown will be on hand to welcome Santa to the stage to light the Canopy of Lights. Costume characters, hot chocolate, holiday snacks and more will help with the festive atmosphere. for more information check out [www.downtownbloomington.com](http://www.downtownbloomington.com). See more at: [http://www.visitbloomington.com](http://www.visitbloomington.com).

Still Undecided on Your Major or Career Path?

Consider enrolling in Q294: Basic Career Development! It’s an eight week class that will help you learn to make decisions about majors and careers and give you the tools to be successful during your time here 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](http://www.visitbloomington.com).

The IU Bucket List: Your "Must Do at IU" List

What have you accomplished on the official IU Bucket list so far? You can see the official list—suggested by students like you—at [this link](http://www.visitbloomington.com). Look for items such as:
- Paint the Jordan Avenue bridges for a special event
- Shake the hand of the Herman B Wells statue
- Order freshly baked cookies during a late night conversation with friends

This month's featured Bucket List item: ***Show your IU Pride at the Old Oaken Bucket Game***. The IU Football team takes on the Purdue Boilermakers in a challenge for the Old Oaken Bucket on November 29 at Memorial Stadium. If you have not been to a home game this season, this will be your last chance as this will be the last home game of the season.

### IU Health Center: Mindfulness Meditation Sessions

When you return from your much needed break, you may begin to experience the stress that comes along with preparing for the end of the semester finals. Mindfulness practice reduces anxiety, chronic pain, and negative emotional states. Consistent mindfulness practice produces changes in the areas of the brain responsible for improved emotional regulation. It improves immune system responding, attention and positive emotional states. Mindfulness meditation sessions are free and available to IU students. This event recurs every week on Tuesday and Thursday at 10am in the Health Center.

**Reminder:** You can now have prescriptions delivered to you and avoid the hassle of having to go pick them up! The Indiana University Health Center is now delivering prescription medications to residence centers. If you are on a medication that is refilled monthly, you may now have it **delivered directly to your residence hall at no additional charge**. Interested? [Click here](#) to enroll.

### Additional Resources

Visit the [FYE events calendar](#) for upcoming programs on campus and around Bloomington.

Still have questions about IU offices, policies, and procedures? Want to learn more about living in Bloomington, achieving academic success, getting involved and staying connected? Check out the [Online IU Resource Guide](#), a tool to help you sort through the many questions you may have throughout your time at IU that will provide you helpful information related to academic life, campus involvement, housing, health and wellness, transportation, and more.

And, as always, connect with us on [Facebook](#) and [Twitter](#) for announcements, ideas for getting involved, and insights from students who have been in your shoes.