<table>
<thead>
<tr>
<th>MONTH</th>
<th>YOUR STUDENT MAY BE...</th>
<th>PROGRAMS AND SERVICES THAT MAY HELP YOUR STUDENT</th>
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</thead>
</table>
| September | » Experiencing culture shock, feeling overwhelmed — they’re realizing this isn’t high school anymore  
» Under financial pressure — tuition, books, university events, social events  
» Newly encountering people from diverse backgrounds and cultures, questioning values and beliefs | » Peer Mentor Program   
students.ok.ubc.ca/peer-mentors  
» International Programs & Services   
students.ok.ubc.ca/international  
» Aboriginal Programs and Services   
students.ok.ubc.ca/aboriginal  
» Learning Coaches   
students.ok.ubc.ca/learning-support  
» Student Services financial toolkit   
students.ok.ubc.ca/finances  
» UBCSUO Student Associations   
ubcsuo.ca/clubs |
| October  | » Anxious about their first set of mid-term exams and grades  
» Anticipating Thanksgiving break  
» Experiencing relationship issues, particularly with pre-university relationships  
» Having conflicts with roommates | » Student Learning Hub   
students.ok.ubc.ca/learning-hub  
» UBC Okanagan Events   
events.ok.ubc.ca  
» Health & Wellness   
students.ok.ubc.ca/health-wellness  
» UBCO Library   
library.ok.ubc.ca  
» Residence Life   
okanagan.housing.ubc.ca |
| November | » Preparing for their second round of mid-terms and assignments  
» Feeling financially stressed as money starts to run out  
» Facing term paper and project due dates, working all night  
» Self-questioning — do I belong here?  
» Conscious of upcoming winter exams, procrastinating and/or studying hard | » Academic Advising   
students.ok.ubc.ca/advising  
» Awards & Financial Support   
students.ok.ubc.ca/finance  
» UBCO Job Board   
students.ok.ubc.ca/careers  
» Get Involved   
students.ok.ubc.ca/getinvolved |
| December | » Writing final exams  
» Getting less outdoor exercise — short days and cold weather  
» Financially constrained and stressed about holiday gift-giving | » Student Learning Hub   
students.ok.ubc.ca/learning-hub  
» International Programs & Services — winter break support   
students.ok.ubc.ca/international |
<table>
<thead>
<tr>
<th>Month</th>
<th>Events and Concerns</th>
<th>Resources</th>
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</thead>
</table>
| **December continued** | - Anxious about returning home for the holidays  
- Lonely, particularly for students not able to go home for the holidays | - Health & Wellness  
[students.ok.ubc.ca/health-wellness](http://students.ok.ubc.ca/health-wellness)  
- Campus Recreation  
[recreation.ok.ubc.ca](http://recreation.ok.ubc.ca) |
| **January** | - Getting their first-term grades  
- Becoming more socially active  
- Paying tuition fees for Term 2  
- Starting their summer job search | - UBC Okanagan Events  
[events.ok.ubc.ca](http://events.ok.ubc.ca)  
- Awards & Financial Support  
[students.ok.ubc.ca/finance](http://students.ok.ubc.ca/finance)  
- Career Services and UBCO Job Board  
[students.ok.ubc.ca/careers](http://students.ok.ubc.ca/careers) |
| **February** | - Anticipating Reading Week (mid-term) break  
- Facing deadlines for mid-terms and term papers  
- Awaiting the results of the residence housing lottery, considering off-campus accommodations  
- Searching for an apartment for the summer  
- Considering major or program concentration changes  
- Applying for summer jobs  
- Exploring on-campus employment opportunities for Fall | - UBCO Job board  
[students.ok.ubc.ca/job-board](http://students.ok.ubc.ca/job-board)  
- Career Advising  
[students.ok.ubc.ca/careers](http://students.ok.ubc.ca/careers)  
- Student Housing & Hospitality Services — on-campus living  
[okanagan.housing.ubc.ca](http://okanagan.housing.ubc.ca)  
- Student Housing & Hospitality Services — off-campus living  
[okanagan.housing.ubc.ca/other-housing/live-off-campus](http://okanagan.housing.ubc.ca/other-housing/live-off-campus)  
- Academic Advising  
[students.ok.ubc.ca/advising](http://students.ok.ubc.ca/advising) |
| **March** | - Feeling a high degree of academic pressure and stress  
- Writing mid-terms and preparing for final exams and assignments  
- Finalizing their summer plans | - Student Learning Hub  
[students.ok.ubc.ca/learning-hub](http://students.ok.ubc.ca/learning-hub)  
- Go Global — summer studies at partner universities and global seminars  
[students.ok.ubc.ca/global](http://students.ok.ubc.ca/global) |
| **April** | - Writing final exams  
- Saying farewell for the summer to their new friends, feeling sad  
- Concerned about fitting in with family after a long period of independence | - Health and Wellness  
[students.ok.ubc.ca/health-wellness](http://students.ok.ubc.ca/health-wellness) |

For more information visit [students.ok.ubc.ca/parents](http://students.ok.ubc.ca/parents)