

MONTHLY TIPS

For parents of new university students

MONTH	YOUR STUDENT MAY BE...	PROGRAMS AND SERVICES THAT MAY HELP YOUR STUDENT
September	<ul style="list-style-type: none">» 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	<ul style="list-style-type: none">» 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	<ul style="list-style-type: none">» 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	<ul style="list-style-type: none">» 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	<ul style="list-style-type: none">» 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	<ul style="list-style-type: none">» 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	<ul style="list-style-type: none">» Writing final exams» Getting less outdoor exercise — short days and cold weather» Financially constrained and stressed about holiday gift-giving	<ul style="list-style-type: none">» Student Learning Hub students.ok.ubc.ca/learning-hub» International Programs & Services — winter break support students.ok.ubc.ca/international

<p>December <i>continued</i></p>	<ul style="list-style-type: none"> » Anxious about returning home for the holidays » Lonely, particularly for students not able to go home for the holidays 	<ul style="list-style-type: none"> » Health & Wellness <i>students.ok.ubc.ca/health-wellness</i> » Campus Recreation <i>recreation.ok.ubc.ca</i>
<p>January</p>	<ul style="list-style-type: none"> » Getting their first-term grades » Becoming more socially active » Paying tuition fees for Term 2 » Starting their summer job search 	<ul style="list-style-type: none"> » UBC Okanagan Events <i>events.ok.ubc.ca</i> » Awards & Financial Support <i>students.ok.ubc.ca/finance</i> » Career Services and UBCO Job Board <i>students.ok.ubc.ca/careers</i>
<p>February</p>	<ul style="list-style-type: none"> » 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 	<ul style="list-style-type: none"> » UBCO Job board <i>students.ok.ubc.ca/job-board</i> » Career Advising <i>students.ok.ubc.ca/careers</i> » Student Housing & Hospitality Services — on-campus living <i>okanagan.housing.ubc.ca</i> » Student Housing & Hospitality Services — off-campus living <i>okanagan.housing.ubc.ca/other-housing/live-off-campus</i> » Academic Advising <i>students.ok.ubc.ca/advising</i>
<p>March</p>	<ul style="list-style-type: none"> » Feeling a high degree of academic pressure and stress » Writing mid-terms and preparing for final exams and assignments » Finalizing their summer plans 	<ul style="list-style-type: none"> » Student Learning Hub <i>students.ok.ubc.ca/learning-hub</i> » Go Global — summer studies at partner universities and global seminars <i>students.ok.ubc.ca/global</i>
<p>April</p>	<ul style="list-style-type: none"> » 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 	<ul style="list-style-type: none"> » Health and Wellness <i>students.ok.ubc.ca/health-wellness</i>

For more information visit **students.ok.ubc.ca/parents**



THE UNIVERSITY OF BRITISH COLUMBIA

Associate Vice-President Students