

First-Year Parent

Publication of The Retention Office

Issue 4



End of Semester Wrap-Up

It may be hard to believe, but your student's first semester of college is rapidly coming to an end. In just a little over a week, students will be taking finals and wrapping up papers and projects. They then will be on break until January 7th. Yes, that is close to a month off from school to spend time with family and friends.

This issue will provide studying tips to help your student prepare for their upcoming finals. These tips have been taken from professors and students over the years.

Also in this issue, I will discuss some of the challenges your student may face during their first college break from school.

Finally, if your student has not yet registered for the spring semester, there is still time to do so. If there is a hold on your student's account that is preventing them from registering, they can contact me to schedule a meeting to discuss options.



You can always reach me by calling 614.236.6694 or by email at parents@capital.edu -Brad

Tips for Your Student for Finals

Encourage your student to not wait until finals week to start studying. They should set times to study around a few hours a day. The earlier they start studying the more confident they will feel for the exam.

Encourage them to avoid all night study sessions. “Cramming” for an exam is not a good way to ensure they can recall information later.

Ask your student where they study, and if the location has minimum distractions. The renovated library is a great suggestion.

Suggest to your student that they review their notes, highlighting, chapter summaries, or a friend’s notes. Rereading the text is not recommended.

The last couple of weeks of a semester can be a stressful time for students. They may need the support and encouragement of family members and friends to stay motivated and on task. Check-in periodically with your student during this time.

Tell your student to utilize their meal swipes at the Capital Main Dining Room. Eating wholesome foods will give them the energy they will need throughout the next week and a half.

As mentioned earlier, these tips are taken from professors and current students who want to see your student succeed. As mentioned above, parents play an integral role in their student’s success by providing continued encouragement and support.



Winter Break Family Survival Guide

Very soon, you will be welcoming your student back home for almost a month. You may have preconceived ideas on how the family will spend the holidays, and the student will be anxious to try out their new found independence. This could be stressful for everyone involved. Here are some tips to get you both through this time:

- 1) **Don't be concerned** if they sleep a lot at the beginning of break. Your student just came off of a stressful, week-long finals schedule where they might have been operating on less sleep than usual and they need to catch-up.
- 2) **Communicate:** Sit down at the beginning of break to discuss expectations that you both have. Discuss what your student's plans for break are, as well as your own. Discuss household chores, family obligations and fun things to do together.
- 3) **Prepare for Culture Shock:** Your student will be excited to catch-up with high school friends early on in break. They may discover though that they now have more in common with their college friends than they do with their high school friends. They may feel depressed, disloyal, and isolated all at once due to this new realization. It might be a difficult time for them, and some compassion from you could go a long way.
- 4) **Plan Family Events:** Your student will have close to a month off of school. With that amount of time off, they may get bogged down in feelings of boredom. It might help to not try to plan all family events in the days before New Years. Plan some towards the end of break. Catch a concert or show, visit extended family, or gather up younger siblings to catch a movie. This is family time, so enjoy it.

Happy Holidays!

The first day of classes for the spring semester is Monday, January 7, 2013!

Please make note that the University will be closed for break starting on December 19th, and will open again on January 3rd.

