

The first few trips home from college can feel unexpectedly new or unfamiliar in some ways — home might feel different from before and unlike life at UVA. Thinking about what going home will be like for both you and your family helps you prepare.

Breaks from college can be relaxing and recharging, but sometimes visiting family can also be stressful. Problems at home, like challenging family relationships or different expectations about rules, may have you feeling stressed. Here are some things you can do:

1. Recognize that your feelings are normal.
2. Plan ahead for your visit: be realistic in your expectations of your family, schedule outings with friends, and check out community activities.
3. Find healthy ways to relieve stress: exercise, read, listen to music, or talk with a friend.
4. Consider seeking support before going home.

Find a carpool heading your way: zimbra.virginia.edu

WHEN GOING HOME IS HARD

"Going home for the holidays can be very different after your first semester of college, especially because of the freedom you have at school. Often your family will have different expectations about your time at home, so give your family and yourself the opportunity to explain how things may have changed while you were gone. The key is to be willing to discuss ways to mediate both of your interests!"
K. L., CLAS 2015

Remember to plan a safe way home from social events with friends over the holidays.

HOO knew?
9 out of 10 UVA students use a designated driver or make other plans to get home safely.*

"People will probably ask what your major is or if you've met somebody. This can be stressful if you're still undecided, have heard this question a million times, or are too busy discovering yourself to be discovering anybody else. Relax. They just want to hear about how you've been doing. Prepare some stories about classes, social events, or extracurriculars to pull out of your back pocket."
T. H., CLAS 2016

CAPS offers free counseling services at Student Health and is a good place to go for anyone feeling stressed about an upcoming trip home or about another event or situation. Call to see how CAPS can best support you.

Counseling and Psychological Services
CAPS
(434) 243-5150 weekdays,
(434) 972-7004 after hours

"Since you started college you have probably changed a bit, so be prepared for your high school friends to have experienced similar change. It's not a bad thing, just be open to the change."
S. S., Ed School 2016

"One night I went out with a friend, and around midnight my mom called but I didn't see it. Eventually I saw her messages and called her back, and she told me she 'was worried I had been attacked by a werewolf!' Moral on you at all times, and stay in touch with your parents."
A. L., CLAS 2015

Upperclassmen share wisdom from their experiences.

"You don't have to wear flip flops in the shower. Revel in it."
T. H., CLAS 2016

Home for the Break

Stall Seat Journal

Office of Health Promotion Department of Student Health University of Virginia

Designed by Xi Han, Class of 2017

* From the Spring 2013 Health Survey, with responses from 654 UVA students.