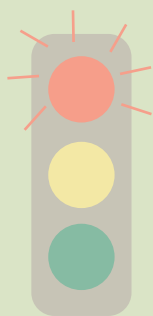


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VOLUME 20 - ISSUE 7 - STALL SEAT JOURNAL - OFFICE OF HEALTH PROMOTION - DEPARTMENT OF STUDENT HEALTH AND WELLNESS - UNIVERSITY OF VIRGINIA

Returning home for break can feel unexpectedly new or unfamiliar in some ways. Setting realistic expectations about reconnecting with family and friends can help to make the adjustment easier.



Relax and Recharge

Breaks from college can be exciting and restful but visiting family and friends can also be challenging. People from home may ask questions about life at UVA which can feel difficult to answer.

"One of the best things to do when I'm home is to visit all of my favorite restaurants."
- M.P. CLAS'20



"When I'm with my friends over break, it's reassuring when we can talk about not only our highlights of the semester, but also the bumps we encountered." -J.H. CLAS '22

There may be different levels of freedom at UVA compared to home. Planning activities ahead of time, talking to family about their expectations, and keeping everyone in the loop can help manage changes in independence.

HOO? KNEW!

92% of UVA students spend time with friends to feel better.†

HOO? KNEW!

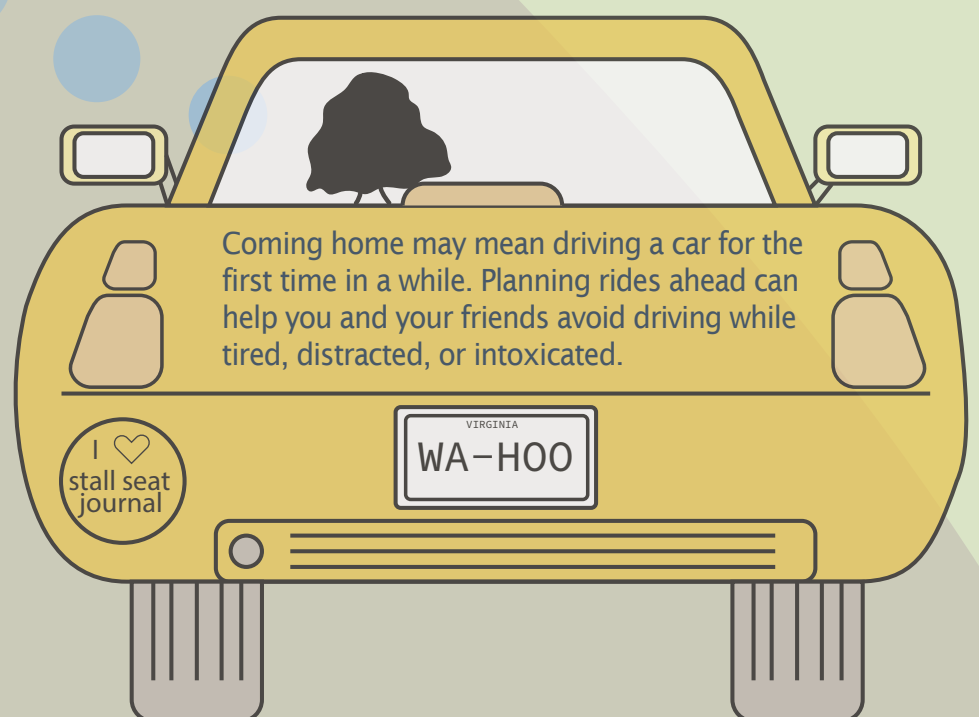
85% of UVA students intervene to stop a friend from drinking and driving.*

Identifying some positive stories about your life at UVA, like meeting hallmates or taking interesting classes, can make those conversations easier.

Friends from home may have had experiences that vary a lot from yours in college. It is normal to compare your experiences, but remember that everyone adjusts differently and finds their own path.

Sticking Around Grounds?

- If you will be staying in Charlottesville over break, take advantage of the chance to do something new! Get outside for a hike or explore town. If you don't know others staying in town, ask around - finding a friend will give you someone to explore with!
- If one of your friends isn't able to go home for break, consider asking them to join you in your plans!
- Sign up with the **International Center** to join a family for a tasty Thanksgiving dinner in their home!



Resources:

If worried about the upcoming break, or another situation, consider seeking support ahead of time.

Office of the Dean of Students (ODOS): (434) 924-7133

Want this poster for your room? Feel free to take me home January 13th- 17th!

*From the February 2019 Health Survey with responses from 808 UVA students.

†From the February 2017 Health Survey with responses from 1,010 UVA students

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