

The first trips home from college can feel unexpectedly new or unfamiliar in some ways. **Setting realistic expectations** for family, friends, and yourself can help you enjoy the break. Consider your overall priorities for the visit to balance time with family and friends.

Here are a few things to think about:

- Planning activities that you can do with both family and friends together can be a good way to spend more time with multiple people.
- Some plans with family and friends can be saved for winter break, which is right around the corner and often feels less rushed.



Breaks from college can be relaxing and recharging, but visiting family can also be hard sometimes. **Using stress management strategies** can help you feel your best.

Remember to include **relaxing activities** like:

- Reading for pleasure.
- Listening to music.
- Taking a walk with a friend.

HOO KNEW?

9 out of 10 UVA students believe integrating rest, relaxation, and rejuvenation into life helps them thrive.*

*From the Spring 2015 Health Survey with responses from 931 UVA students

Sticking Around Grounds?

If you'll be staying here over break, take advantage of the chance to do something new. Get outside for a hike, cheer on the Hoos athletic teams, or head to the Downtown Mall. If you don't know others staying in town, ask around – finding a buddy will make it easier.

Here are a few options for celebrating locally:

1. Enjoy meals and activities with StudCo's Hooliday Dining at the International Residence College.
2. Sign up with the International Center to join a local family for holiday dinner in their home.



Comfortable Conversations

People at home may ask questions about life at UVA, and sometimes this can feel challenging. Relax. They just want to hear about YOU. **Identify some stories that make you feel good about yourself.** Even if you are unsure about some stuff, such as potential majors or extracurricular activities, it can help to **confidently share that you are exploring many new things.** Reassure your parents that your peers are doing the same, and you're all figuring it out together.

Ever Feel Homesick?

It's normal for students to feel homesick at some point while at UVA. If home, revel in the comforts of being there. Some students also make old rituals from home a part of their routine at UVA as a way to feel connected. If you are missing home a lot, calling more often may help.

You've likely changed since coming to UVA, but your family might not have. Talking about it can help things go smoothly. "They're going to expect you to be your high school self. You may expect to be your new college self. Find what works together." I.W., CLAS 2018

Want this poster for your room? Feel free to take me home Jan. 16 - 20.

It's alright if you haven't yet found the right group of friends here. There are many students looking to meet new friends all the time. Social groups change, too. "Your interests will likely change over time at UVA, so your friendships may change to reflect that. It's okay." M.S., CLAS 2019



If worried about the upcoming breaks or another situation, consider seeking support ahead of time:

Counseling and Psychological Services (CAPS) at Student Health

> (434) 243-5150