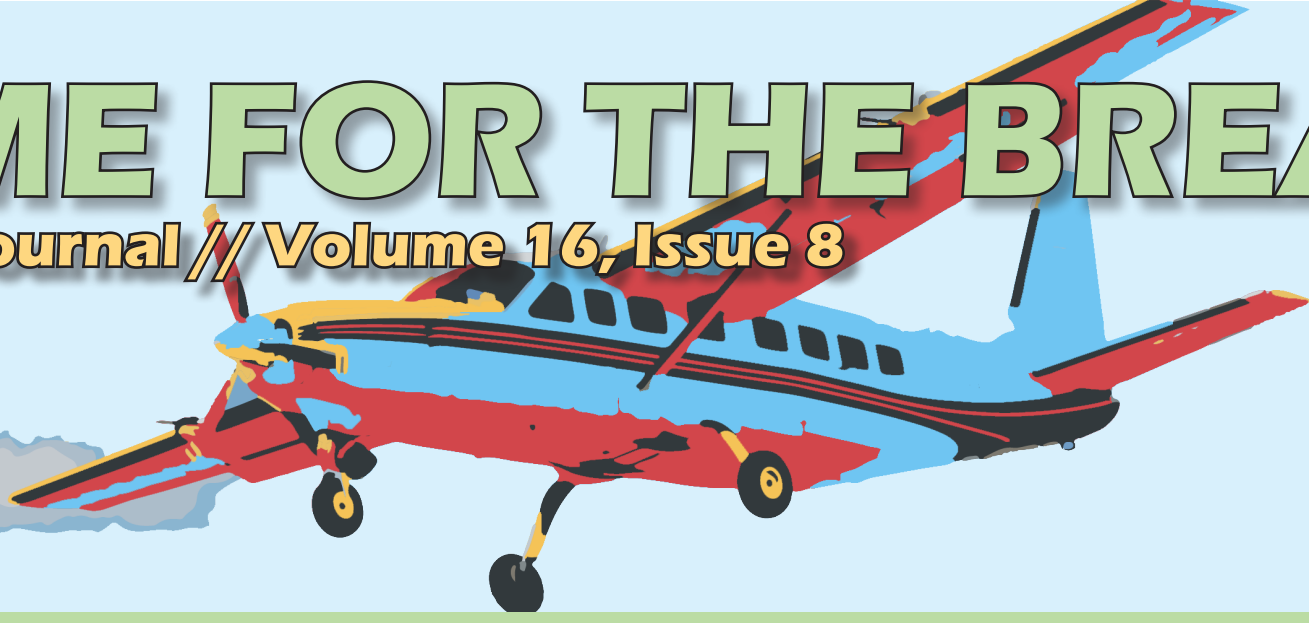


# HOME FOR THE BREAK

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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.

## Here are some ideas:

- Recognize that your **feelings are normal**.
- Plan ahead** for your visit: be realistic in your expectations of your family, schedule outings with friends, and check out community activities.
- Find **healthy ways to manage stress**: take a walk, read, listen to music, or talk with a friend.

Breaks from college can be relaxing and recharging, but visiting family can also be hard sometimes. Tough stuff at home, like challenging family relationships or different expectations about rules, may have you feeling stressed. If worried, consider seeking support before going home.

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

## HOO KNEW?

9 out of 10 UVa students use a designated driver or make other plans to get home safely.\*

## Staying in Charlottesville?

If you'll be staying around over the breaks, take advantage of the chance to do something fun. Get outside for a walk, head to the downtown mall, or enjoy a holiday meal.

International students can join a local family for a Thanksgiving meal at their home. Sign up with the International Center.

## Counseling and Psychological Services (CAPS) (434) 243-5150

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. Services are FREE!

## Upperclassmen share wisdom

"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

"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

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## More wisdom

"This is a break! **Take some time to sleep, relax, and eat good food.** There might not be time to fit in everything you want, but there will be more chances in the future."

-S. A., CLAS 2017

"Remember to reach out to old friends you care about so you don't lose touch." -P. H., CLAS 2017

"You don't have to wear flip flops in the shower. **Revel in it.**"

-T. H., CLAS 2016

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