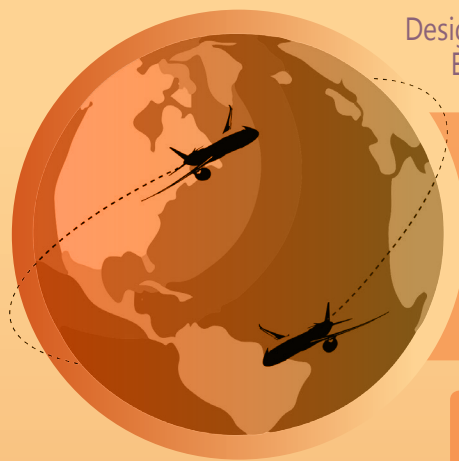


FAMILY, FRIENDS, AND GOING HOME

STALL SEAT JOURNAL

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The first trips home, which means different things for different people, can feel unexpectedly new or unfamiliar in some ways. Setting realistic expectations and balancing time with family, friends, and yourself can help you enjoy the break. Here are a few things to think about:

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

TAKE A BREAK

Breaks from college can be relaxing and recharging, but visiting family can also be hard sometimes. Staying connected with people who support and listen to you can make breaks easier. It can help to include relaxing activities like:

Taking a walk

Watching a movie

Talking with a friend

"Take time for things you don't get to do during school, and give your mind and body a break." H.S., CLAS 2019

"People at home may ask questions about life at UVA, and sometimes this can feel challenging. They are not trying to bother you – they just care about you." H.S., CLAS 2019

Identify some stories that make you feel good about yourself, like meeting hallmates or taking interesting classes. This can help you feel prepared for friends and family. Confidently share that you are exploring many new things, even if you are unsure about potential majors or extracurricular activities.

HOO KNEW ?

91.8% of UVA students spend time with friends to feel better.*



You have likely changed since coming to UVA, but your parents might not have. Talking about it can help things go smoothly.

"Adjustment might take time for you and your family. Letting them know what your expectations are and where you are going can help." C.G., CLAS 2020



Being home may mean driving a car for the first time in a while. Planning rides ahead can help you and your friends avoid driving while distracted, tired, or intoxicated.

HOO KNEW ?

4 out of 5 UVA students intervene to stop a friend from drinking and driving.*

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



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

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, cheer on the Wahoo athletic teams, or explore town. If you don't know others staying in town, ask around – finding a friend will make it easier. Here is an option for a tasty Thanksgiving dinner:

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

Office of Dean of Students (ODOS)
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Sign up with the International Center to join a family for dinner in their home.

Want this poster for your room?
Feel free to take me home January 15 – 19.

Talk to us at StallSeatJournal@virginia.edu