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.

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.

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.

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.

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

Follow us on Instagram @StallSeatJournal_UVA!

Resources:

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

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!

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WA-HOOI

Coming 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 tired, distracted, or intoxicated.

Heading Home

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