

Seasonal Student Concerns

Beginning of Fall semester through midterms:

- Transitioning to campus life
- Developing and maintaining friendships
- Homesickness
- Experiencing heavy course loads

After Thanksgiving Break through the end of the semester:

- Roommate conflicts bubble up
- Stress over finals
- Sad about leaving friends

After Winter Break through Spring Break:

- Getting acclimated to campus
- Winter blues/ cabin fever with bad weather
- Sophomores choosing major and making abroad plans
- Seniors Job searching/applying to grad schools

After Spring Break through the end of the year:

- Projects and papers begin to pile up
- Room Selection for next school year
- Course selection for Fall semester
- Anxiety over the end of year
- Seniors leaving college friends