Helpful Tips for Supporters of New University Students

This is a monthly breakdown of comments you may hear from the student you care for. Followed by resources you can pass along to help them out.

September

- Your student may be experiencing culture shock: this isn’t high school anymore, and it is a combination of remote and in-person learning!
- They may be under financial pressure: balancing the need for tuition, books, groceries, and various events.
- Also, they are encountering people from all sorts of diverse backgrounds and cultures, this may cause them to question their values and beliefs.

Helpful Resources:

Indigenous Affairs - https://grenfell.mun.ca/current-students/Pages/aboriginal-students.aspx
Grenfell Campus Student Union (GCSU) - https://grenfell.mun.ca/current-students/Pages/student-union.aspx
International Programs and services - https://grenfell.mun.ca/current-students/Pages/international-students.aspx

October

- Your student may be nervous about midterm exams, and how to handle having some of them online.
- Also, the anticipation of midterm break can create problems for them when they are trying to focus.
- Not to forget, students may be experiencing relationship issues, both in making connections on campus, residence, and maintaining pre-university connections.

Helpful Resources:

Student Housing - https://grenfell.mun.ca/current-students/Pages/housing.aspx
Learning Centre (academic support) – https://grenfell.mun.ca/current-students/Pages/learning.aspx
Health and Wellness - https://grenfell.mun.ca/current-students/Pages/health/wellbeing.aspx

November

- Your student may be busy preparing for their second round of mid-terms and assignments.
- This may cause them to work all night trying to finish up term papers and project due dates, check in on them often but listen to their needs.
- They may be questioning themselves, asking if they really belong in university. This is normal, reassure them and remind them to take care of their mental and physical health too.
Helpful Resources:
Academic Advising - https://grenfell.mun.ca/campus-services/Pages/academic-advising.aspx
Awards and financial support - https://grenfell.mun.ca/current-students/Pages/financial-services.aspx

December

- Your student may be stressed over final exams, either on campus or online.
- They’re likely getting less outdoor exercise due to shorter days and colder weather, remind them that their break is SO close.

Helpful Resources:
Counselling and Psychological Services (CPS) - https://grenfell.mun.ca/current-students/Pages/counselling.aspx
Health and Wellness - https://grenfell.mun.ca/current-students/Pages/health/wellbeing.aspx