For Supporters of New University Students

**SEPTEMBER**
- Your student may be experiencing culture shock: this isn’t high school anymore, it can take a while to adjust!
- 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.

**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; in making connections on campus, residence, and maintaining pre-university connections.

**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 projects, 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.

**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.