

December 2019



Mean Green Monthly

The Parent Association Newsletter

Goodie Boxes are Stuffed!

We had an amazing turnout on Saturday for the Goodie Box event! We had about 50 Parent Association volunteers come out for the event and together they stuffed over 800 Goodie Boxes! Parent Programs wants to thank all of our amazing volunteers who made this possible!

Goodie Boxes for **on-campus** students have been distributed to all the residence halls and are available for pick-up at the front desk of their hall until Wednesday, December 11th. Goodie boxes will then be moved to Union 377 for pick-up.

Goodie Boxes for **off-campus** students are available for pick-up in Union 377.

An email has been sent to you and your students with information on picking up their goodie boxes as well. Encourage them to pick them up ASAP for a chance to receive a free holiday sweater!

If you have any questions or concerns, please contact us at parents@unt.edu.

-Carter & Briana



Dates To Remember:

12/4 -

- 3rd Installment due. (Payment Plan)
- Housing Payment Due (Final installment)

12/5 - Last Class Day!

12/6 - Reading Day (No class)

12/9-12/13 - Final Exams

12/13 - Residence Halls Close @ 5pm

12/13-12/14 - Spring Commencement

12/23-12/31 - University Closed (Winter Break)

12/31 - New Years Eve



UNT Event Calendar

UNT Academic
Calendar

Holiday Sweaters Are In!



Holiday Sweaters are on sale through the Orientation & Transition office located in Union 377 NOW!

There are two ways you can purchase your Holiday Sweater:

1. Directly through our office by your student(s) or yourself. We accept cash, credit card, or check (This is the easiest way to get them).
2. Over the phone at (940) 565-4198. They will be mailed for a small shipping fee.

Things you should know..



7 Ways to Support Your Eagle During Finals

1. Remind Your Students of Resources on Campus
 - The Learning Center provides many [Support Programs](#) for student success.
2. Communicate That You Care—But Not Too Much
 - Be supportive, encouraging, and understanding of your student. Also be aware that they may communicate differently because of a new final exam [schedule](#).
3. Send a Care Package
 - Make sure your student picks up their Goodie Box at the front desk of their dorm, or picks one up at our office Union 377.
4. Highlight the Benefits of Sleep
 - Pulling an all-nighter is not wise. Make sure to remind them that sleep is good for the mind.
5. Encourage Stress Relief Strategies
 - Counseling and Testing Services offers many resources for students!
6. Pay Attention to Their Mental Health
 - Be a sounding board and empower your students success. The [Counseling and Testing Office](#) is always available to help too.
7. A Little Stress Can Be Good
 - Stress can be a strong motivator during finals, but make sure your student balances that stress with action.

(Source: <https://www.parenttoolkit.com/college-and-career/advice/stress/7-ways-to-support-college-students-during-finals>)

Home for the Holidays



A Few Tips for the Holidays with your Student

- **Let them catch up on sleep.** Most students have just completed finals and have been up cramming for exams or writing papers. If your son or daughter comes home with bags under their eyes or sleeps until noon, don't be alarmed. College life can cause a dramatic change in their schedule because of studying, their social life, and other activities. Give them a few days in the luxury of their own bed to catch up on much needed rest.
- **Set some ground rules.** For several months, they have been the keeper of their own schedule, which means their new found independence may cause a bit of friction where rules are concerned. Obviously you can't expect your student(s) to revert back to their high school days, but they also need to recognize that living at home means a more structured environment. Discuss your concerns and expectations with them while recognizing their independence as a young adult. You might ask them to text if they'll be out later than originally planned, and to not disrupt the rest of the household when they come home at off hours. Politely let them know what is and isn't allowed, while showing mutual respect for one another.
- **Plan ahead, communicate, and be flexible.** If you've scheduled important events, communicate them with your student. Let them know exact dates and times for those get-togethers. Using a family calendar will eliminate double scheduling or hurt feelings. Although you may have many plans swirling around in your head, you have to be flexible with your student(s). They will need some "down time" and will want to catch up with old friends and do some exploring to see what's changed since they have been gone. Allow them some time to be carefree again! Although it's a parent's instinct, too much questioning will cause tension and withdrawal. You'll be amazed at some of the great conversations you can have, if you just give them time and space to open up to you!
- **Make them accountable.** It's one thing to give your student time to unwind and recharge, but it's not right to let them walk all over you. You may want to pamper them while they're at home by doing their laundry, cooking for them and letting them sleep in, but there comes a point where they need to be accountable as well! Ask them to help with household chores or errands to lighten the load while they're back for winter break.
- **Stock your kitchen!** Your kids have been eating cafeteria food, Ramen noodles, pizza rolls, and anything convenient to keep their tummies full while away from home. They are ready for your home cooked meals and their favorite snacks that you've always kept in the house. So make sure to plan meals, have ingredients readily available, and leave time for a lot of baking. This is their retreat for a few weeks and there is nothing better than mom and dad's cooking!

(Source: <https://www.educationquest.org/blog/dealing-college-kids-home-winter-break/>)



Next episode: Rec Center

We are excited to announce that our next episode of Mean Green Family Live will be with the Rec Center. We will discuss new ways to keep your new years resolution fitness goals!

Keeping watching the [Mean Green Family Facebook](#) for this video in January.

Make Sure Your Student Checks These Out!

Entertainment

Dec. 3: Therapy Dogs

Discovery Park hallway - 12 pm-1 pm

Sponsored by UPC

Dec. 9: Late Night Study Breakfast

Union Chat, lvl. 2 - 9 PM

Sponsored by UPC

**ALL EVENTS FREE
FOR UNT STUDENTS!**

Parent Programs | Orientation & Transition Programs | (940) 565-4198 | [Email](#) | [Website](#)

STAY CONNECTED

