

# THE MEAN GREEN MONTHLY

MONTHLY NEWSLETTER FOR PARENTS



Mean Green Family,

We are wishing you and your family a happy winter break! If you are traveling please make sure to take the appropriate precautions and have safe trips. Remember to take safe social practices during the holiday! Don't forget to take the time to relax, catch up with your students, and enjoy the holiday season!

From  
UNT Parent Programs



## 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/>)

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## UNT Parent Association Merchandise Shop

The Parent Association is proud to announce that our merchandise shop is now available online! **All of our unique designs are available at great prices, and as always, the proceeds benefit the Parent Association Scholarship fund!**

Click the link below to view our full inventory!



[Parent Association Merchandise Shop](#)

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## Mean Green Family Live

Follow our mean green family live website to keep up with upcoming dates or to watch past presentations over winter break!

[Mean Green Family Live website](#)

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## UNT Coronavirus (COVID-19) Hotline

UNT established a COVID Hotline to help community members report and understand COVID-19 symptoms, testing information and/or results, as well as receive guidance on actions they may need to take following potential exposure. Individuals also can get help with questions related to COVID-19's impact on our university operations.

### Contact the Hotline at:

- 844-366-5892
- [COVID@unt.edu](mailto:COVID@unt.edu)

The hotline is not intended to be used for a medical emergency. In case of emergency, please dial 911.



### UNT Academic Calendar

### Dates To Remember:

Check General Scholarship Application for upcoming priority deadlines.

Reading Day: 12/4

Finals: 12/7-12/11

Fall Move-out: 12/11 at 5pm

Housing move in: January 6-10 8am-8am

Housing application for Returning Students: January 27 at 9am

## Stay up to date with the latest UNT COVID-19 News

Use the link below to access the most up to date news regarding COVID-19 on the UNT campus, including information on:

- What You Need to Know
- Latest Campus Updates
- Department & Campus Resources Contact information

### UNT COVID-19 Updates

## Regístrate para el Boletín Informativo de UNT

La Oficina de Programas de Padres de UNT está emocionada de ofrecer un Boletín Informativo mensual en Español. Mean Green Monthly es un boletín informativo para los padres de los estudiantes de UNT. Cada mes, vamos a presentar actualizaciones importantes de alrededor de la universidad, información de eventos, y programas especiales para padres y familias. Si está interesado en recibir nuestro boletín informativo mensual en Español, por favor complete el cuestionario de abajo para ser añadido(a) a nuestra lista de correo.

[Regístrate para el Boletín Informativo](#)

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

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