



# Mean Green Monthly

The Parent Association Newsletter

## Homecoming was a SUCCESS!

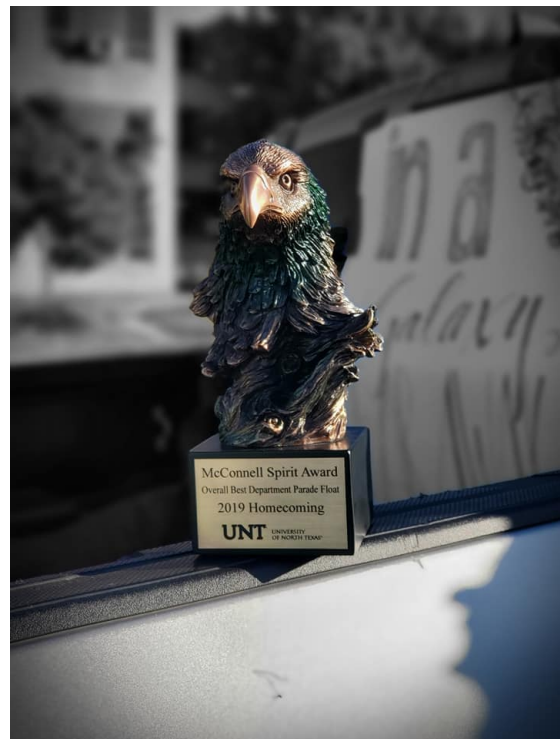
We would like to give a big congratulations to the Parent Association members that put together a great Homecoming parade float! The Parent Association float won the **McConnell Spirit Award for Overall Best Department Parade Float!**

Below are some pictures from the Homecoming fun!

Thank you to the Parent Association members that were able to help put the float together and thank you to Aleece Ellison for coordinating the decorating event.

Sincerely,

**Carter & Briana**



**Dates To Remember:**



[UNT Academic Calendar](#)

[UNT Event Calendar](#)

11/4 -

- 2nd Installment due. (Payment Plan)
- Fall 2018 Housing Payment Due (2nd installment)
- Spring 2019 Housing Application Opens
- Last Day to Drop a Class

11/11 - Veterans Day

11/18 - SPOT Evaluations open

11/28-12/1 - Thanksgiving Break

12/4 - Final Installment due. (Payment Plan)

## BreakShuttle!

**THANKSGIVING BREAK**  
is less than a month away.  
How are you getting home?

**break**  
**SHUTTLE**

BOOK YOUR SEAT TODAY!

[brk.sh/go-northtexas](https://brk.sh/go-northtexas)

There is still time to get your BreakShuttle tickets for the Thanksgiving Break! (Link below)

Shuttles serve Houston, Austin, and San Antonio.

Shuttles depart Wednesday, November, 27th at 10 am from the UNT Coliseum.

[Visit the BreakShuttle website](#)

## Things you should know..

**Goodie Box Stuffing!**

## When?

November 23rd, 8:00 a.m.

## Where?

In the **Union**, room **333C**.

## Why?

We put together Goodie Boxes to give your students the energy they need during **Finals week!**

Please save the date, come out, and volunteer!



## We need?

A few volunteers with trucks/SUVs and dollies to transport goodie boxes to the residence halls.

**Please RSVP by following the link below:**

[Click to RSVP](#)

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## Stressed Student?

For students, November can be a stressful time as finals are approaching and deadlines become closer together. Students can also begin to feel that college is not living up to their expectations.

Below are some possible self-help resources to recommend for your student if they are feeling overwhelmed or stressed:

- **Stick to a routine.** Get dressed, go to class, students should keep a normal daily structure.
- **Eat healthy food regularly.** Students often skip meals. This robs them of the energy they need to cope.
- **Talk to you (the parent) or supportive people.** Students can isolate themselves when stressed. This makes things worse.
- **Get some sleep.** Encourage your student to go to bed and get up at the same time and sleep 7-9 hours.
- **Physical activity.** Students often spend free time in their rooms. Encourage them to go to the rec or walk around campus.
- **Avoid using alcohol or drugs (including caffeine) as a way to "self-medicate".** Students often turn to alcohol or drugs to cope with stress.
- **Find humor and distractions.** Watching a funny show or hanging out with people that make your student laugh is a great way to reduce stress.

We recommend communicating with your students about some of these strategies and encourage them to seek help from the Counseling and Testing Center should their stress persist. For questions on resources, please email us at [parents@unt.edu](mailto:parents@unt.edu)

(Source: <http://studentaffairs.unt.edu/counseling-and-testing-services>)

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**Next episode:  
Counseling and Testing**



## Services

We are excited to announce that our next episode of Mean Green Family Live will be with the Counseling and Testing Services. We will cover ways your student can find resources at UNT to help them with their future goals.

Wednesday the 4th at 12pm!

View - [Mean Green Family Facebook](#) .

## Make Sure Your Student Checks These Out!

### Entertainment

**Nov. 5: Cupcake Decorating**  
Union Emerald Ballroom 314 - 6 PM  
*Sponsored by UPC*

**Nov. 11: DJ Disco Night**  
Union emerald ballroom 314 -  
7 PM-9 PM  
*Sponsored by UPC*

**Nov. 12 UPCinema: Spider-Man Far  
From Home**  
Lyceum, 4 PM & 8 PM  
*Sponsored by UPC*

**Nov. 14: Cupcake Decorating**  
Emerald Ballroom, 314 - 6 PM  
*Sponsored by UPC*

**Nov. 19: Laser Tag**  
Jade Ballroom, 333 - 6 PM-8 PM  
*Sponsored by UPC*

**Nov. 21: Celebrate the Season of  
Lights**  
Union south lawn, 6 PM  
*Sponsored by UPC*

**Nov. 25: Spa Day**  
Union Jade Ballroom 333, 2 PM-4  
PM  
*Sponsored by UPC*

### Football

**Nov. 2:**  
UNT vs UTEP

**Nov. 9:**  
UNT at Louisiana Tech

**Nov. 23:**  
UNT at RICE

**Nov. 30:**  
UNT vs UAB

**ALL EVENTS FREE  
FOR UNT STUDENTS!**

STAY CONNECTED

