2021-2022

SEASONS OF ADJUSTMENT

A parent’s guide to the Freshman Year experience
Compiled by Parent Programs
The college years will be one of the most exciting periods in your student’s life. For many students, it will also be one of the most stressful times. During their college years, students experience constant challenge and demand for adjustment and change. While they are attempting to cope with academic pressures of college, they must also negotiate the hurdles of significant developmental changes.

The freshman year is particularly challenging. During this first year, your student will experience new freedoms and responsibilities that he or she has most likely not had to manage before; new and more demanding academic requirements; changing relationships with high school friends; challenges to beliefs and values; and perhaps most important, a changing relationship with you.

Adjustment problems are an expected and common experience for most freshmen; some students experience very few, others experience more than their share. Just as there are seasons of the year, most college student stressors follow a seasonal pattern as well. This seasonal nature has been charted as a result of years of documentation by counselors and psychologists at college and university counseling centers across the United States.

We, the UNT Parent Association, believe that parents play an important and significant role in helping students to adjust to the challenges of the freshman year. Therefore, we have developed this calendar to help you gain a better understanding of what student stressors are common during a particular time of the year. We hope it will help you detect when your student may be having difficulty adjusting and may benefit from your extra support or from campus resources. Best wishes for an exciting and enjoyable freshman year experience at UNT.
What Parents Can Do

- Call your freshman frequently at first to listen and provide reassurance.
- Reassure your student that the adjustments he/she is experiencing are common and expected for freshmen.
- If your student is living in a residence hall, encourage him/her to talk with an RA.
- Suggest exploration of opportunities for involvement in the residence hall or a student organization.
- Recommend regular exercise and use of the Student Recreation Center.
- Encourage your student to participate in First Flight activities.
- Encourage your student to participate actively in class and talk with professors about class expectations.
- Remind your student that regular class attendance is important, whether it is required or not.
- Encourage your student to read the Code of Student Conduct to understand their rights and responsibilities as UNT students.
As the first weeks of the semester progress into September, some of the initial anxieties of being a new student begin to fade. While some students who are living on campus begin to become more comfortable being away from home, for others homesickness grows more intense. Your student may call home more frequently than you expected and may want to come home every weekend. Roommate conflicts, if they have not yet been constructively resolved, can impede adjustment. If your student is commuting, he or she may experience some difficulty “connecting” to the campus and may feel somewhat isolated from campus activity. Some students actually become disenchanted with college life as they begin to realize it is not as perfect as they were led to believe by parents, teachers, and counselors. Family problems at home seem more amplified because they pose a disruption in the adjustment to college process. Students living on campus may feel detached and helpless in helping to resolve the problems.

Academically, reality sets in as what seemed an enormous amount of free, relaxed time is suddenly filled by assignments, projects, reading requirements and other academic demands which build up quickly and compete for what seems like more time than is possibly available. Many students experience their first quizzes and tests during this month and feel anxious about what to expect and how to prepare. Some experience moderate to severe test anxiety when taking their first exams. Your student may rather suddenly discover that the old study habits from high school are not sufficient any more. Learning to manage time and to strike a balance between social and academic schedules is a major challenge for most freshmen during this time. Numerous social opportunities in September are affiliated with fall athletic events and student organization activities. Saying “no” to even a few invitations is difficult for some new students. By the end of the month, many freshmen will have begun to adjust to the demands and responsibilities of college life. For some, however, a few bad habits such as skipping class, staying out late every night, or spending too much time on the Internet, are starting to form.

### What Parents Can Do

- Reassure your student that feeling overwhelmed is normal for new students learning to manage academic demands and new personal responsibilities.
- Remind your student that attending class regularly and keeping up with assignments are keys to academic success.
- Encourage your student to build a time management schedule and stick to it.
- Talk honestly with your student about family problems but avoid creating guilt because he or she is not at home or available to help.
- If your student is experiencing severe homesickness, encourage him or her to get involved with a campus organization, seek a part-time on-campus job through Career Center or talk to someone in Counseling and Testing Services.
- Encourage your student to go to the Learning Center for information and help with time management strategies and study skills.
- Spend a weekend at UNT visiting your student. Attend Family Weekend activities.
The business of academics makes October an important month for your student. The first mid-term examinations bring increased stress and anxiety. Your freshman’s first set of college examinations may cause feelings of “needing to prove something.” If your student does not meet expectations on these exams, they may experience feelings of failure and loss of self-esteem.

Complications may also occur from being around people with new values, differing views on the world, and feeling as if they are a “small fish in a big pond.” It is a challenge to figure out how to be YOU. Social demands are high. Your student may compare himself to acquaintances, friends, and/or roommates in how quickly he is making friends and joining organizations. Not dating frequently or not having someone to “hang out with” could easily lead to a loss of self-esteem. Furthermore, impulsive behavior in order to handle the social pressures of dating, drinking and being sexually active, may result in unwanted consequences.

Students who are unsure about or have not chosen a major may feel like they are lagging behind in this important life choice. The truth is that most freshmen are unsure about their major. The freshman year is a good time for personal and career exploration. The Student Counseling Center has many helpful services.

Trying to juggle the demands of school and creating a social life is a lot of work and may seem overwhelming. Adding to these challenges for your student are the complexities of managing finances and time, and learning to live with a roommate in close proximity in a residence hall. A few students may consider leaving school at this time; they may feel that college is “not for them,” significant things could be happening at home, or they are considering transferring to another college. On the other hand, October is a time when many students begin to feel more at home at UNT and actively seek friendships and involvement. These connections should be reinforced.

**TIME TO GET SERIOUS...**

Be open to listening to the frustrations of trying to “find” one’s place at the University.

Be sympathetic but careful not to provide too many suggestions on how to “fix” your student’s problems. Convey your confidence in their own ability to find their way around this new environment.

October is a good month to explore opportunities with student organizations. Encourage your student to go to the Student Activities office to find out more about them.

Encourage your student to use academic resources like the Learning Center so that they feel in charge of their studies.

Remind your student of previous success in making friends and having relationships so that impulsive actions are mediated by innate common sense and memories of success before college.

What Parents Can Do

- Be open to listening to the frustrations of trying to “find” one’s place at the University.
- Be sympathetic but careful not to provide too many suggestions on how to “fix” your students problems. Convey your confidence in their own ability to find their way around this new environment.
- October is a good month to explore opportunities with student organizations. Encourage your student to go to the Student Activities office to find out more about them.
- Encourage your student to use academic resources like the Learning Center so that they feel in charge of their studies.
- Remind your student of previous success in making friends and having relationships so that impulsive actions are mediated by innate common sense and memories of success before college.
As your student moves into November, he or she may begin to experience increased academic pressure due to procrastination, difficulty of work assigned or lack of ability. Major class projects or papers may be coming due at the same time that pre-finals stress starts to emerge. Those students who have concentrated on their studies throughout the semester may experience the added pressure of keeping high grades up through finals. Students who have spent more of their time on non-academic pursuits may feel overwhelmed by what they perceive to be an unmanageable amount of work needed to catch up in their classes. Some students may attempt to cope with high stress levels by engaging in counter-productive behaviors. Late night socializing, increased alcohol consumption and poor eating habits tend to make the problem worse.

November is often a stressful month socially, emotionally, and physically for students. Depression and anxiety increase for students who feel that they still have not found their “niche” at UNT. A few students may give up making attempts to establish new friendships beyond those that already exist. For some students, economics begin to play a larger role as funds from parents and summer earnings begin to run out. Stress and fatigue lowers students’ resistance and makes them more susceptible to illness. The Thanksgiving break, though short, comes just in time to provide a much needed respite. Believe it or not, there are only a few weeks left before they will get an extended vacation.

### NOVEMBER 2021

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UNT vs. University of Southern Mississippi</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UNT vs. University of Texas El Paso (Home)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UNT vs. Florida International University</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UNT vs. UTSA (Home)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Check General Scholarship Application Opportunity Deadlines</td>
<td>Housing Payment Due</td>
<td>Second Installment of Tuition Due</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNT Homecoming Week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daylight Saving (Ends)</td>
<td>Veterans Day</td>
<td>Last day to drop a course with a grade of W (Fall 2021)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UNT vs. Florida International University</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Thanksgiving</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Thanksgiving Break (University Closed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td>Hanukkah</td>
</tr>
</tbody>
</table>

### What Parents Can Do
- Remind your student about free tutoring services offered by the Learning Center.
- Encourage your student to visit professors during office hours to get help or discuss academic performance.
- If your student seems to be depressed or anxious encourage her to talk to a counselor at the Counseling and Testing Center.
- If your student lives in a residence hall and is feeling isolated, encourage him or her to talk with an R.A. or Hall Director.
- Even though this may be a time of increased academic pressure, encourage your student to dialogue with professors.
- Remind your student to visit the Student Health and Wellness Center to take care of any health needs.
- Should you become aware that your student is using alcohol irresponsibly as a way of dealing with stress, suggest that he/she gather information and talk to a counselor in the Substance Use, Resource, and Education Center.
This is a hectic month. Just back from Thanksgiving vacation, about two
weeks remain before FINALS BEGIN! There is excitement about the
holidays and end of semester, but the focus of attention is on academic work –
completing papers, class projects and last tests. Final exam pressures
generate anxiety in most students. But freshmen who don’t know what
to expect, experience high levels of stress. Some students may resort to
alcohol or other drugs as a way to cope with intense emotions. Others may
study nonstop and neglect sleep and meals, becoming physically rundown.
Extracurricular activities increase with the end of semester and holidays.

Social, concerts, organization events and religious ceremonies uses the
students’ time and energy. For some it may be difficult choosing whether or
not to attend an event when they have so much studying to do. Students
frequently have financial concerns. Installment loan payments or other debts
incurred this semester, or next, may be due. Some worry about travel costs
or fulfilling holiday gift-giving traditions. Some students may be tempted
to charge up credit cards if they have not done so already. Final exam
pressures may strain relationships and friendships. Students worry about the
long break between semesters and how this might affect their relationships.
For some, the risk of losing these connections compels them to spend more
time socializing than studying. Some students may worry about their families,
and how they will “readjust” to routines at home during the holiday break, if
there are family conflicts at home, your son or daughter may be uneasy about
returning home. While the holiday season is generally a happy time, it can
also be a period when some people experience holiday blues. Students are
not exempt from this. These students need to be identified and referred for
help. The good new is…most freshmen survive finals AND regard this first
semester as a great learning experience. It serves as a guide for choosing
positive study habits, managing time effectively, and balancing studies and
social life in the future.

What Parents Can Do

Reassure your student these next few weeks will be stressful and
challenging, but you will be there to help if asked.

Remind your student about the Learning Center and other academic/
tutoring support services on campus if they express concerns about taking finals and reviewing course materials.

Encourage your student to eat a balanced diet, get a reasonable
amount of sleep, and avoid alcohol, drugs and too much caffeine.

If your son or daughter seems quite
anxious, depressed, or expresses
feelings of hopelessness, let sta
ff know. The CARE Team takes referrals for students in distress.

Offer support by phoning, sending emails, or visiting campus
if requested. You will want to avoid putting another demand on his/her
time unless it is absolutely necessary.

DECEMBER 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY
1 Check General Scholarship Application for Upcoming Deadlines 2 Last Class Day (Fall 2021) 3 Reading Day (No Classes) 4 Final Examinations
5 Hanukkah 6 7 8 9 10 11 Final Examinations 12 First Class Day (Winter Session) 13 14 15 16 17 18 Winter Session Registration Ends 19 20 21 22 23 24 Christmas 25 Winter Break (University Closed) 26 27 28 29 30 31 New Year’s Eve
While the year has just begun academically for your son or daughter, January's success may be influenced by how well the holiday break went for your student and for your family. Typically, the holiday season can be a mixed blessing—with high expectations for happy times and connections with family and old friends—that may or may not materialize. Unexpected events (the loss of a loved one, friends or significant other during the break, family conflict, unwanted weight gain or challenges with financial concerns) may adversely affect your student’s motivation for beginning a new semester. Even a pleasant time away from school can be stressful in that students have to leave the security and acceptance of home and family for the uncertainties of their second semester performance.

Starting the new semester can be exhilarating, challenging, or anxiety provoking. Will I do better this semester? Did I learn enough about what NOT to do last semester to improve my grades this time? Will I make more friends? How will I maintain my scholarship and my social life? Students are frequently excited about reconnecting with their friends at school. A few may have concerns about returning to past conflicts with friends or roommates in particular. Your reactions to your student’s academic performance during the fall semester may greatly influence how he perceives the coming semester. Even when his academic performance did not meet your expectations, encouragement and support are needed now.

- Reassure your student that the feelings described above are normal for a second semester freshman who is continuing to adjust to the college environment.
- Be aware that any familial discord or losses will affect her ability to focus on her academic work. Make your student aware that YOU are aware of this reality.
- Encourage your student to take a renewed, invigorated look at his new classes and potential classmates as opportunities for new connections and improved academic performance.
- Review the events of the first semester with your student and identify problem areas and areas that were successful.
- Evaluate changes that may be needed for money management.
- Encourage your student to visit with or attend a workshop sponsored by the Student Money Management Center.
While it is still early in the semester, some students may begin to feel the pressure of keeping up with their assignments and preparing for weekly exams or quizzes. Some may be telling themselves that they have time to complete semester assignments while others may already feel that they are procrastinating. This is a good month to begin to manage their time, but some may not know how best to accomplish this task.

There will be pressure from other students to socialize and final exams seem far away. Students who are members of student organizations may underestimate how much time they have for academics. They may begin to over-commit themselves if they are not careful. Relationship anxieties may increase as some students begin to strengthen their ties, and others may experience weakening of relationships. There is a tendency for many students to focus more on relationships and less on schoolwork, especially as Valentine’s Day approaches. Anxiety over financial obligations may also be of concern for students who have overspent in December. Some students may already begin to worry about how best to seek a summer job; this may be especially true of students who were unable to find work during the holiday break.

**MOVING INTO THE SEMESTER...**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Check General Scholarship Application opportunity deadlines</td>
<td>Groundhog Day</td>
<td>Chinese/Vietnamese/Korean New Year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Valentine’s Day</td>
<td></td>
<td>Last Day for Changes in passing/pass status for spring semester</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FEBRUARY 2022**

**What Parents Can Do**

- Communicate with your student the importance of balancing work and social activities.
- Relationships are a focus during this month and your student may need you to listen to his/her experiences with friends and significant others.
- You may want to evaluate your student’s financial needs to see if they could use some extra spending money.
- Universities provide many opportunities to learn outside the classroom. Many organizations and departments offer free programs with well-known speakers to help add to the students’ knowledge of their world. Suggest your student attend some of these and check out the many programs offered by the Multicultural Center to help students learn about our diverse culture.
This is a very hectic month when academic requirements and social activities can collide. Academic pressures increase as students face midterm exams and begin to realize they will be ending their first year of college. Students may also be facing decisions about future living arrangements: Should I commute, live in the same building, or keep the same roommate? Will I go home or stay at school this summer? Many students find this to be an exciting time and thrive on the sense of pressure for motivation to achieve. For some students though, the academic pressure along with social expectations can be overwhelming. If students feel unable to cope with this strain, they may become depressed, fatigued and discouraged.

Other students who are finding it difficult to deal with the many demands of college may increasingly turn to alcohol or other drugs to ease their anxiety. This can cause them many health and behavioral problems.

March is also the month of Spring Break. Students can become very excited about the prospect of spending a week away from all the pressures of school and taking a much needed break. Many students make plans to go with friends to the beach and can actually end up focusing more time and energy on these plans instead of on class work and assignments due. Sometimes there is a sense of disappointment when peers are going on an "actual vacation" and they are "just going home."

Students sometimes try to work extra hours to make the money to go on a trip, or they may ask parents to help. Other concerns arise when they go to the beach (or whatever their destination) as they face difficult choices about behaviors in which they may not normally engage. Do I drink or not? Do I give this guy I just met my number? After Spring Break students face emotionally and financially costly consequences if they make unwise choices. If students handle their options by thinking through their actions, they can return from Spring Break renewed and ready to face the last half of the semester.

Hang in there, a break is near...

Now might be a good time to talk to your student about plans for the summer and fall.
- Take the time to discuss living options with your student. Listen to ideas about what he/she would like to do and what he/she thinks is feasible.
- Encourage your student to speak to professors about difficult classes or exams on which they didn’t perform well.
- Ask your student to speak to academic advisors in preparation for Early Registration.
- Remind them that, while spring is a time for much social activity, balance is important.
- Be supportive of your student if he/she is experiencing emotional difficulties. Help guide him/her to campus resources such as Counseling and Testing Services for further support if necessary.
- Encourage your student to think through choices regarding Spring Break activities.
- Try not to demand straight A's from your student. Encourage him/her to do the best they can and learn from mistakes. Do keep your expectations as well as your support high.
The month of April on the UNT campus brings more than showers. Since the pace of the semester escalates steadily academically, socially and personally from mid-March to finals in May, students may be experiencing considerable stress and fatigue by this point in the semester.

The academic pressures are easy to predict. Final projects and papers will likely be due during this month. Group assignments may demand coordinating schedules and academic work among three to five busy and stressed fellow students. Research on freshman English or history term papers requires that students test their competencies in using the library or the Internet.

Due to stress and fatigue, some students have missed classes and are feeling anxious about their overall performance in a certain course. Pre-registration for next fall is occurring and, since freshmen register last, your student may be experiencing concerns about selection of classes and about course availability. In addition, most students are not looking forward to one of the toughest and most intense times on a university campus – end of semester final exams, which begin with lab finals in the last week of April or first week of May.

Socially, many organizations schedule their end of semester banquets, picnics or formals in April. Seeking to fit in and belong, many freshmen will want to be involved in such events, welcoming the fun and celebration. However, some students are naive about the costs in time, money and energy such events will extract from them. All of these social and academic demands will undoubtedly take a toll personally on students as they strive valiantly to juggle all the opportunities and demands that are coming their way. Even for students who have performed competently and responsibly in classes and who have kept a healthy personal balance, the multiple demands of April take a toll.

**THOSE DEADLINES ARE COMING...**

<table>
<thead>
<tr>
<th>APRIL 2022</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Check General Scholarship Application opportunity deadlines</td>
<td>Passover (Begin)</td>
</tr>
<tr>
<td>Monday</td>
<td>Last Day to drop a course or all courses with a W (spring 2022)</td>
<td>Easter</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Good Friday</td>
<td>Earth Day</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Passover</td>
<td>Passover</td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**What Parents Can Do**

- Keep the lines of communication open and supportive. One of the best weapons against stress and fatigue is talking about what is going on with someone close.
- Consider coming up to visit your student at UNT, planning a fun activity for your daughter or son and roommate. This can break the steady stress and provide support and opportunities for dialogue.
- Stress the wisdom of approaching finals with the attitude of doing the very best they can, not worrying tediously about what has or has not happened so far in the semester.
- Encouraging your freshman to work in exercise, some healthy meals and sleep is basic but essential advice.
- Understand that your child’s passage into independent and successful adulthood will be gradual and can be best aided by your respectful and simultaneous challenge and support.
The end of the academic year is quickly approaching. While there may be excitement about finally coming to the end of the school year, there is also much anxiety and stress related to completing assignments and preparing for final exams. Students may begin to doubt their abilities and may lose confidence in themselves. Negative thoughts may interfere with their ability to concentrate on their work. Some of the major effects of this pressure may include: alcohol abuse, increased use of coffee, No-Doz, and amphetamines, an increase or decrease in food consumption, less sleep, and a lower tolerance level with friends, peers, and family. Feelings of sadness and depression may increase as the year draws closer to the end.

Students may experience anxiety over going home because they fear that they may lose their newfound independence. Students may also be leaving some of their friends and significant others behind as they change residence or return to their homes. Some students may worry that their college relationships may not survive the summer. Students may also be concerned about their parents’ reactions to their failure to achieve academically as well as they had hoped. While they would like to get their parents’ support, they may be afraid to call upon them for help. Along with the pressure of completing their studies for the year some may be unsure about what they will be doing over the summer.

The summer can also present financial pressures as students consider whether to stay at school or return home and where to store their belongings. The decision about whether or not to attend summer school is an individual one. Some students enjoy and benefit from taking classes during the summer when the campus is less crowded and they can focus their concentration on fewer courses. For others, the summer serves as a well-needed break which will help them to re-energize for the Fall Semester.

### What Parents Can Do

- Call or email your student more frequently, especially as final examinations approach.
- Remind your student that maintaining good health by diet, rest, and exercise is important.
- If your student is feeling physically ill, encourage a visit to the Student Health and Wellness Center for a medical checkup.
- Encourage your student to visit Counseling and Testing Services if they are coping with unusual stress, anxiety, or depression.
- A visit to Career Center may also be appropriate if your student is still concerned about finding a summer job.
- A “care package” of “goodies” or just a supportive note in the mail could help boost your student during final exams.

### MAY 2022

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check General Scholarship Application opportunity deadlines</td>
<td></td>
<td></td>
<td></td>
<td>Last Class Day (Spring 2022)</td>
<td>Reading Day (No Classes)</td>
<td></td>
</tr>
<tr>
<td>Ramadan (Ends)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Mother’s Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Final Examinations</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Final Examinations</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Mother’s Day**
- **Final Examinations**
- **Final Examinations**
- **Residence Halls close for Spring Semester**
- **Memorial Day (University Closed)**
June is an important and sometimes difficult transition month for freshmen. Those who return to spend the summer back home will have to adjust to living with their families again. Many will enroll in summer school either at UNT or at a local college in their hometowns.

Students who return to their parents’ homes while they work and/or take classes at local colleges can easily find themselves in conflict with their parents over issues of independence and house rules. They sometimes have a hard time understanding parents’ needs to comfort them or to exercise parental control when their parents are faced with behaviors they are not necessarily aware of when their students are away at school. Students sometimes don’t understand the necessity of home rules. In particular, when there are younger siblings living at home, Parents expectations for their students regarding social behaviors, home rules, duties and responsibilities should be established and clarified as soon as their freshmen return home.

Students who enroll in summer school will need to adjust to the rapid pace of their classes, with little turn around time for assignments and exam preparation. The long daylight hours and frequent opportunities for social gatherings with friends can be inviting to students who have spent many long hours in the classroom. It’s easy to get behind. Time management is essential. Moreover, the informal atmosphere that characterizes the campus can be very enjoyable, leading students to erroneously believe they do not have to study as hard in summer classes as they do during the long term semesters. The truth is that most lower division courses have a set number of objectives or topics that have to be covered no matter what semesters they are offered. Summer courses are seldom abbreviated versions.

### JUNE

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>1</strong></td>
<td></td>
<td><strong>2</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Check General Scholarship Application opportunity deadlines</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
</tr>
<tr>
<td>Shavuot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
</tr>
<tr>
<td>Flag Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
</tr>
<tr>
<td>Father’s Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### What Parents Can Do

- Talk with your returning student ahead of time about your expectations while he/she is living at home.
- If your student is enrolled in summer school, talk about the importance of effective time management.
- If your son or daughter is attending summer school at UNT or away from home, make time to visit and spend some weekends with your student.
- Considering the rapid pace of summer classes, your student will appreciate your traveling to see him/her.

- Flag Day
- Father’s Day
- Shavuot

2022

**June 1**: Check General Scholarship Application opportunity deadlines

**June 6**: Flag Day

**June 19**: Father’s Day

**June 26**: Shavuot
As students begin to prepare for a new year at UNT, this is a good time to reflect on the events of the past year. It probably went much faster than they expected, undoubtedly it had its share of ups and downs. Students may find that they had some difficulties with time or money management. Perhaps they learned that the study skills they developed in high school were insufficient during their first year in college. Maybe they now realize it’s not a good idea to wait until the last minute to see an advisor or register for the next semester. Perhaps the one vocabulary word they didn’t learn was “no.”

On the positive side, they may have learned that they could adjust to the academic demands of college life. Perhaps they learned there are many more choices in terms of activities, organizations or classes than they ever imagined. Hopefully they made some new friends. The positive and negative events of the past year can be used to plan and make mid-course corrections for the new year.

LOOkinG AHeA D...

- Review the events of the first year with your student.
- Identify problem areas and encourage your student to consider possible solutions.
- Review your student’s financial needs for the coming academic year.
- Evaluate changes that may be needed for money management.
- Establish a tentative budget with your student for the coming year.
- Evaluate the needs and/or benefits of a part-time job.
- Examine the need for career counseling to establish career or academic goals.
- Encourage your student to establish a tentative academic plan for the full academic year.
- Evaluate the need for changes in time management and/or the balance of time devoted to school, work, and recreation.
UNT Parent Association and you... a partnership in action

You’ve been there every step of the way. You helped your son conquer his ABC’s and reading. You sweated with your daughter as she conducted her first science experiment. All along, you’ve encouraged your child to build a strong future, to become the best he or she can be. And you’ve instilled in them the importance of a good education, of a college degree in today’s competitive job market.

But you know that even a gifted student can’t succeed alone. And college can be a pretty intimidating place, especially that first year away from home.

That’s where we come in. Through partnership with the UNT Parent Association, you can continue your support of your student’s dream, and can still be there to help, even though you may not live close by.

We provide the link between home and campus and help mesh your expectations and your student’s goals with the reality of college life and learning. We can support and help you when concerns arise and keep you informed about UNT’s goals and policies, programs and student activities. We’ll help advise you and your student on academic matters and help your student find all the support he or she needs to continue to excel, both in and out of the classroom.

We’re proud to invite you to become an active member of your UNT student’s life by joining the UNT Parent Association. The University of North Texas has long been committed to providing quality education and a strong support to it’s students. As the largest and most comprehensive graduate and research university in the region, UNT offers degrees of which both parents and students can be proud. Through the Parent Association, you can play an active role in your student’s accomplishments while building friendships with parents and other students. We believe that parents and families are an important part of UNT’s support system. By volunteering your time, you can determine the future success of your student and the University.

UNT is an affirmative action, equal opportunity educational institution.

Adapted from a publication developed at Texas State University. Special thanks to the TSU Counseling Center

For more information, contact:
Parent Programs
(940) 565-4198 • Fax (940) 369-7849
transition.unt.edu/parents