The first trips home, which means different things for different people, can feel unexpectedly new or unfamiliar in some ways. Setting realistic expectations and balancing time with family, friends, and yourself can help you enjoy the break. Here are a few things to think about:

1. Planning activities that you can do with both family and friends together can be a good way to spend time with more people.

2. Some plans with family and friends can be saved for winter break, which is right around the corner and often feels less rushed.

**TAKE A BREAK**

Breaks from college can be relaxing and recharging, but visiting family can also be hard sometimes. Staying connected with people who support and listen to you can make breaks easier. It can help to include relaxing activities like:

- Taking a walk
- Watching a movie
- Talking with a friend

**HOO KNEW?**

- 91.8% of UVA students spend time with friends to feel better.*
- “Adjustment might take time for you and your family. Letting them know what your expectations are and where you are going can help.” C.G., CLAS 2020
- 4 out of 5 UVA students intervene to stop a friend from drinking and driving.*

*From the February 2017 Health Survey with responses from 1,010 UVA students

**STICKING AROUND GROUNDS?**

If you will be staying in Charlottesville over break, take advantage of the chance to do something new! Get outside for a hike, cheer on the Wahoo athletic teams, or explore town. If you don’t know others staying in town, ask around – finding a friend will make it easier. Here is an option for a tasty Thanksgiving dinner:

Sign up with the International Center to join a family for dinner in their home.

If worried about the upcoming breaks, or another situation, consider seeking support ahead of time.

**Office of the Dean of Students (ODOS)**
(434) 924-7133

Want this poster for your room? Feel free to take me home January 15 – 19.

Talk to us at StallSeatJournal@virginia.edu!