Heading Home

Stall Seat Journal Volume 21, Issue 09



Reminder

Between reconnecting with old friends, sharing about your college experience and having different levels of comfort and independence, transitioning from college life to home life can be both comforting and challenging. Here are some tips to help you adapt and navigate going home! 🚗



Setting Expectations

now

You may experience differences in opinions and lifestyles at UVA compared to home. Different perspectives on things like curfews and COVID prevention could cause tension. Communicating and setting expectations in advance can help you get on the same page. Share perspectives and find common ground to make a plan that works for everybody!









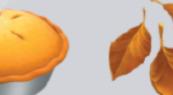
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8 out of 10 UVA undergraduates are often or always able to adapt when changes occur.*

* From the February 2020 NCHA with responses from 904 UVA undergraduates.









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··· Constructive Conversations now

Using "I" statements instead of "You" statements can

help communicate thoughts and feelings to family and friends without making them feel blamed and defensive.

Reframe Conversations (29)

Instead of

You make me uncomfortable when you don't follow safety guidelines.

I feel uncomfortable socializing if we don't wear masks, stay outdoors and limit the number of us gathering.



College Conversations

now

Conversations with friends and family about your college experience can feel difficult, especially if you're still finding your place at UVA. Reflecting on some of your favorite parts of this semester and sharing them confidently can make these conversations easier. For instance, you could talk about exploring around grounds or taking an interesting class!



People can display the highlights of their college experiences on social media without showing the challenges. Avoid comparing your experiences to those of others. Being open and honest with friends about both the ups and the downs can help renew and deepen friendships.