As the semester winds down, students are feeling tired and frazzled. In their focus on rest and relaxation after finals, many students and their families can feel unprepared for the transition to a month at home without typical schedules or routines. Take some time to talk with one another about expectations during winter break. Responsibilities at home, time with family, finances and work are some of the topics to be covered. Remind family members that the student who started the semester may be very different from the person spending time with you on break. Enjoy getting to know this new person!

**HOW CAN FAMILIES HELP?**

- Offer support during the last few weeks of the semester with pep talks and notes of encouragement. But, keep demands on your student’s time to a minimum as they cope with deadlines.
- Make a care package for your student during finals week.
- By this point in the year, students are accustomed to less accountability regarding their schedules. Let students know your “non-negotiable” expectations for the winter break.
- During the break, encourage your students to buy next semester’s books at the campus bookstore. [WICHITA.EDU/BOOKSTORE](http://WICHITA.EDU/BOOKSTORE)
- Remember that even students who were high achievers in high school may find their academics more challenging than expected. Avoid overreacting to any surprises and help your student reflect on what they have learned this past semester.