

Freshman Season

September is often HOT...with excitement, freedom, adventures, and new friends. There are initial anxieties, homesickness and loneliness to contend along with academic concerns related to first exams and new professors. Long distance love relationships remain hot but families may be left out in the cold.

October's rhythm slows. Consequences of decisions made in the summer and September are evident, sometimes in feedback from the first exams and papers. Excitement is winnowing and students are wondering if they made the right choices. They are often less enthused about roommates as the rooms start to shrink. Care packages are a great boost.

November is full tilt into midterms and the crush is on to complete papers. Relationship challenges surge as students are increasingly sleep deprived, nutritionally challenged, and worried about grades. There is both nervousness and excitement about the Thanksgiving break particularly for those with long distance romantic relationships. Physical illness peaks –flu and colds—so send the Theraflu!

December snowballs to finals. Other activities dwindle as the focus becomes grades/papers/exams. Home is just around the corner and this can bring worries about what will happen with family (a curfew...really??) or can bring sighs of relief. There can be sadness about leaving new friends and relief to be away from others. Sleep is the most sought after commodity.