

January/February Talking Points

Learning Outcomes

- 1) Students will reflect and evaluate past academic experience in order to set goals for the next semester.
- 2) Students will explore living options for the upcoming year.
- 3) Students will reflect on their social and emotional well-being (items might include: experiences over winter break, friendships, social connections, and involvement).

Talking Point Areas

- 1) Anxiety about second semester performance begins because some students did not do as well as expected the previous semester
- 2) Post-holiday depression occurs because students are away from the security and familiarity of home
- 3) Some students experience unwanted weight gains over break with the holiday foods and home cooking or gained weight the first semester
- 4) Money problems begin because students were unable to find jobs over break and/or spent money on holiday purchases
- 5) Relationship anxieties increase as couples begin to strengthen or weaken their relational ties
- 6) Depression continues and increases for those who have failed to establish social relationships or achieve a moderate amount of recognition
- 7) Damage and vandalism may increase at this time as people show signs of frustration of being inside so much
- 8) Mid-winter blues and general apathy may become apparent

Departmental/University Support

- 1) Tutoring Services
- 2) Saturdays In Service
- 3) Academic Initiatives Programs (PACE, Student Success Series, Faculty Review Sessions, etc)
- 4) Spring Involvement Fair
- 5) Informal Greek Recruitment

Program Ideas

- 1) Depression/Winter blues (Partner with UCS)
- 2) Kick off the new year (health/wellness)
- 3) Series of wellness activities