ParentConnect: Homesickness

Dear Parent:

As your student begins the journey of college, it’s important to be aware of common challenges and solutions. Here are a few tips to help ease the transition:

1. **Communication:** Encourage regular communication. Keep in touch through phone calls, emails, and video chats.
2. **Set Expectations:** Discuss living arrangements, academic expectations, and any other key aspects of college life.
3. **Support System:** Help your student build a support system, including friends, family, and mentors.
4. **Self-Care:** Remind your student to take care of their physical and emotional health.

Your student may feel homesick or struggle with adjusting to college life. It’s important to provide a listening ear and offer encouragement.

Sincerely,

[Your Name]

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**Meals Plan Options**

Now that your student has a few weeks under his or her belt, is their dining plan a good fit? It’s never too late to make changes. Students can opt out—or students can make changes to their meal plans up until Sept. 18 for this semester, and until Feb. 5, 2016 for the spring semester. Students should stop by the Meal Plan Office to sign up for a meal plan.

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**Jobs for Jacks**

Now that you’ve lived here for a few weeks, are you looking for jobs? Jobs for Jacks is an online employment database exclusively for NAU students and alumni. Students can search available jobs, contact employers, and submit applications. Visit nau.edu/jobs.

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**Dear Friend,**

Parent-to-Parent: Homesickness

If your student is homesick, it’s important to address the feelings. Here are some steps you can take:

1. **Listen:** Allow your student to express their feelings. Provide a safe space for them to talk.
2. **Validation:** Acknowledge their feelings and validate their experience.
3. **Encouragement:** Encourage your student to seek support from friends, family, or counseling services.
4. **Normalizing:** Remind your student that homesickness is normal and that they are not alone.

Stay connected at Facebook or Twitter!

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**Weekend:** Oct. 3–5, 2015

Family Weekend

How was your Family Weekend? Have you received anything about the weekend yet? Here’s a rundown of the activities:

- **Friday:** Games & Color Run, Get Fit, Have Fun, and Stay Engaged!
  - **Saturday:** reptile presentations at the Hangout, NAU Fit, PINK Dodgeball, and Sunday Brunch
  - **Sunday:** Outdoor Challenge, Barbecue, University Tartan Relay, and NAU Fit, Fun, and Friday Scrapple

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**Important Dates**

- **Thanksgiving:** Nov. 26
- **Residence Halls close:** Dec. 18
- **Final Exams:** Dec. 19–21
- **Winter Break:** Dec. 22–Jan. 3

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**Fan Zone:**

This is the place to be for all NAU fans! Don’t miss the action:

- **Outdoor Challenge:** Oct. 3–5
- **BBQ:** Oct. 4
- **Football Game:** Oct. 4
- **Family Weekend** Oct. 2–4
- **Family 5k Run/Walk:** Oct. 3
- **Climbing:** Oct. 4
- **Yoga:** Oct. 5
- **Sport Club Games:** Oct. 3–5

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Stay tuned for more activities to help your student stay active and healthy this fall!

Get Fit, Have Fun, and Stay Engaged!

by Amy Phillips, Campus Recreation

Get fit, have fun, and stay engaged with NAU Fit, PINK Dodgeball, and outdoor challenge!

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**Tune Up Those Study Skills**

Student learning centers help your student learn and improve their study habits. With options for note-taking, time management, and exam preparation, your student can become a top student.

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**Consultations**

Counseling Services: It’s OK to let your student know they are missed, but keep it positive.

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**Helping the Best Way**

by Shannon Clark

If your student is homesick, there are things you can do to help them. Here are some strategies:

1. **Listen and Validate:** Allow your student to express their feelings. Validate their experience.
2. **Encourage Involvement:** Support your student in extracurricular activities or clubs.
3. **Share Your Own Experience:** If you have been through a similar experience, share it with your student.
4. **Be Sympathetic:** Show your student that you understand their feelings.

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**Family 5k Run/Walk**

Join us for the NAU Family 5k Run/Walk! It’s a fun event for the whole family. Registration is now open for the following races:

- **Family 5k Run:** Oct. 3
- **Family 2 mi Walk:** Oct. 3
- **Family 10k Walk:** Oct. 4

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**Counseling Services**

It’s OK to let your student know they are missed, but keep it positive.

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**Peer Mentors**

Encourage your student to connect with a mentor. Peer mentors are upperclassmen who can provide support and guidance.

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Backpack

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**Expert Knowledge of Campus and Community Resources**

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**NAUfit**

Build community through their health, nutrition, and fitness.

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