Parent-to-Parent: Tips for a Peaceful Winter Break

Dear Friend,

It is the time of year when most families are looking forward to a much-needed break from school schedules and work experiences. During the winter break, students are often given the chance to relax, recharge, and spend quality time with loved ones. As you help your student take advantage of this break, here are some tips to ensure a peaceful and productive experience:

1. Encourage your student to maintain a routine. Try to keep meals, sleep, and work hours as close to those of their normal schedule as possible to ease their transition back to school.

2. Provide a quiet, comfortable environment for your student. Offer a space where they can study, work, or simply disconnect from technology.

3. Limit screen time. Encourage your student to engage in activities that don’t involve screens, such as reading, writing, or pursuing hobbies.

4. Encourage outdoor activities. Winter can be a great time to get outside and enjoy nature. Encourage your student to take long walks, hikes, or participate in winter sports.

5. Support your student’s mental health. Winter break can be a challenging time for some students. Be sure to check in with them regularly and offer support if needed.

6. Encourage your student to set goals and take steps towards achieving them. This can be the perfect opportunity for them to work on their college application, take a job, or pursue a hobby.

We hope you and your family enjoy your time together during the holiday season. Remember, the key to a successful winter break is balance. Be sure to take care of yourself and your family as well.

From all of us at Parent and Family Services, we wish you and your family a safe and joyful holiday season.

Sincerely,

Shannon Clark
Parent and Family Services Coordinator

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Internships: Better than a Grande Latte!

By Anna Paul, Program Coordinator, Campus and Community Outreach

NAU Career Development at University College

Internships were once known for offering little pay, long hours, and limited opportunities. However, the new age of experiential learning has introduced internships that are better than a Grande Latte!

Now, internships are more than just a way to get college credit. They can be a stepping stone to a successful career in any field. Some students even use internships to get an inside look at companies they might want to work for in the future.

Internships are a great way to gain hands-on experience, build a professional network, and make connections with potential employers. They provide an opportunity to learn new skills and gain valuable experience in a real-world setting.

How times have changed! Internships are no longer just for college students. More high schools are offering internships to high school students, allowing them to gain valuable experience and explore potential careers.

But how do you find the perfect internship? Here are some tips to help you:

1. Start early. Many internships have application deadlines in the fall, so the earlier you start the better.

2. Research. Look for internships that align with your career goals and interests. Check out companies’ websites and LinkedIn profiles to learn more about the company and their culture.

3. Network. Reach out to your network of family, friends, and colleagues to see if they know of any internship opportunities.

4. Apply. Submit your application and follow up with the company if you don’t hear back.

5. Be prepared. Internships require a commitment of time and energy, so be sure to balance your internship with other responsibilities, such as school work.

In summary, internships are like a Grande Latte, but better! They provide the time of your life experience, opportunities to grow, and a chance to learn about potential careers.

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Parenting tips for a peaceful winter break:

1. Encourage your student to maintain a regular schedule.
2. Provide a quiet, comfortable environment.
3. Limit screen time.
4. Encourage outdoor activities.
5. Support your student’s mental health.
6. Encourage goal setting and progress towards achievements.

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Important Dates

- Winter Commencement: Dec. 18
- Residence Halls close at 10 a.m.: Dec. 18
- Final Exams: Jan. 19
- Spring Break: Mar. 14–18
- Spring 2016 classes begin: Mar. 21
- Martin Luther King Jr. Day, University Closed: Jan. 18
- Winter Commencement: Apr. 15

For a full list of important dates, please visit the NAU Commencement website.