



Helpful Tips



For Supporters of New University Students

Click the resource to access the link

SEPTEMBER

- Your student may be experiencing culture shock: this isn't high school anymore, it can take a while to adjust!
- They may be under financial pressure: balancing the need for tuition, books, groceries, and various events.
- Also, they are encountering people from all sorts of diverse backgrounds and cultures, this may cause them to question their values and beliefs.

RESOURCES

[Indigenous Affairs](#)
[Athletics and Recreation](#)
[International Programs and Services](#)
[Bursar's Office](#)

OCTOBER

- Your student may be nervous about midterm exams, and how to handle having some of them online.
- Also, the anticipation of midterm break can create problems for them when they are trying to focus.
- Not to forget, students may be experiencing relationship issues; in making connections on campus, residence, and maintaining pre-university connections.

RESOURCES

[Student Housing](#)
[Learning Centre \(Academic Support\)](#)
[Grenfell Campus Student Union \(GCSU\)](#)
[Student Services](#)

NOVEMBER

- Your student may be busy preparing for their second round of mid-terms and assignments. This may cause them to work all night trying to finish up term papers and projects, check in on them often but listen to their needs.
- They may be questioning themselves, asking if they really belong in university. This is normal, reassure them and remind them to take care of their mental and physical health too.

RESOURCES

[Academic Advising](#)
[Awards and Financial Support](#)
[Registrar's Office](#)

DECEMBER

- Your student may be stressed over final exams, either on campus or online.
- They're likely getting less outdoor exercise due to shorter days and colder weather, remind them that their break is SO close.

RESOURCES

[Health and Wellness](#)
[Counselling and Psychological Services](#)

