Happy November Parents!

It is hard to believe that the end of fall semester is almost here and so close to the end of the 2013. One of the many things we hear about around this time from students is how difficult burnout can be. From getting ready for finals to wrapping up extra curricular obligations, a student can often feel overwhelmed with responsibilities. So over the Thanksgiving break, help support your college student by helping them relieve some of this stress during the fall break by making them feel at home again. Many call this the Thanksgiving Transition. By providing them a safe, homey, and relaxed environment, this can refresh your student for the end of the semester and help them do their best. Here are some ideas straight from the mouths of parents on how they help their students during this time.

1) Send them back with snacks! Leftover turkey, brain food, or any other of their favorite treats can help them out during finals so that they don’t have to worry about going to the store.

2) Buy them notecards! Often students won’t spring to buy them but they are a great way to study. A pack of notecards can make all the difference for them.

3) Over the break, help them wind down. Often listening to their stressors and reminding them that they are loved is the best way to support them.

4) Spend some quality family time. Often a good board game, a movie together, or a good game of flag football is a great way to remind your student that they are loved!

To purchase tickets to athletic events, visit troytrojans.com