

## The Rhythm of College Life

<p style="text-align: center;"><b>August/September</b></p> <ul style="list-style-type: none"> <li>• Excitement</li> <li>• Testing new-found freedom</li> <li>• Frequent calls and visits home</li> <li>• Homesickness and loneliness</li> <li>• Anxiety about roommates, professors, classes</li> <li>• First exams</li> </ul>	<p style="text-align: center;"><b>October</b></p> <ul style="list-style-type: none"> <li>• Roommate problems begin to arise</li> <li>• Students question: “Do I fit in here?”</li> <li>• First test grades returned</li> <li>• Midterm exams/grades</li> <li>• Love relationships from home remain strong</li> <li>• Consequences of decision-making experienced</li> </ul>	<p style="text-align: center;"><b>November</b></p> <ul style="list-style-type: none"> <li>• Roommate challenges become more clear</li> <li>• Many exams and papers due before Thanksgiving</li> <li>• Excitement and/or anxiety regarding going home for Thanksgiving, for some</li> <li>• First series of campus-wide illness (cold, flu, strep, etc.)</li> </ul>
<p style="text-align: center;"><b>December</b></p> <ul style="list-style-type: none"> <li>• Anxiety over preparations for finals</li> <li>• Excitement and/or anxiety regarding going home for holidays</li> <li>• Sadness about leaving new friendship and/or love relationships</li> <li>• Roommate challenges continue</li> </ul>	<p style="text-align: center;"><b>January</b></p> <ul style="list-style-type: none"> <li>• Satisfaction and/or disappointment with fall term grades</li> <li>• Homesickness</li> <li>• Loneliness for love relationship back home</li> <li>• Relief being away from home and back at school</li> <li>• “Fresh Start” mentality sets in with new semester</li> </ul>	<p style="text-align: center;"><b>February</b></p> <ul style="list-style-type: none"> <li>• Feelings of claustrophobia and depression set in with winter</li> <li>• Potential increase in alcohol and other substance abuse</li> <li>• Challenges with love relationship back home</li> <li>• Valentine’s Day brings out loneliness, isolation</li> </ul>
<p style="text-align: center;"><b>March</b></p> <ul style="list-style-type: none"> <li>• Anxiety regarding finding roommate(s) for next year</li> <li>• Excitement and/or disappointment regarding Spring Break plans</li> <li>• Midterm exam stress</li> <li>• Concern over summer employment</li> <li>• Concern over winter weight gain</li> </ul>	<p style="text-align: center;"><b>April</b></p> <ul style="list-style-type: none"> <li>• Excitement with arrival of spring</li> <li>• Concern over declaring major</li> <li>• End of semester pressure</li> </ul>	<p style="text-align: center;"><b>May</b></p> <ul style="list-style-type: none"> <li>• Final exam anxiety</li> <li>• Apprehension about returning home for summer</li> <li>• Sadness over leaving new friendships and/or love relationships at school</li> <li>• Realization of how college influences life decisions</li> </ul>