

# HOME FOR THE HOLIDAYS

Some students may not be experiencing joy at the thought of returning home for holiday break. This may be due to parents divorcing, relationship breakup, moved homes for downsizing, or other reasons.

Find ways to break up the trip or take time to yourself if need be. This can help to keep your cool and relax during your time off from school.

Another tough situation will be navigating how to talk with your guardian about rules and regulations. You're used to having freedom in college and coming or going as you please!

Starting this conversation with your guardian prior to returning home will be essential, so you both lay out what the expectations and guidelines will be for curfew, chores and family involvement



Dean of Students Office: 252-328-9297

Center for Counseling and Student Development: 252-328-6661

# BE HONEST...

- Your guardians will be asking you about your first semester grades and if they are on your Buckley form (under OneStop) they probably already know.
- Create a plan for second semester to improve GPA, get involved, or do career exploration. This will show your guardians that you've been thinking about strategies towards success and can take on new responsibilities.
- If returning to ECU is not something you feel like is beneficial, then explore other options like community college or working. You can contact ECU for information about financial reimbursements.
- Relax and enjoy your holiday season. Spend time with friends and family, and be sure to stay in contact with ECU friends, too!

