



FAMILY CALENDAR

Students should always check their Charger Connection for more event details and other great opportunities to get involved!

FEBRUARY 2018

THEMES FOR THE MONTH:

- Black History Month
- Dental Health Month
- American Heart Month
- Eating Disorder Awareness Month

Thurs., Feb. 1	Deadline for new housing modifications for Fall 2018. (Submit to the Accessibility Resources Center)
Fri., Feb. 2	Deadline to renew a current housing modification for Fall 2018. (Submit to the Accessibility Resources Center) Groundhog's Day
Sun., Feb. 4	Resident Assistant Application Closes, 11:59 p.m. (Charger Connection)
Mon., Feb. 5	Room Selection Info Session, 6 p.m. (Alumni Lounge)
Tues., Feb. 13	Mardi Gras
Wed., Feb. 14	Room Selection Contest Ends Valentine's Day Ash Wednesday
Fri., Feb. 16	Gender Inclusive Housing Info Session, 1 p.m. (Moulton Lounge) Chinese New Year
Mon., Feb. 19	President's Day
Tues., Feb. 20	Gender Inclusive Housing Info Session, 10 a.m. (Moulton Lounge)
Wed., Feb. 21	Room Selection Info Session, 12 p.m. (Alumni Lounge)
Wed., Feb. 21 – Feb. 23	Senior Portrait Dates
Thurs., Feb. 22	Science and Engineering Career Fair, 1 – 4 p.m. (Beckerman Recreation Center)
Mon., Feb. 26	Gender Inclusive Housing Info Session, 5 p.m. (Moulton Lounge)
Tues., Feb. 27	Room Selection Info Session, 4 p.m. (Alumni Lounge)

Frequently Observed Behaviors/ Topics for Discussion:

- Changes in weather can cause changes in mood or illness
- Academic demands may start to increase after the first few weeks of classes
- Pressure/stress from course work
- Roommate issues can arise

Advice for Family Members:

- Check in with your student and ask how they have taken steps to take care of themselves. Encourage them to take time for themselves during this stressful time.
- Remind your student to stay on task with school work to prepare for mid-terms. By creating good study habits earlier on in the semester and connecting with different resources, your student is more likely to succeed.
- Encourage your student to submit their room deposit and housing application by February 14th.

For more information, please consult these online sources:

Health Services: www.newhaven.edu/healthservices

Myatt Center: www.newhaven.edu/myattcenter

International Student Services: www.newhaven.edu/iso

Residential Life: www.newhaven.edu/reslife

Charger REC: newhaven.edu/chargerrec

Athletics: www.newhavenchargers.com

