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<td>• Residence Halls open for returning students (check-in times assigned)</td>
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<td>• Last day to add/drop a semester course without professor and advisor signatures</td>
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**Notes:**
### PARENT AND FAMILY CALENDAR

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- Last day to request P/NC
- Midterm grades due

### Notes:

Keep lines of communication open!

Whether about finances, grades, academic goals or otherwise, many first-year students struggle during their first semester. Ask your student about their hopes and goals for the semester and what they are doing to achieve those things. Coach them to solve their problems by encouraging them to reach out for support from appropriate campus resources.
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**Notes:**

Late fall and early winter can be tough. Ask your Whitworthian how they’re doing with the weather, with classes and with relationships. Provide a supportive listening ear and encouragement to find assistance nearby. Encourage your student to attend PrimeTime and to talk to their RA.
**Notes:**

Take care not to overschedule and to include your Whitworthian in your discussions about holiday plans. Expect the unexpected: Some students catch up on sleep while others stay up late with friends from high school. Be ready to talk about your expectations in a new way, since your student has been on their own for several months now.

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### Final Exams Week

Students are required to check out within 24 hours of their last final or by the closing date listed on the academic calendar. If this presents a problem, the student must speak with his/her area coordinator ASAP.
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<td>Residence halls open</td>
<td>Jan Term begins</td>
<td>Last day to drop/add without professor &amp; advisor signatures</td>
<td>Last day to request P/NC</td>
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**Notes:**

Think about asking your student how they feel about the previous semester and what their hopes, plans and goals are for spring semester. Jan Term can be a great time for work, reflection and preparation.
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**Notes:**

Ask your student about their challenges. How are they experiencing an education of mind and heart? What is challenging their thinking or pushing them outside of their comfort zone? If they are feeling overwhelmed, point your student to appropriate campus resources. If the challenge is a healthy one, provide a listening ear and encouragement to keep wrestling through the challenge!
**March 2021**

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**Notes:**

Admit that you don’t know what you don’t know! Whether about the stressors of life as a college student today, about how your student is doing, or whatever else, offering an open posture can help to keep lines of communication open with your growing adult.
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**Notes:**
Ask your student about self-care. How are they taking care of themselves in the midst of late-semester stressors?
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**Notes:**

Summer is almost here!

If your student is heading home for the summer, renegotiate your expectations and have a conversation about your hopes and theirs for the summer. If your student will be away, talk about your hopes for how often you’ll be in touch and see one another.