

EMOTIONAL CALENDAR

This calendar serves as a reminder that students may be dealing with difficult situations outside of the classroom throughout the school year which can affect their classroom behavior.

SEPTEMBER

- Homesickness/Loneliness
- Frequent calls and visits home
- Testing new freedom
- Dropping and adding classes
- Difficulty adjusting/Fitting in/Making friends
- Increase substance use (alcohol/cannabis)
- Red zone (first 8-10 weeks most SA happens)

OCTOBER

- Increased academic demands
- Increased stress levels
- Doubts of college life/self doubt
- Questioning major or path
- Roommate conflicts
- Financial strain

NOVEMBER/DECEMBER

- Seasonal illnesses
- Learning time management
- Increased anxiety
- Holiday stress (concerns of seeing family)
- Seasonal depression
- Registration

JANUARY/FEBRUARY

- Homesickness
- Relationships at home changing
- Difficulty with motivation
- Academic pressure
- Getting back into school routines
- Adjustment for Spring students

MARCH

- Academic stress that leads to mental health challenges (Anxiety, depression)
- Concerns of future plans and the 'What next?'
- Fatigue of the school routine
- Spring break

APRIL/MAY

- Academic stress and/or burnout
- Concerns of summer plans (jobs, living accommodations, money)
- Summer challenges (Returning home, lack of independence, loss of social circles, support)
- Adjustment to change



DEAN
OF STUDENTS

LoboWell-Being

WELLNESS THROUGH COLLABORATION