

# Academic Rhythms

It is important to understand the academic calendar and its rhythms. Thus, in programming and ministering to college students, it is important to approach each month/season with some understanding of the events and challenges that students are experiencing.

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## Late August/September

- Beginning of the semester
- Homesickness, overwhelmed with newness (especially for 1<sup>st</sup> years)
- Lost in shuffle, roommate problems, adjustment

## September

- Hispanic Heritage month
- Dating, campus safety, eating habits, financial concerns
- Choosing majors and classes

## October

- AIDS, Breast Cancer, & Vegetarian Awareness month
- Midterms, fall break, parents weekend, homecoming
- General stress

## November

- National American Indian Heritage month
- Alcohol, sexual identity, stress with upcoming holidays, family issues
- Thanksgiving break

## December

- Final exams and projects
- Graduation for some students; some students leaving for internship or study abroad

## January

- Post-holiday blues; reactions to holidays at home
- New semester, professors, classes...sometimes living arrangements and friends
- Some students returning from semester away
- Begin collecting & completing applications for summer internships, post-graduate work, next year/semester abroad, etc.

## February

- Black History month
- Cabin fever; pressure with midterms; Spring break is a long way off
- Relationship issues around Valentine's Day
- Money concerns

## March

- Midterms; papers and projects due
- Spring break
- Summer plans; housing; decisions for fall

## April

- Preparation for final exams and projects
- Spring fever, money concerns
- Acceptance into professional/graduate school

## May

- Closure to academic year; final exams and projects
- Graduation for some students
- Good-byes, leaving community for summer...or for those who are graduating, for good

## June

- General Assembly
- Summer classes, housing, different pace of life; Summer jobs/internships
- Former high school YRUUs home for the summer & possibly back in congregation

## July

- Lack of activity and places to be involved
- "Summertime blues"