

## **SOME COMMON ISSUES YOUR SCHOLAR MAY BE FACING**

*(Adapted from the UC Berkeley Resident Assistant Manual)*

We know that some issues recur over and over again within the school year and across the four-year span as our scholars face new situations and demands: tension with floormates/roommates, partying/alcohol and drug abuse issues, and time management connected to academic pressures.

### **August/September**

Leaving home, family, friends  
Loss of previous support systems  
Adjusting to new roommates, community  
Adjusting to new surroundings/campus  
Adding/dropping classes  
Setting academic goals  
Finding a job/extra-curricular connections  
Greek Rush  
Experimenting with alcohol/drugs  
Finding social activities/friends  
Establishing study habits/first assignments  
Long distance relationships/new partners  
Homesickness  
Budget and time management

### **October/November**

Academic pressure/burnout and feeling  
of unworthiness  
Social and dating issues  
Athletes: crunch of commitments  
Identity search/questioning  
Parental/communication problems  
Extra-curricular commitments  
overwhelming  
Break anxieties, travel issues  
Health issues over sleep and diet

### **December**

Finals/Academic pressures  
Winter break stresses/travel concerns  
Going home anxiety/family pressures

### **January**

Returning to school/leaving home sadness  
New community member introduction  
Financial and budget concerns/finding a job  
New classes/adding and dropping courses  
Academic probation issues  
Academic goals/choosing a major  
Re-balancing of academic and social  
commitments  
New Year's resolutions/health and diet  
issues

### **February**

Social/relationship/Valentine's Day stress  
Academic apathy/disinterest  
Academic pressures return  
Financial Aid/FAFSA stress  
Internship/job searches begin

### **March/April**

Academic pressures  
Spring-break anticipation  
Internship/job searches heightens  
Housing searches /roommate search  
Summer break plans  
Restlessness and anxiety

### **May/ June**

Feelings of academic success/failure  
End-of-year sadness/anxiety/anticipation  
Last-minute job and housing stresses  
Packing/leaving the dorms or other housing  
Returning home anxieties  
Saying goodbye