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RETURNING HOME FOR THE HOLIDAYS

What have you enjoyed the most about your college experience so far? Many college students respond with answers like “the freedom to do what I want,” “independence from my parents,” “no curfew.” Many of you may have the same or similar responses. You have more likely become accustomed to doing things on your own and doing them when you wanted, right? So, what is going to happen when you go home for winter break? You’re going to be home for several weeks and that means that you will likely be living with your parents or another family member. The things that you have come to know (and love) while you have been away at college may not match the expectations of your parents and family members. We have put together a list of tips to help you make the most of your time at home:

* Talk to your parents before winter break to find out what their expectations are so there are no surprises when you come home.
* Discuss the “house rules” and how they may differ from what you have experienced over the past four months while being at Campbell. Even if your parents no longer hold you to a curfew, respect your parents’ feelings and be home at a decent hour.
* Catch up with your high school friends, but establish plenty of family time, too. It may be helpful to ask your parents in advance what they have planned for you.
* Be a considerate guest and clean up after yourself. Your parents will appreciate it!
* While you’ve been experiencing changes the past few months, your family members have been changing as well. Share what has changed and enjoy what is new.
* Be sure to tell your parents what has been going well this semester, what you found challenging, and what adjustments you plan to make for the spring semester.

Your first holiday break at home is an opportunity for you to be viewed as a mature and independent adult. You can best demonstrate your maturity by being an active participant in family activities while respectfully balancing time to catch up with your hometown friends. Make the most out of your time you have with your family. The break will be over and you will be back in Buies Creek before you know it.

BECOME A FINAL EXAM SURVIVOR!

Start studying early
Understand all of the information about the final before test day
Routinely study several days or a week before the final
Vanish from distractions
Immerse yourself in your studies
Vow to get some sleep
Omit cramming before the test
Review the test before submitting it to your professor

Information comes from www.reslife.net
Winter break is the best. You get to lounge around at home and it’s the perfect length of time. Not quite long enough to get a full time job and not so short that you couldn’t make up for the many sleepless nights of the semester. And plus, who doesn’t like Christmas? Going home for the first considerable amount of time can be like moving into a totally different place. Why? Because things have likely changed at home since you left for college. Most of you have changed quite a bit this semester; every student undergoes some transition during the first semester. Your parents, however, may not understand the transformation that you have undertaken. Remember to be flexible. Work with your parents and remember that they are the reason you are where you are today.

Your parents may like for you to resume your usual schedule of curfews, rules, etc., which can become frustrating, but remember to be respectful of their wishes. Talk to your parents about their expectations while you are home. Impress them with what you’ve learned this semester. No matter what, don’t miss out on the quality time that you spend with your family. I believe that breaks in college are valuable, because they are some of the best times to share significant amounts of time with our families. Make the most of your time at home. Make it fun. Catch up with old friends from high school. Finally, reflect on ways you can make next semester better than the first.

Study abroad—I’m sure you’ve heard of it. You’ve probably seen posters advertising courses in different countries. Then, if you’re like me, you look at the price tag and back away slowly. That was me, less than a year ago. But one day on a whim, I saw a poster for summer in Great Britain. On an impulse, I filled out an application and turned it in. Next thing you know, I’m on a commercial jet on my first trip across the Atlantic. I didn’t really know anybody going. It was just me, friendly strangers, and a world of possibilities.

So here’s my story: After landing in London, going on virtually no sleep, we dropped our luggage off and went exploring. We went everywhere, taking typical tourist pictures. Everything was exciting, fast-paced, and overwhelming. I wanted to take in all the sites at once, before I woke up and it was all a dream. When we finally got back, I was so tired I fell asleep instantly.

Every day was a new adventure. We explored the majority of London, hopping on the Tube (the subway system) and jumping off wherever we wanted. We took trains to northern England and Edinburgh. I got lost so many times. One time, I was so lost in Oxford that it took me an hour to figure out how to get back to our rooms. I tried coffee from every place imaginable. Every night was a late night, and every morning seemed to come too soon. I wish I could go back. I close my eyes and still hear the operator saying “mind the gap” in the tube station. I still feel that sense of excitement, the rush of exploring a new place. I also grew close with everyone; they’re like my England family. So I guess my point is: travel. See the world. Immerse yourself in new places, new cultures, and new people. Be independent and bold. Get lost—seriously. Also, live in the moment. Its experiences like these where you learn the most about yourself.