

THE STALL STREET JOURNAL

Back-Home, Forward-You: Navigating the Holiday Transition

The sudden slowdown after the rush of finals season can feel like an abrupt transition. Here are some things to keep in mind during your time away from campus:

Consider Perspective

College can feel like your life is changing at warp speed—new classes, friends, routines, and habits. You might feel like a different person than you were in August. When you return home, your families may still be in their same routines, which can make the contrast feel sharp. Sharing how you have grown or what habits matter to you now can help them understand your needs while you're home.

Avoid Comparisons

When catching up with old friends, remember everyone is on their own timeline, and avoid comparing your experiences to theirs. Social media and quick conversations rarely show the full picture. Not everyone is open about the challenges they face, and you might only be seeing the highlights of someone's "perfect" college experience. Modeling honesty about your highs and lows can encourage your friend to do the same, and that shared openness can be especially supportive since you're in the same stage of life.

Create New Habits and Realities

Coming home can stir up challenging emotions

tied to familiar spaces and routines. Rearranging or redecorating your space and trying new routines and activities in your hometown can help your surroundings better reflect who you are now.





TUPHE FEATURE

Cultivating Coziness and Connection This Winter

As the fall semester ends and a new year begins, the stretch between December and January offers a natural moment to pause and reset. One way to do that is by embracing *hygge* (pronounced "hoo-gah"), the Danish concept of cultivating coziness and connection during the winter season. Amidst navigating finals, travel, and the mixed emotions that come with winter break, *hygge* encourages slowing down and finding joy in small, mindful moments.

Creating a cozy atmosphere doesn't require anything fancy. Even simple changes—clearing a little clutter, wrapping yourself in a soft blanket, warming up with a tea, coffee, or hot chocolate, or lighting a candle (or LED version in the residence halls)—can help support a sense of calm. These small comforts can make study sessions less stressful and help you enter the new semester feeling more centered.

Hygge is also about connection. Coziness and companionship go hand in hand, especially in winter when routines shift and loneliness can creep in. Share a simple meal with a friend, schedule a virtual movie night, or take a quiet walk to enjoy the fresh air. Even brief, intentional moments of comfort and shared holiday cheer can help nurture your mental, physical, and social wellbeing this season.

Staying Steady Through Finals Season

Finals season is stressful, but it doesn't have to be overwhelming. With a little planning and self-care, you can manage the pressure and feel more confident and prepared to ace your exams.

First things first: do not procrastinate.

Easier said than done, but procrastination is one of the quickest ways to sabotage your success. Even starting with a small task can boost your sense of control and reduce the anxiety that comes from feeling behind.

Organize your schedule.

Whether it's on your phone, planner, or a calendar, write down your exam dates, project deadlines, review sessions and due dates. Having a clear picture of what's ahead keeps things from sneaking up on you and helps you manage your time more effectively.

Make a study plan.

Break your workload into manageable parts and schedule breaks, meals, and sleep. These aren't luxuries—your brain needs rest and fuel to perform well. All-nighters might feel productive in the moment, but they are actually counterproductive. Sleep supports

memory, decision-making, and emotional regulation, which all matter during finals.

Use your resources.

- You don't have to do this alone. Try:
- Reviewing lecture notes and class slides
 - Visiting the Academic Learning and Tutoring Center for extra help
 - Attending professors' office hours
 - Joining or creating a study group
 - Using YouTube or online tutorials for a fresh explanation of tough topics

The key is preparation, not perfection. Finals can be tough, but with a little structure and a lot of self-care, you've got everything it takes to finish strong.





Tues, Jan 27
11am - 1:30pm
LBC,
Pedersen Lobby

Save the Date - Mardi Gras Kick-Off

By the time you return from winter break, Mardi Gras season will already be underway. Mark your calendars for The Well for Health Promotion's annual Mardi Gras Kick-Off resource fair. Stop by to pick up resources, ask questions, and get ready for the season.