Dear USD Parents and Families,

October is a time to reflect on your student's health and wellness while at USD. All students are getting into the groove of work-life-school balance. Students are immersed in studying and tests, joining clubs/activities, working part-time/internships and staying connected to friends and family. This month's newsletter is a resource for upcoming events, activities and opportunities for your Torero to continue a healthy lifestyle.

Encourage your student to eat right and check out this year's Apple Fest. If those apples don't keep the doctor away, remind your student to visit the Student Health Center on campus. It's cold and flu season and the Student Health Center is a great resource for Cold & Flu Prevention.

Thinking about his or her future career can be stressful for your student. USD's Career Services has evolved into an amazing Career Development Center to be more accessible to students. Read about the changes in the article written by one of our Parent Association Board members. The Career Development Center is also hosting many events this month that can help your student no matter where he or she is in his or her career/graduate school journey.

Lastly, family and friends are an important factor in your student's health. Call, text, email, or send a care package from the Torero Store or something from home to let them know you are thinking about him or her. If your student lives on campus, don’t forget to refer to the Mail Center requirements to ensure your package is delivered promptly. Visiting your student in person can be an option. Be a part of the largest Torero family and alumni gathering of the year. Register to celebrate Homecoming and Family Weekend with your student on October 16-18! Last day to register is Monday, October 12.

Sincerely,

The Office of Parent Relations