Dear Torero Families,

During the month of November, students often begin to feel additional stress as they become entrenched with academic demands and the responsibilities of a college lifestyle. While students are seeking ways to find a sense of balance, this is a great time for you to have a conversation with your student regarding his or her academic experience and well-being.

As you discuss academics with your student, you may find academic demands are heavily weighing on your son or daughter and negatively impacting other aspects of your student’s daily life. This is not uncommon for this time of year. If your student is feeling significantly overwhelmed, I encourage you to recommend your student consult with a Counseling Center staff member. Free and confidential consultations are available from 11:00 am to 3:00 pm, Monday through Friday, with extended hours on Wednesday until 5:00 pm.

During the month of November USD launches our Health Survey. The information obtained from the USD Health Survey helps the University identify the health needs of our community and develop interventions to best support students. Students will receive a participation request via their USD e-mail on November 4th and the survey runs through Thanksgiving. Please encourage your student to participate in this important survey. Also, with flu season around the corner, please remind your student to get a flu shot. The flu vaccine is available on-campus at our Student Health Center.

Finally, students are beginning to plan for a much needed Thanksgiving break. Many students are looking forward to the comforts of home; if your son or daughter is headed home it is helpful to remember your student has experienced a significant sense of autonomy over the past few months. You may find that you and your student now have different expectations regarding his or her time at home. Setting aside time together to clarify these expectations can set a positive tone for a great Thanksgiving experience. If your student is staying at USD for the holiday, staff will be available in all of the residential halls. I encourage you to have your student connect with a Residential Life staff member to ensure your son or daughter spends the holiday with other USD community members.

I hope the Thanksgiving holiday will provide you with special time to connect with family and friends. As the holiday season approaches, I am reminded of how grateful I am to have the opportunity to partner with you in supporting your student’s academic goals and future dreams. Happy Thanksgiving!

In Torero spirit,

Carmen M. Vazquez
Vice President, Student Affairs