Welcome to Panther Points, our newsletter for first-year parents at Pitt-Bradford. Here you can find information about upcoming events, campus services offered throughout the semester, and a few monthly tips for parents with college students. We’d like for you to feel comfortable using this newsletter as a snapshot of what you and your student may be experiencing throughout the semester. Hopefully, we bridge the gap between parent-student communications at Pitt-Bradford.

A QUICK GUIDE TO ENCOURAGE AND PROMOTE TIME-MANAGEMENT SKILLS

Students sometimes feel periods of sadness throughout the semester during the winter months. This momentary period of low spirit is commonly referred to as the winter blues.

In considering Bradford tends to have prolonged wintry conditions, we’d like to provide a few tips for both parents and students to help combat the winter blues.

Academic stress, poor sleeping patterns and an unbalanced diet all contribute to the winter blues that students may be experiencing.

Fatigue can resemble depression, so it is important that your students are getting a proper night’s sleep and maintaining a balanced diet. Suggest that they check out their food options with Meta Dining. If there is a particular food that your students like that isn’t on the menu, let them know they can request it.

There are also a number of services offered in the Health Center. Students can meet with a nurse or counselor by reserving an appointment with the health center. The health center is located in room 226 of the Frame-Westerberg Commons.

Speaking of reducing stress, remind your student to stay active. Physical activity has a direct effect on reducing stress. Remind him or her that it is okay to take physical breaks while studying. Walking around for five minutes or doing 10 jumping jacks is a quick and easy way to re-stimulate the brain.

Help your students understand who they are. Some people are early birds, while others are night owls. Determine when he or she will produce his or her best work.

Helping your student learn when it’s crunch time. Crunch time means that lower-priority tasks can fall to the wayside.

Teach your students to congratulate themselves. Remind your students that it is okay for them to be proud of their hard work.

S P O N S O R E D B Y T H E A C A D E M I C A D V I S I N G C E N T E R