



Monarch Family Connection

A publication from Student Transition & Family Programs

An Office of Student Engagement & Enrollment Services

familyconnection@odu.edu

Main Ways to Identify and Manage Stress

As we approach the end of the semester and students prepare for final assignments and exams, it is possible that they are feeling stressed. Stress occurs when one of the [nine wellness areas](#) is out of balance. While stress can be a motivator and increase energy in the short term, it can also have negative effects if it is continual. Stress looks different in everyone and it is important to identify individual stressors so they do not become long-term. We encourage having conversations with your student about identifying their stressors and how to manage them. One way to identify stressors is to evaluate circumstances and/or elements of a situation through journaling.

Below are tips that may help manage stress and boost productivity during the upcoming weeks.

1. Set accomplishable goals using the [SMART or HARD](#) method.
2. Take deep breaths, meditate, or [practice yoga](#).
3. Listen to music.

Check out these [10 Tips for Stress Management](#).

Important Dates

April 13: Withdraw deadline-no refund.

April 19 (3PM-4PM) and April 27 (12PM-1PM): The Dean of Students Office will be hosting [Ask Us Anything hours](#).

April 28: Last day of classes.

April 29: Final exams begin.

Fall 2021 registration is now open for all students!

Updates regarding Commencement will be shared on the [Family Connection Facebook](#).



Students can view their 2021-2022 Financial Aid offer in LeoOnline. Students who need help submitting their FAFSA or have questions about their aid award are encouraged to book a [virtual appointment](#) with their Financial Aid Counselor.

Students can still submit their 2021-2022 FAFSA at fafsa.gov.

Student Spotlight

Jazzmin Williams is a graduating senior. In May 2021, she will receive her Bachelor of Science in Business Administration Accounting degree. To prepare for finals week Jazzmin gets an early start by making a study plan in advance so she knows how much time she is going to need to prepare for each exam. We asked Jazzmin how she maintains wellness while in school and she shared five tips for other students:

- 1) Drink plenty of water.
- 2) Take some time for yourself at least once a week. Jazzmin sets aside a minimum of 2 hours on Sundays to listen to music, pray, and meditate.
- 3) Get a campus job to learn and practice professional skills.
- 4) Check the ODU website for ways to get involved on campus. As part of her first year experience Jazzmin moved into housing early to participate the Freshman Service Experience that she found through the ODU event calendar.
- 5) Get out of your comfort zone and meet new people.



Join ODU's Upcoming Financial Literacy Events!

Because April is National Financial Literacy Month, we're sharing these webinars hosted by various campus offices centered around financial education. The purpose of these webinars is to help students and families make informed decisions about their financial wellness and money management abilities. Register and participate through clicking the links below.

April 13 at 12:30PM: [Secure the Bag! Completing FAFSA Verification](#) hosted by Financial Aid
(No registration required)

April 13 at 7PM: [7 Steps to Living A Richer Life in College](#) hosted by PNC Bank
(Pre-registration required)

April 20 at 12PM: [Spring Cleaning Your Budget](#) hosted by Atlantic Union Bank
(Pre-registration required)

April 20 at 6PM: [Vets and Dependents Education Benefits Virtual Social](#) hosted by Financial Aid, Veteran's Affairs, and Military Connection Center
(No registration required)

April 22 at 12PM: [Paying Less for College](#) hosted by ODU Financial Aid
(No registration required)

