

Navigating

LIVING AT HOME FOR THE SUMMER

Whether students are looking forward to going home or somewhat dreading it, they often find that the transition to going home for the summer can be a rough change. Some students feel like they are a teenager again as soon as they walk back into the house (e.g., expected to follow the same rules, curfews) but they want to be recognized as adults who have been managing their lives at college on their own. Some students might be surprised by expectations of taking on greater responsibility now that they have been at college (“this is not just a summer vacation”). Alternatively, some students find a nice comfort in feeling like they can be at home without having to worry about the pressures of living on their own. Here are a few tips about how to make this transition more successful.



TALK TO YOUR FAMILY

- ✧ **Family members might have different expectations** than you do about you living back at home. Discuss expectations about your responsibilities at home, when/how you might create shared time together with your family, collaboratively create rules of the house (e.g., privacy, going out), and your expected financial contribution to the household. For example, rather than have a set curfew, perhaps you can agree to text if you are going to be later than midnight just so that your family doesn't worry.
- ✧ **Creating a new living contract with your family** will help to set out clear expectations for both of you, which can serve to reduce disappointment and disagreements. Trying to figure this out on the fly will inevitably lead to conflicts or frustration, so talk about it sooner rather than later.



REBOOT YOUR ROUTINE

- ✧ **Students often find that after a long school year they feel wiped out.** Whether or not you are working over the summer, take the opportunity to get back on track with a regular sleep routine, build healthier eating habits, jump start your physical activity, and schedule in leisure time activities. If you can get into a good groove with these habits over the summer it will make it easier to translate these into your normal routine when you come back to school.

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FIND SUPPORT

-  **Use the support of others to get ready for next year.** Take time to talk with close friends, family, and supportive others to help you develop plans for next year.
-  **Tap into your friend networks.** Old friends may also be at home. Consider capitalizing on reconnecting with these friends to make this transition a little easier. Keep in mind that some of these relationships may feel quite different now that you've been away for a while. Also remember to keep up regular contact with school friends. Perhaps make some time to get together over the summer. Keeping these connections active over the summer will add to your fun but it will also help you make a smoother transition back to school.