## TIPS

**Fall Welcome is Aug. 19-Sept. 6.**
Encourage your student to attend events to connect with fellow Buffs, faculty and staff.
[ colorado.edu/fallwelcome ]

**Make sure to check out our Fall Welcome events for families, too!**
Attend info sessions and stop by the Family Welcome tent while you’re on campus.
[ colorado.edu/orientation/fall-welcome-family-sessions ]

**As your student settles into a new weekly routine, consider a communication plan.**
Talk about how you’d like to communicate with one another and how often so you’re both on the same page.
## TIPS

**Are you registered for Family Weekend, held Oct. 24-27?** Check out an updated schedule of events and opportunities to connect with your student and meet other Buff families. [colorado.edu/familyweekend](http://colorado.edu/familyweekend)

**Homesickness is common for students a few weeks into the semester.** Support your student by listening to their concerns and encouraging them to reach out for help if needed. [colorado.edu/counseling](http://colorado.edu/counseling)

**Have you talked with your student about budgeting?** Discuss financial planning and offer tips to stretch a dollar. Check in with them regularly to see how their budget is working for them.
### 2024 OCTOBER

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### TIPS

- **When midterms roll around, students may find themselves needing a little extra help. Remind your student that tutoring services are available.**
  - [colorado.edu/academics/academic-resources](http://colorado.edu/academics/academic-resources)

- **Now is a good time to start thinking about financial aid for the 2025-26 academic year. Learn more at [colorado.edu/financialaid](http://colorado.edu/financialaid).**

- **August 2025 seems far away, but it’s time to start thinking about your student’s housing for next year. Students can find housing on or off campus—encourage them to start exploring their options.**
  - [colorado.edu/living/housing](http://colorado.edu/living/housing)
The CU Boulder scholarship application opens Nov. 1. Many opportunities are available, including the New Student & Family Programs scholarship. Application deadlines for most scholarships are in March. [colorado.edu/scholarships](http://colorado.edu/scholarships)

November is a great time for gratitude and giving to others. There are many opportunities to volunteer in the community through CU’s Volunteer Resource Center. [colorado.edu/volunteer](http://colorado.edu/volunteer)

Transportation to the airport from CU Boulder can be simple. Students can use their Buff OneCard on the RTD SkyRide, which is free for students. [rtddenver.com/airport.shtml](http://rtddenver.com/airport.shtml)
## 2024 December

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### TIPS

Finals are here! Remind your student that you’re here to support them. Encourage them to check [colorado.edu/finals](http://colorado.edu/finals) for stress management tips, study locations, events and more.

Remind your student to practice these tips for staying healthy: wash their hands often, get 7–9 hours of sleep, eat regular, balanced meals and get a flu shot. [colorado.edu/health](http://colorado.edu/health)

Some of the best skiing is in Boulder’s backyard. Students can ride the Ski Bus, which leaves campus and travels to and from various mountains. Tickets sell out early! [colorado.edu/ecenter/skibus](http://colorado.edu/ecenter/skibus)
TIPS

It’s a new year and a great time for a fresh start! Talk with your student about what they are hoping to accomplish in the coming months. Do they want to ace a specific class or find a great internship? Talking through goals can make them more likely to follow through.

If fall semester didn’t go as planned, encourage your student to ask for help early. The Academic Success and Achievement Program (ASAP) offers free peer tutoring to all first-year students and any student living on campus. colorado.edu//living/asap

Does your student want to work while in school? Encourage them to find an on-campus job on Handshake. Working on campus is a great way to gain experience and meet other students. colorado.edu/studentemployment
### TIPS

**As your student finalizes their housing plans for next year,** encourage them to check in with Off-Campus Housing & Neighborhood Relations for tips on navigating leases, finding roommates and understanding city ordinances.

[colorado.edu/offcampus](http://colorado.edu/offcampus)

**When it’s cold and the days are short,** it’s the perfect time to stay inside. The Rec Center offers a variety of classes, sports and more.

[colorado.edu/recreation](http://colorado.edu/recreation)

**As your student considers classes for next year,** suggest they meet with their academic advisor, who can help them stay on track and keep their momentum going.

[colorado.edu/academics/advising](http://colorado.edu/academics/advising)
### TIPS

Now that midterms are underway, share some of your favorite stress management techniques with your student and check out more ideas from our Health & Wellness team. [colorado.edu/health](http://colorado.edu/health)

If your student is looking for things to do in their free time, encourage them to check out student events to meet fellow Buffs. Between DIY nights, free movie screenings, trivia, gaming and more, there's something for everyone! [colorado.edu/studentaffairs/student-events](http://colorado.edu/studentaffairs/student-events)

Did your student have an amazing faculty or staff member support them this semester? Encourage them to nominate a CU staff or faculty member for a Marinus Smith Award! [colorado.edu/orientation/marinus-smith-awards](http://colorado.edu/orientation/marinus-smith-awards)
Now is the time to start making plans for the summer. Summer classes are a great way for your student to earn the credits they need. [colorado.edu/summer](http://colorado.edu/summer)

If your student is considering an internship or job, Career Services has an online job network and resources for resume writing and interviewing skills. [colorado.edu/career](http://colorado.edu/career)

If your student plans to move home for the summer, now is a good time to have a conversation about expectations and household responsibilities before they arrive.
### TIPS

**Most residence halls close Thursday, May 8.** For specific information about when your student needs to move out of their hall, visit: [colorado.edu/living](http://colorado.edu/living).

Commencement will be held on Thursday, May 8—visit [colorado.edu/commencement](http://colorado.edu/commencement) for more details.

Congratulations, graduates and families!

New Student & Family Programs will be hosting Buff Family Coffee Hours throughout the summer. Join us to connect with other Buff families. Visit [colorado.edu/orientation/webinars-and-coffee-hours](http://colorado.edu/orientation/webinars-and-coffee-hours).
2025 JUNE

TIPS

Summer in Boulder is one of a kind. If your student is in town, there are many great hikes, camping spots and activities to choose from. The Rec Center offers gear rentals through Outdoor Pursuits. colorado.edu/recreation/outdoor-pursuits

If your student is home this summer, consider starting a weekly family night tradition. Whether it’s a movie or game night, a favorite meal or sports in the park, this is a great way to reconnect with your student.

A summer job allows your student to gain professional experience and save up for the coming school year. Talk with them about how they plan to make the most of their summer job to strengthen their finances and their resume. colorado.edu/career
### 2025

**JULY**

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**TIPS**

Now is a good time for your student to reflect back on their school year. What were their favorite classes? What accomplishments are they proud of? What do they wish they had tried? What would make next year even better?

Once they’ve reflected, encourage them to make a plan for the fall semester. Can they get a head start on reading? If there’s a class they feel anxious about, what strategies can they try to feel more at ease? What are three things they can do to improve their time management?

Summer is a great time to catch up with friends! Whether it’s staying in touch with fellow Buffs or reconnecting with friends from home, laughter and connection can be great for your student’s emotional wellness.