

2023

AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Campus Housing Move-in Fall Welcome begins	22	23	24	25	26
27	28 First day of classes	29	30	31		

TIPS

Fall Welcome is Aug. 21-Sept. 8. Encourage your student to attend events to connect with fellow Buffs, faculty and staff. Make sure to check out our Fall Welcome events for families, too. colorado.edu/fallwelcome

Send your student a handwritten note with Letters from Home. New Student & Family Programs will deliver these around the third week of school. colorado.edu/orientation/family-involvement

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 you'd like to communicate so that you're both on the same page.

2023

SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Campus closed <i>no classes</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

TIPS

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 on campus if needed. colorado.edu/counseling

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

2023

OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12 Family Weekend	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

TIPS

When midterms roll around, students often find themselves needing a little extra help. Remind your student that tutoring services are available. colorado.edu/academics/academic-resources

Now is a good time to start thinking about financial aid for the 2024-25 academic year. Learn more at colorado.edu/financialaid.

August 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

2023

NOVEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Fall break <i>no classes</i>	21	22	23	24	25
26	27	28	29	30		

TIPS

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

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

Transportation to the airport from CU Boulder can be simple. Students can use their College Pass on the RTD SkyRide, which is free for students. rtd-denver.com/airport.shtml

2023

DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Final exams
17	18	19	20	21 Winter break	22	23
24	25	26	27	28	29	30
31						

TIPS

Finals are here! Remind your student that you're here to support them and encourage them to check colorado.edu/finals for stress management and relaxation 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

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

2024

JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Campus closed <i>no classes</i>	16 First day of classes	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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 check out Counseling and Psychiatric Services' free workshops on time management, test anxiety, overcoming procrastination and more.
colorado.edu/counseling

Does your student want to work while in school? Suggest a job with CU Student Employment, which is a great way to gain experience and meet other students.
colorado.edu/studentemployment

2024

FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

TIPS

As your student is finalizing their housing plans for next year, encourage your student to check in with Off-Campus Housing & Neighborhood Relations for tips on navigating leases, finding roommates and understanding city ordinances. 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 wide variety of classes, sports and more. 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

2024

MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Spring break no classes	26	27	28	29	30
31						

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

If your student is missing home, consider sending a small care package with a few favorite things from home. You can also order from CU Boulder's care package program.
colorado.edu/living/carepackages

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

2024

APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

TIPS

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

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

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.

2024

MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Final exams
5	6	7	8	9 Commencement	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TIPS

Most residence halls close Thursday, May 9. For specific information about when your student needs to move out of their hall, visit colorado.edu/living.

Commencement will be held on Thursday, May 9—visit colorado.edu/commencement for more details. Congratulations, graduates and families!

New Student & Family Programs will be hosting Buff Family Webinars and Coffee Hours throughout the summer. Join us to learn more about student opportunities and connect with other Buff families. colorado.edu/orientation/webinars-and-coffee-hours

2024

JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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 the 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 restaurant 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

2024

JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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.