After months of hitting the books, writing papers, and adhering to a specific schedule, winter break is finally here. The stressful week of finals will soon pass. Cars will be filled with dirty laundry, packed bags, and exhausted students that yearn for the relaxing vacation to begin.

You have spent the semester away from home, experiencing a level of freedom and independence. Although you are celebrating the fact that you will be returning home and spending quality time with friends and family, adjusting to a life of living at home again may be rough. For the last few months, you have been completely responsible for yourself. You have lately taken the role of an adult, but once you return home, that role will not feel as dominant. You have witnessed yourself being a responsible adult and probably view yourself as such, however, your parents, may still consider you to be the child that left home a few months ago. Here are a few tips and tricks to beginning a smooth transition into “home adulthood.”

**Be helpful.** Since you have been gone for so long, your parents might go out of their way to make your stay extra special. Perhaps they will cook your favorite home cooked meals, or even offer to do your laundry. While it is okay to accept their kindness and slightly bask in the glory of being home, make sure to not take advantage of their generosity. It is extremely easy to fall back into the mindset of, “Mom and Dad always did that before.” Remember to keep a balance. Taking over helpful tasks around the house without being asked will reinforce your growing responsibility and maturity.

**Stay home.** As you rush off to your hometown, names of friends and family members zip through your mind as you attempt to plan small reunions with everyone possible. Catching up is fantastic, but make sure that you are spending an adequate amount of time at home. Spending at least a few nights at home each week will help your family to see that you still feel you are an important part of their lives and that they are an important part of yours.

**Offer to watch your younger siblings.** By offering to take care of your younger siblings, you are not only creating an opportunity for quality time, but also demonstrating to your parents that you are able to care for another person (willingly and without stubbornly stomping your feet). This act will also emphasize that your priorities are in order and that you value family.

**Keep your eyes open.** It is very easy to fall into the trap of assuming that once you arrive home, the environment will be the same. It is unlikely that all aspects of home have remained exactly the same. Roles, routines, and possibly relationships have most likely altered. Remember that just as you want your parents to realize your growth and changes, you must return that same kindness to them. Take a few days at the beginning of your stay to make observations and adapt accordingly.

**Communicate.** The adjustment may be weird for you. Make sure to respond to this change in a mature way. If you want a later curfew, do not be afraid to ask for it. When approaching this issue, however, do not demand that the rules change. Your parents may consider revisiting their previous restrictions, but there is a possibility that they will say no. If this is the case, keep your cool. A part of your parents’ perception of your level of maturity is based on your interactions and reactions with them. Prove to them that you are willing to communicate on an adult level and respect them as your parents.

While spending this winter break at home and keeping these tips and tricks in mind, make sure to take some time to relax by yourself. Although you are on your own at school, things are usually chaotic. Getting a chance to reflect may be difficult while worrying about your studies and commitments. Enjoy the vacation from your usual routine and take advantage of the benefits it has.
As the semester winds down and finals approach, stress levels of the human bodies are rising and the effects can become an issue throughout everyday life. Coping with stress levels can greatly increase bodily functions and help students succeed with their finals and also their social life leading into the winter break. As part of the School of Nursing at Aurora University, here are some crucial hints and tips to decrease stress levels and survive the finals and finish strong.

**Stress Busters:**
More commonly known as an activity that can be used in times of stress to relieve your mind about the immediate stress to give yourself a mental break, including exercise, aroma therapy, art therapy, yoga, journaling, and also music therapy can all become great ways to permanently relief stress.

**Eat Well, Sleep Well:**
Eating the right diet accompanying by sleeping at least 8 hours a night can arguably become the best stress preventer, and stress reliever. Eating well and sleeping well also provides many other benefits to the human body that are also important to stress such as self body image, and emotions.

**Campus Services / Social Support:**
If you are a stressed out student who cannot cope with lifestyle changes listed above, social support through family and friends, or through Aurora University Counseling Services can become the best way to relieve stress. If you didn’t know: Aurora University provides FREE counseling services that are confidential to every situation, unless if you are suicidal or homicidal. Take advantage of these services if you believe expressing your frustrations can relieve your stress about these rough times.

Through December 1st till the end of finals week you can visit the Dunham Atrium, Spartan Spot stairwell, or near the cafeteria cashier to read more in-depth about these different kinds of posters that include Stress Busters, Eat Well Sleep Well, and Campus Services and Social support. The posters that will be posted at these locations at noon December 1st will provide further information about the briefly described and can help you adapt to new, healthy lifestyles to relieve stress.

Stay safe & study hard,
Chase Buehler, Aurora University School of Nursing
The latest in what hiring managers look for when screening resumes is a highly targeted approach. That means that each resume you send out will be different and directly addresses the skills and characteristics outlined in the job posting. This can be time consuming. There are two things you can do to be a more efficient and effective job seeker.

First, create a resume bank of ideas. The length of this resume doesn’t matter because you will never send it out. In this resume bank you want to include as many bullet points that describe every aspect of what you did in that particular professional experience. You will want to include several variations of your objective or summary statement. Finally, you will want to include all of your community involvement experiences, honors, and extracurricular activities. This resume will be very detailed. From here you can cut and paste those experiences that most closely relate to the position you are applying to thus making tailored resume creation much easier.

The second thing you can do is have a clear understanding of your value and personal brand. In your resume and during an interview you must be able to clearly demonstrate what distinguishes you from other candidates. Why are you the one that should be hired? One way to get a handle on this is to make a list of your top 20 accomplishments. This list includes examples of experiences professional, collegiate, and personal of which you are most proud. Once you have created this list, go back and review it looking for themes among your stories. These themes are the characteristics and skills that come naturally to you. This is your brand – the story you want to promote in your job search. Here are some questions to get you thinking about your top 20 accomplishments:

- What are specific examples of endeavors of which you are most proud?
- What tangible evidence do you have of accomplishments – publications you’ve produced, products you have demonstrated, software applications you have written?
- Have you received any complimentary memos or letters from employers of customers?
- How did you contribute to an organization?
- Have you earned any awards or special recognition?

While you are on winter break enjoying the holidays with friends and family, give yourself this gift. Spend some time discovering what you are good at – what comes natural to you.
MIND YOUR BUTTS!

HO—HO—HO, Did You Know?

Cigarette butts are the most commonly discarded piece of waste!

Contrary to popular belief, CIGARETTE BUTTS ARE NOT BIODEGRADABLE!

1.69 BILLION POUNDS of cigarette butts end up as TOXIC TRASH each year!

THAT'S THE SAME WEIGHT AS…….
(If you are in the holiday spirit you can sing the following lyrics to the tune of “The Twelve Days of Christmas”)

12 Arc De Triomphe
11 Washington Monuments
10 Queen Mary I Ships
9 Disney Cruise Ships
8 Carnival Cruise Ships
7 Time the Amount of Beef McDonald’s Buys Every Year
6 Times the Pounds of Water That Flow Over Niagara Falls Every Minute
5 John Hancock Buildings
4 Sears Towers
3 Times the Amount of Peanut Butter it Would Take to Cover the Floor of the Grand Canyon
2 Colosseum, and
1 Golden Gate Bridge

1.69 BILLION POUNDS of cigarette butts end up as TOXIC TRASH each year!
A Special Offer for our Commuter Students from the Office of Residence Life

Travelling to and from campus can be hazardous during the winter months. See reverse for information on short-term residence hall contracts for the Spring 2012 semester.

DON’T DRIVE IN...

Short-Term Housing Options:

- Avoid traveling in winter weather
- Experience the benefits of on-campus living
- Convenient access to classes, library, and all university programs and services

Short-term contract periods available:
- Saturday, February 4 to Friday, March 2
- Sunday, March 11 to Saturday, April 7
- Sunday, April 8 to Friday, May 4

Standard room & meal plan* = $1140 per period

* Meal plan includes 14 meals per week per period plus $70 in points. Meals and points do not carry over.