Where Did the Semester Go?

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Is it really only 3 weeks before the semester ends? Where has the time gone? The end of another school semester can be an exciting time, but also a time when the wrap up of school can be hard to juggle. You are not only thinking about how this semester’s grades will turn out, but you also may be thinking about the transition from being an independent college student to returning home, where different rules will be enforced.

But let’s take one step at a time and see how the semester can end as a success. The first step you need to take in ending the semester is to see where your grade stands in all of your classes regardless of level of ease or difficulty. Track your current grade and take time to review all of the materials that have been covered so that you will not have to cram when it is time for the final exams.

Secondly, make sure that you communicate with your professors. Although you should have established a relationship with them at the beginning of the semester, it is never too late to visit with them during their office hours if you are experiencing difficulty with some course material.

With all of the excitement of what the summer break may have to offer, it is easy to fast forward into June and forget about the remainder of April and May. Focus on the task at hand, which is completing the semester successfully. This does not mean cutting off your social life completely, but it does mean prioritizing your schedule so that studying comes first. Then for every studying goal you accomplish, reward yourself with a mental break.

After you have set your goals, accomplished them, and ended the semester well, you can begin to think about the transition from school to returning home. This can be a difficult time for some, especially if you have become accustomed to your niche that you have created for yourself on campus.

One way to help resolve the issue that could potentially arise upon the return home is to orchestrate a family meeting where you and your family discuss how things have been different for each of you since going away to school. Listen to each other and validate individual experiences.

Secondly, directly ask your family what is expected of you while you are visiting for the summer and explain some of the independence that you would like to be awarded. This request comes with some responsibilities, so it would be good to discuss how you will uphold your end of the deal in a mature and thoughtful manner.

Lastly, remember that this is a transition not only for you but also your family. Take a moment to reflect on how you had to adjust to living on your own. This is a process and some disagreements will occur, but thoughtful planning can aid in the adjustment of returning home.