



Thanksgiving Tips

If you can go away for the Thanksgiving holiday, by all means do so. It is a time for a break and it is okay to take advantage of it.

If someone invites you home with them, accept the invitation, whether for dinner on Thanksgiving Day, or for the entire holiday. Don't be bashful.

If you are planning to stay on campus, research in advance others who will also be around. See who will be around in your residence hall, among your friends, etc.

Make plans with those who will be around, in advance, to attend the campus dinner together, as well as to hang out on Wednesday night and Friday during the day, etc.

Do attend and enjoy the Thanksgiving dinner prepared for you by the College.

During your free time, plan to get together and rent movies, eat popcorn, walk to town, eat a cone or dish of ice cream or frozen yogurt, or enjoy a casual chat and coffee at Starbucks.

Organize a pajama party and sleep in the same space and have fun....

Remember that this break is also a good time to catch up on your work.

If going home, take one or two assignments to study, and focus on those one or two tasks. Do not bring all of your work/books home, only to bring them all back unopened.

Let family and friends know in advance that you have work to do. Allow yourself the first night or two for rest and relaxation, and to be with family and/or friends.

However, by Friday, it is important that you set some time aside to study. Set a schedule in advance and let others know when you have to work and when you can play.

If home is too seductive (to not work), go to your local library for a set period of time.

If on campus, you can do the same. Schedule chunks of time to work and chunks of time to play, and let others know your schedule.

Remember you can also plan time to both work with and play with others, if possible.

Check for activities on campus, the bus schedule, where you can eat, etc.

Remember that we all need breaks and it is okay to both work and play during this break if you need to catch up.

Just a few thoughts to consider.....

Stone Center Counseling Service

781-283-2839 (M – F, 8:30 – 4:30)

Emergencies 781-283-2839 (evening and weekends) or Campus Police x5555 (24 hours)

www.wellesley.edu/Counseling