

PARENT & FAMILY Services

ILLINOIS STATE
UNIVERSITY

April 2019



(309) 438-2008



ParentServices@IllinoisState.edu



Parent and Family Services
at Illinois State University

Spring commencement

If your student is planning to participate in May commencement, please visit [Graduation Services](#) for dates, times, and locations for the various ceremonies as well as separate FAQs for families and students. Students and guests should plan to arrive one hour prior to the start of the ceremony. Guest seating is on a first come, first served basis. [Live streaming](#) of each of the six ceremonies is also available for remote viewing.

Student stress

The end of the semester can be a demanding and stressful time for students as projects and papers that seem far off at the start of the semester now become looming deadlines. Most student organizations will be having elections for new officers this month and will be hosting transition meetings and end-of-the-year celebrations. There is much to do in class and socially with the arrival of good weather making for a good reason to go have fun instead of heading to Milner Library to study.

If your student is a senior, there is additional stress as they begin to think about life after graduation. They are searching for a job or looking into graduate school options, which can come with the stress of not being accepted or making decisions to move away from friends and family. The finality of the “the last” experiences is setting in along with feelings of separation.

Here are some tips to help your student during this stressful time:

- Encourage healthy eating and to always eat breakfast
- Remind them to stay physically active
- Encourage them to maintain healthy sleeping habits
- Reassure them that a little time to relax is beneficial including attending campus events, having dinner with a roommate, or playing a video game
- Address signs of stress early, such as forgetfulness, moodiness, fatigue
- Express confidence in their abilities
- Remind them of a time they managed a stressful situation and had a good outcome
- Encourage them to utilize the campus resources that are available to help students including the [Visor Academic Center](#), [Student Counseling Center](#), [Dean of Students Office](#), and [Career Center](#)

Student Fitness Center and Campus Recreation

Campus Recreation offers a wide variety of recreational opportunities through its facilities and programs. Use of the [Student Fitness Center](#) is included in all students' fees. It includes equipment, fitness classes, lap pool, sport courts, track, and climbing wall. In addition, Campus Recreation provides [intramural sports](#), [sport clubs](#), [outdoor adventure](#) and [team building programs](#), and [equipment rentals](#). This is a great campus resource for your student to take advantage of.

Student Counseling Services

For some students, staying away from home can be challenging. Throughout college, many students go through life events leaving them confused, angry, anxious, or sad. The staff at Student Counseling Service is well trained to help with issues such as homesickness, relationship difficulties, anxiety, and depression. If your student is feeling concerned about anything, encourage them to schedule an appointment with [Student Counseling Services](#).

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Off-campus meal plans

If your student is living off campus next year, they can consider an [off-campus meal plan](#). To learn more about meal plans and how to purchase them, visit [Dining.IllinoisState.edu](#) or contact Event Management, Dining, and Hospitality at (309) 438-8351 or EMDH@IllinoisState.edu with additional questions.

Family Weekend 2019

Although it may seem early to think about Family Weekend 2019 on October 4-6, we hope you mark the dates on your calendar. Hotels fill early so we encourage you to begin making plans. Tickets for most Family Weekend events will go on sale on Monday, June 3. For more details, visit the [Family Weekend website](#).

Off-Campus Housing Database

The [Off-Campus Housing Database](#) serves as a comprehensive resource for Illinois State students who either need to find off-campus housing or for students who have rental spaces they need to fill. Students can log in to search for vacant listings, search for room-mates, or find a sublesser. For more information about living off-campus, students can visit [Off-Campus Services](#).