Tips for Success: Heading Home on Pacing Break

The first long trip home can be a strange experience. After the freedom of the first few weeks at Lehigh, it can be difficult to readjust to the expectations of your family, and those four days can feel both very fast and very slow. Here are a few tips to make your visit successful:

1. **Discuss curfew & other rules.** Before you arrive home, chat directly with your family about the rules and expectations for your visit. Make sure you are on the same page, so that you don’t spend the break in conflict.

2. **Discuss the balance of time you will need for friends, family, study, or sleep.** One common source of conflict occurs when you try to balance your desires to spend time with friends, visit with family, study, and sleep. Ask your family if they have any scheduled plans for you or hopes for how you will spend time, and share your schedule with them. Make sure you have a quiet, productive place to study.

3. **Submit your home requests (favorite meal, etc.).** Do you have a favorite home meal or restaurant you want to visit? Like tip number two, the sooner you communicate what you’d like, the more likely you’ll be able to make it happen.

4. **Make a plan for what you need to bring back to campus with you.** Before you leave, consider what you would like to bring back to campus with you. Do you need to grab a winter coat before the cold sets in? Realize rain boots are a must for headed to class on rainy days? Need to stock up on a favorite snack? There is nothing worse than forgetting to bring back something you need!

*Not headed home for Pacing Break? Campus can be relaxing over these breaks, but it can also feel a bit lonely. Connect with other on-campus students, explore the area on foot or rent a car for a day trip, take advantage of the quiet library to get a lot of work done, and, in general, use the time to rest and rejuvenate.*