



Home for the Holidays

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Coming Home

School breaks and holidays mean the infamous return of the college student

to the old habitat known as 'home'.

The home you left may or may not be the same home you are returning to months later, however. And you yourself are probably not the same

person you were when you left. Here are some tips for when you return home.

1) Be considerate of those around you,

let your family know where you will be and what you will be doing.

2) Make time specifically for your family and time for your friends. You

deserve to have fun and catch up, and so do they. Don't feel obligated to go out and socialize everyday, this is meant to be a break!

3) Remember that even though you may not have a curfew anymore, your parents are still in the house as well. Try to keep noise to a minimum at night.



<http://www.scholarships.com/resources/campuslife/college-lifestyle/college-students-returning-home-for-the-holidays/>
<http://life.familyeducation.com/holidays-and-seasonal-events/29718.html>

Quick and Easy Nutella Hot Chocolate Recipe!

Serves one person!

- 1 pan
- 1 cup of milk
- 1 Tablespoon of Nutella

Whisk Nutella into milk and bring to a simmer on the stove. Serve in your favorite mug with

whipped cream and marshmallows!



<http://www.eatliverun.com/quick-and-easy-nutella-hot-chocolate/>

JMU Events!

- November 28-30th from 11AM-2PM Order "Fight Like a Girl" sports bras on the Commons.
- November 29th Taylor 404 7PM "The Do's and Don'ts of Grad School Applications."
- December 2nd. 8PM Ingrid Michaelson at Wilson Hall.

Gift Giving For Other Cultures

Most of the time when picking out a gift for a person, we try and think of what's practical or what we know they would love. However, in some cultures, the presentation of the gift as well as the gift itself can have an effect on the person.

Here are a few examples:

1) In China, a gift should be presented and received with both hands, palms facing up.

Also, the receiver should wait until later to open the gift.

2) In Indian culture, many gifts to be given are

those that represent the home or take into consideration the family (fruit, candy, toys, and flowers).

3) Gifts in Italy are elaborately wrapped and usually of high-quality without appearing expensive.

http://imarketingsolutions.com/diversityresources/rc_sample/gift_giving.htm

Stress Relief

Stress is often a staple of a college student's life. Classes, living situation, sleep schedule, and relationships can be huge stressors. Physical symptoms of stress can include aches, diarrhea, nausea, dizziness, chest pain, rapid heart beat, and illness.

Catharsis (i.e. punching bag or

stress ball), rumination (i.e. writing in the journal, reflecting), and distraction are usually healthy ways to deal with stress.

Distraction has been proven to be the most effective way, however, it may not always be the most appropriate. It is a good idea to step away from the cause

"The time to relax is when you don't have time for it." - Sydney J. Harris

of your stress and distract yourself with anything, even if it is only for a few minutes.

No Shave November

What started off as a friendly bet turned into a great cause in Nashville, TN.

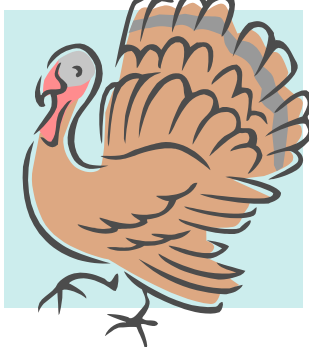


After giving \$30 to enter, participants shaved their faces clean on October 31st, 2011 and posted pictures with a newspaper on Facebook to officially enter. The

proceeds are going to St. Jude's Children's Hospital. The goal for this cause is \$20,000.00 and so far 17,594.75 has been raised!

Don't Forget About Thanksgiving!

Christmas tends to outshine Thanksgiving. Most of us forget how great it is to eat with family. So, to give Thanksgiving some time in the



spotlight here are some interesting facts:

- 1) The Wampanoag Indians were the ones who taught the Pilgrims to cultivate the land.
- 2) Thanksgiving Day is celebrated on the second Monday in October in Canada.

3) The first Thanksgiving celebration lasted three days.

4) Sarah Josepha Hale, an editor with a magazine, started a Thanksgiving campaign in 1827 and it was result of her efforts that in 1863 Thanksgiving was observed as a day for national thanksgiving and prayer.

<http://www.thanksgivingnovember.com/thanksgiving-facts.html>

Holidays Around the World

November and December are well-know here in America as two great months for food as well as giving and receiving gifts! However, there are some other great holidays in addition to Thanksgiving, Christmas, Hanukkah, and Kwanzaa that are celebrated around the

- Diwali or the "Festival of lights" is a four day Hindu celebration that can occur in October or November.

- St. Martin's Day celebrates the end of the agrarian year and the beginning of the harvesting (originated in France) it's celebrated on November

11th in Germany, Scandinavia, and Eastern Europe.

- St. Andrew's Day is celebrated by Scots, Poles, and Russians on November 30th.

- Las Posadas is a Mexican celebration on December 24th representing the pilgrimage of Mary and Joseph.

<http://www.kidsturncentral.com/holidays/glossary/holidaysgloss.htm>

What's Going on in Harrisonburg?

November 27– Rockingham Male Chorus of Shenandoah Valley performing at the Virginia Mennonite Retirement Community.

540-433-0667

December 1-4 Forbes Center is offering

three different productions of holiday music.

Admission fee. 540-568-7000



December 3-31

Wells Planetarium is offering free shows on Saturdays during the fall. Shows start at 2:30 and 3:30.

540-568-4071

<http://www.shenandoahvalleyweb.com/cal2/cal2.htm>

Counseling & Student Development Center
Varner House, MSC 0801
Harrisonburg, Virginia 22807

Phone: (540) 568-6552
Fax: (540) 568-8096
Hours: Weekdays 8AM-5PM

Feel free to stop by!



<http://www.jmu.edu/counselingctr/Services/appt.html>

Varner House is located on the Quad next to Moody Hall and near the James Madison statue. The Counseling and Student Development Center would like everyone to keep in mind again that this is meant to be a break for everyone, so enjoy yourself and come back safely!



December Graduates

There are a few people for whom this is their last semester at JMU. We hope that your time spent here has been wonderful, and we hope that you will keep in mind the quote President Rose has said to us from the very beginning : "Be the change you want to see in the world."

With warm hearts we wish the best for those of you that are either moving on to graduate school or entering into the work community. We congratulate you on such an achievement, and of course, we hope to see you alumni in the future! You will always be a JMU Duke!

