Going to college is a turning point for students and their families, and everyone changes as a result. The extent of these changes may not be apparent until that first holiday visit at winter break. While families everywhere are making plans for holiday celebrations, most JMU students are preparing for their first extended home visit since leaving for Harrisonburg in August. Students are excited about spending time with their families, participating in family holiday traditions and taking a break from their studies. Many are also a little worried about being home again.

The university provides an environment for students to learn, to grow and to change. One of the first feelings of being away at college is one of autonomy. Students find they need to make more decisions on their own and to set their own limits. They may try out new behaviors, challenge family standards and even university rules, all in an effort to define limits for themselves. Students may be willing to experience your disapproval in order to gain a sense of emotional autonomy.

At college, students gain new confidence in their own judgment and whether their decisions are right or wrong, they develop the ability to think for themselves, monitor their own behaviors, and evaluate consequences. In this process, students try out a variety of roles. They may explore several academic majors, leadership roles or romantic relationships to define themselves. They may dress differently, adopt a new hairstyle, change friends or listen...
What’s new at JMU?
Overview of achievements in 2007
The following list highlights a few of JMU’s recent achievements. From this sample, it is easy to see how JMU is not only setting a national standard for excellence, but continuing to be a source of pride for all of Madison’s students and parents.

Awards & Recognitions:
- JMU is the South’s top public master’s-level university, according to the annual U.S. News & World Report 2008 America’s Best Colleges guide. In addition to retaining its top spot in the news magazine’s regional ranking for the 14th consecutive year, Madison earned national recognition for its outstanding first-year experiences, learning communities and service learning.
- In the combined ranking of both public and private Southern master’s-level institutions, JMU is ranked fourth.
- In the U.S. News list of schools, JMU is one of 23 colleges and universities recognized for its service-learning program in which volunteer work is an instructional strategy to complement classroom studies.
- JMU appears on two other “Programs to Look For” lists. The university is one of 24 schools U.S. News cites for exemplary learning communities, where students take courses as a group and get to know one another and their professors. JMU is one of 40 schools on the first-year experiences list for excellence in programs that go beyond orientation to help freshmen feel connected.
- The Princeton Review’s 2007 guide, America’s Best Value Colleges, selected JMU as one of the nation’s best values for a college education. Additionally, JMU ranks No. 21 in the nation in Kiplinger’s Personal Finance magazine’s annual listing of “top 100 best values” in public colleges – schools that offer a first-class education at affordable prices.
- In its second year in the Top 10 of college cuisine, Madison ranked No. 7 in the nation for “great campus food,” based on student surveys, in The Princeton Review’s annual college guide for 2007, Best 351 Colleges. In its profile of JMU, it quotes students as recognizing the school’s “welcoming environment,” “friendly and outgoing” student body, “well-ranked academics” and ability to deliver “more fun than you can have anywhere else.”
- JMU is ranked No. 14 in the nation among large schools in the Peace Corps’ top 25 list.

Programs:
- College of Business Sustainable Business Certificate: James Madison University will launch a Sustainable Business Certificate program in fall 2008. This offering is the first undergraduate program in business sustainability in the United States. Business students completing the program will earn the certificate through a collaborative effort between James Madison University’s College of Business, College of Integrated Science and Technology and the new School of Engineering.
- Coursework includes environmental science and technology, economics of environment and natural resources and lifecycle assessment. JMU will also offer summer grants to students for internships and projects to further business sustainability research and experience.
- School of Engineering B.S. in Engineering: James Madison University is now offering a Bachelor of Science degree program in engineering. This is a general engineering program that encompasses traditional technical training but also course work in business administration and in applied project and group communication skills. The program is designed to emphasize engineering for a sustainable world.
- Department of Biology B.S. in Biology with a Concentration in Ecology and Environmental Biology: This concentration is designed for students with interests in ecology, field biology, natural resources, environmental biology, conservation biology, evolution, animal behavior and organismal biology.
- College of Integrated Science and Technology – B.S. in Information Analysis: The IA program will prepare students to solve problems in national, international or business intelligence settings.
- College of Graduate and Outreach Programs M.A. in Political Science with a concentration in European Union Policy Studies: This is a unique one-year, 33-credit graduate program resulting in an M.A. degree in political science from James Madison University. This intensive residential program is based wholly in Florence, Italy.

New Buildings on Campus:
- Performing Arts Center (scheduled to open in 2009)
- East Campus Library (scheduled to open in 2008)
- Frances Plecker Educational Building (open)
- Warsaw Ave. Parking Deck (open, pictured)
Financial checkup
Successful budgeting for students  By Brad Barnett

F all grades will soon be sent out and students can assess how they performed academically. But are students financially this semester? Whether this fall was their first or last semester, now is a great time to help. The staff works with students individually or in groups. The office also has a Financial Literacy link on its Web site. www.jmu.edu/counselingctr/Financial_Literacy.shtml, where students can download a budget worksheet if they need a place to start.

In the spring 2006 semester, the Counseling and Student Development Center at JMU conducted a student survey to assess the top concerns of students. The survey results revealed that two of the top 10 concerns dealt with money issues. Third on the list was “a lack of financial resources,” and ninth was “handling money wisely, budget issues.” One of the best ways to ensure students are wisely using money is to budget. What is the 1098-T tax form?

What is the 1098-T tax form? 2007 tax forms for Federal Income Tax tuition credits  By Linda Combs

The 1098-T tax form is used by eligible educational institutions to report information about students to the IRS, as required by the Taxpayer Relief Act of 1997. JMU is required to submit students’ names, addresses, taxpayer identification numbers and enrollment and academic statuses. Beginning with 2003, educational institutions were required to report amounts to the IRS pertaining to qualified tuition and related expenses, as well as scholarships and/or grants, taxable or not.

A 1098-T form must be provided to each applicable student. This form is only for informational purposes. It serves to alert students that they may be eligible for federal income tax education credits and should not be considered as tax advice. While it is a good starting point, the 1098-T, as designed and regulated by the IRS, does not contain all of the information needed to claim a tax credit. There is no IRS requirement that a student or parent must claim the tuition and fees deduction or an education credit. Claiming education tax benefits is a voluntary decision for those who may qualify.

‘There is no IRS requirement that a student or parent must claim the tuition and fees deduction or an education credit. Claiming education tax benefits is a voluntary decision for those who may qualify.’

continued on page 7 >>>

Dates for parents:
Fall semester ’07
- Dec. 21 University closes at noon
- Dec. 24-31 University holidays

Spring semester ’08
- Jan. 7 First day of classes
- Jan. 21 Martin Luther King Jr. Day (no classes)
- Feb. 12 Student assessment/faculty assistance
- March 3-7 Spring break
- March 14 James Madison Day
- March 24 Advance registration for 2008 summer semester begins
- April 1 Registration begins for 2008 fall semester
- April 25 Last day of classes
- April 28 - May 2 Final exams
- May 3 Commencement

Mark your calendars for Family Weekend 2008: Oct. 3-5, 2008
For more information, please visit www.jmu.edu/parents/Family_Weekend.shtml.

Resources for parents:
Career and Academic Planning www.jmu.edu/cap/parents/
Counseling and Student Development Center www.jmu.edu/counselingctr/ForParentsandFamilies.shtml
Judicial Affairs www.jmu.edu/judicial/parent_faq.shtml
Office of Financial Aid and Scholarships www.jmu.edu/financialaid/parents.shtml
Office of Residence Life web.jmu.edu/reslife/role_indexes/families_visitors_index.htm
Office of Parent Relations www.jmu.edu/parents/ (866) 399-8432 or (540) 568-3190 parent@jmu.edu
Easing holiday tensions

By David Onestak, Ph.D.,
Director, Counseling & Student Development Center

There are a number of steps parents can take to make sure that a student’s time at home is enjoyable for everyone.

■ Parents should let students know that they understand things will be different than during high school, and they are willing to consider some new house rules to reflect both parental concerns and the student’s new independence. Parents should share thoughts regarding the rules that need to remain the same and those that are up for negotiation. At the same time, they should be open to hearing the student’s ideas, too.

■ It is not unusual for students to want to spend considerable time visiting old friends from high school and new friends from college who may live nearby. Parents, having eagerly awaited their student’s return, are sometimes disappointed and hurt by such behavior.

■ With a bit of flexibility, parents can work with their student to schedule family times when everyone can be together. In a divorced or blended family, parents need to develop strategies to reduce the pressures on the student to be in two or more places at the same time.

■ While suppressing any desire to interrogate, parents need to gently express an interest in the student’s school life. Pressuring students for information is often like trying to swim out of quicksand: It can seem like a good idea but it only results in mixed feelings — apprehension, loss and even rejection. These feelings signal a change in the relationship, and you can be active in changing it for the better.

■ Parents should let students handle their own problems as much as possible. Student success depends upon students being there for students as a sounding board, but they should listen patiently to fears and concerns. By all means, parents should let them know your concerns and ask them to help decide what limits or guidelines make sense rather than insisting on strict rules. Once children feel they no longer need to struggle to convince their parents or themselves about their autonomy, they often experience new feelings of connectedness with their peers.

Parents will have changed too! Some changes are for the better, others may take more getting used to. This tender time of growing apart and coming together again can be eased by understanding and sharing of feelings and concerns.

Home for the holidays (cont. from page 1)

Academic classes like philosophy, psychology, anthropology and sociology also challenge students to examine their values and upbringing. In class, in their residence halls and in social activities, students come in contact with other students from vastly different socio-economic, racial, ethnic and religious backgrounds. These interactions help students further define their identities and values as separate from their parents and families. In their book, When Kids Go to College, Barbara and Philip Newman state, “As parents, we are charged with a singularly difficult task — to give our children both roots and wings. Our job is to build a sense of closeness, security, and trust within the family group. At the same time, we must do all we can to help children to leave our family and live independently as adults.” As students explore their autonomy and develop their identity, parents may experience mixed feelings — apprehension, loss and even rejection. These feelings signal a change in the relationship, and you can be active in changing it for the better.

As students come home for the holidays, it is a good idea to talk with them about what they are learning about themselves. The Newmans suggest that you “replace your automatic advice and opinions with invitations for them to use their own ideas and to seek advice from you as needed. When they are at home, This tender time of growing apart and coming together again can be eased by understanding and sharing of feelings and concerns.

A TIME OF TRANSITION

S ending students to college leads to a time of tremendous transition for families. All students go through an adjustment period and experience many ups and downs while living away from home. There are many resources on campus available for students to successfully manage this transition.

While JMU staff and faculty welcome parent input and questions, their goal is to deal directly with the student. At the same time, they share the goal of helping students to be successful and want to connect parents to the resources they need to support their students.

It is important that students have encouragement from home while being allowed to mature through their own experiences. By all means, parents should be there for students as a sounding board, but they should let students handle their own problems as much as possible. Student success depends upon their ability to function independently.
Student travel tips
Preparing students for travel

Student travel at school break time can be stressful for the whole family. Whether students are traveling via mass transportation or their own car, there are safety issues to keep in mind. Parents can prepare students for travel by addressing these concerns.

Catching a bus, train or plane

Students traveling by mass transportation should check schedules and advisories before heading out. Additionally, they should be sure to:
- Have the necessary identification – two forms are always best, such as a driver’s license and a school ID card.
- Remember to pack all medications they are taking (in their original containers).
- Review specific airline regulations and federal restrictions regarding carry-on items and checked baggage, so they don’t have to dismantle anything or throw things out at the airport.
- Keep their bags with them at all times.
- Carry important documents in front of their body, rather than in a backpack, purse, or messenger bag that someone could easily snatch.
- Wait in public spaces where there are a lot of people and/or staff members present.
- Carry a fully charged cell phone, if possible, to keep folks advised of any changes or delays in travel plans.
- Carry a small amount of cash in a secure spot and a credit card, if possible, in case of an emergency.
- Dress appropriately for their destination.

Making the drive

Students traveling by car should be aware of weather advisories and be prepared accordingly. Specifically, students driving through snowy conditions should:
- Winterize their car before heading out and make sure everything is in working order and ready to go for cold weather conditions.
- Allow extra time to reach their destination when the roads are slippery. Avoid making sudden stops and turns.
- Keep the gas tank close to full, so that an unanticipated delay or traffic detour will not be problematic.
- Wear a seat belt.
- Remember that bridges and overpasses freeze before road surfaces and take extra caution.
- Allow additional stopping distance between cars when driving on wet roads.
- Keep windshields and lights clear of accumulations of ice and snow.
- Know what to do on ice or in snow. (When skidding, counter steer to regain control and then steer the car in the same direction that the rear wheels are sliding. When stuck in snow, remove snow from the area around the tire and spread sand or salt under the wheel instead of spinning the wheels.)

Use common sense. There are occasions when the best driving decision is to not drive. It’s better to be safe and get home a bit later, than to get in an accident.
- Bring a cell phone, if possible, with pre-loaded highway information networks for updates on road conditions, along with emergency contact numbers.
- Make sure they have an ice scraper and/or broom for cleaning off their car.
- Be aware of alternative routes, in case weather conditions warrant detouring traffic from the main roadway.
- Make sure they have extra blankets, warm clothing and other emergency gear should the need arise.
- Try not to travel alone, whenever possible.

INTERNATIONAL TRAVEL
Students traveling internationally should ensure they are prepared for customs checkpoints and have all required documents ready to go. The following Web sites are great resources for those traveling abroad:
- The U.S. Department of State at travel.state.gov/index.html
- The Centers for Disease Control and Prevention (CDC) at wwwnc.cdc.gov/travel/default.aspx

WINTER 2007-08
Get involved
Serve as a career mentor
By Denise Meadows

The JMU Office of Career and Academic Planning would like to introduce a new resource, the Career Contact and Alumni Network (CCAN), for all parents, alumni and employer representatives who would like to serve as mentors to JMU students. What better way to connect with JMU than to provide a current student with advice and assistance integral to their successful progression toward a career? From identifying a major to determining a career field of interest, everyone can benefit from this type of resource. Students want to learn more about what professionals experience in the working world, and by registering as a JMU Career Contact, individuals can make that connection.

To register for this program, please go to www.jmu.edu/cap/interviewing/CCAN-mentors.htm.

For more information, please contact Denise Meadows at (540) 568-6229 or meadowdr@jmu.edu.

Jobs after graduation:
Internships to gain experience

The Office of Career and Academic Planning assists students who are seeking internships, jobs after graduation and graduate school. Through workshops, programs and career fairs, the office helps students write resumes, interview for positions, use numerous job search strategies, and explore various career fields, as well as graduate and professional schools.

- **On-Campus Interviewing Program.** About 200 employers visit campus each year to conduct interviews with JMU students for internships and for jobs upon graduation. In addition to interviewing with employers for full-time opportunities, students may also participate in mock interviews, conduct informational interviews with employers and attend various workshops with job-search-related topics. In order for students to become eligible to take advantage of these services, they must register on MadisonTRAK and attend a mandatory workshop that teaches them how to register, create a profile and load their resumes on MadisonTRAK.

- **Employer-in-Residence Program.** This program allows students to meet with an employer to do an informational interview, resume review, mock interview or to ask general questions regarding internships or jobs. Register on MadisonTRAK by attending the mandatory workshop.

- **Resumes** To learn how to write a resume, students should attend a Resume Clinic or visit the office Web site at www.jmu.edu/cap/resumes_cover/index.htm. Once a resume has been drafted, students can receive feedback through individual appointments, Resume Express Review Days for a quick review of a final draft (on a walk-in basis), and Resume Round-Up (where employers or advisers give feedback on resumes). The next Resume Round-Up is scheduled for Tuesday, Jan. 29, 2008.

- **Interviewing** Interview Preparation Web Tutorials — PowerPoint presentations on basic interviewing skills and behavioral interviewing — are found on www.jmu.edu/cap/job_intern_search/job_interviewing.htm. A separate handout is also available on the Web site. Print material may be found in the Resource Center in 303 Wilson Hall.

**SPRING CAREER FAIRS**

- **Teacher Recruitment Fair** Representatives from various school systems meet with candidates and interview them for teaching positions beginning in the fall. This event is scheduled for Monday, Feb. 25, 2008.

- **Internship Fair** The fair provides the opportunity for students to learn about internships with numerous organizations. Students will be able to interview for positions during the Fair, which is scheduled for Thursday, Feb. 28, 2008. This event is co-sponsored by the College of Business and Career and Academic Planning.

- **2008 Spring Career Fair** Meet employers from more than 100 companies that are looking to hire JMU students and graduates for internships as well as full-time, part-time, and seasonal jobs. Employers will be representing a wide variety of industries, including arts, communications, human services and business. The fair is scheduled for Wednesday, March 19, 2008.

- **Job and Internship Resources** Books listing internships and directories of employers can be found in the Resource Center in Wilson Hall Room 303. There are also 13 online subscriptions listing jobs and internships in education, government, human and social services, nonprofits, public affairs, liberal arts, communication, arts, sciences and the environment and in international locations. Students can access these listings from the Career and Academic Planning Web site by using their e-IDs and passwords.

- **From Sweats to Suits** This complete Job Search Guide, which was mailed to juniors during the fall semester, covers topics such as networking, resumes, job search correspondence, interviewing, accepting a job offer and workplace etiquette.

- **IS 202 Career and Life Planning** class for juniors and seniors. This one-hour-credit block course assists students in planning and implementing their job search.

- **Virtual Adviser** (Chat with CAP). Use the Career and Academic Planning Web site to ask questions regarding academic and career issues via a chat format.

- **Tuesday Nights Rock!** A variety of programs, presentations and services are offered on Tuesday evenings from 5-7 p.m. in the fall and spring semesters.

Career and Academic Planning
3rd floor Wilson Hall
Sonner Hall Room 130
(540) 568-6555
(540) 568-7379
http://www.jmu.edu/cap
**Major move**

*Freshmen move to major advisers*  
By Renee Herrell

Throughout the fall semester, freshman advisers have been working closely with freshmen to help them with the transition from high school to college. The advisers have sent information to the students about various resources on campus to help with academics and have met with the students to discuss difficulties in classes. The advisers have also provided information about various deadlines, majors, minors and registration. Additionally, they have met with students to identify classes to take in the spring semester.

The freshman advisers will continue to work with the first-year students during the spring semester, especially as students return from winter break and need help adjusting their schedules. Then, from mid-February through Spring Break, freshmen will be moved from their freshman advisers to advisers in their majors. Whatever major selected by freshmen as of Feb. 1, will determine the major advisor they are assigned to in mid-February. Freshmen can change their major after Feb. 1, but will not be assigned an adviser in that major until after Spring Break. Freshman advisers prepare students to take more responsibility for their own academic planning until students begin work with their major advisers.

This move enables students to meet with their major advisers to discuss their schedules for the fall semester. Some freshman advisers also advise upperclass students in their departments, so it is possible that the freshman advisor will become the student’s major adviser. Those students who remain or become “undeclared” will be advised by academic and career advisers in Career and Academic Planning with the exception of student-athletes who will be advised by advisors in athletics.

The Majors Fair, sponsored by Career and Academic Planning, will be held on Wednesday, Jan. 30. This fair is designed to help students select and explore major and minor options at JMU. Students will have the opportunity to interact with both faculty and students from each department within JMU. All undeclared students and those considering changing their majors should attend this important event.

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**1098-T form**  
(cont. from page 3)

When and where will your child receive the 1098-T form? The 2007 1098-T forms will be mailed to students at the home addresses listed on their student account records by the end of January 2008. Parents may want to have their students check the home address they have listed on eCampus to assure an accurate and timely delivery of this important tax form.

What information is listed on the 1098-T form? JMU is required by the IRS to report either qualified tuition billed or payments received for qualified tuition. JMU reports qualified tuition billed. The qualified tuition billed is listed in box #2. The amount of qualified tuition billed will be reduced by the amount of scholarships or grants received (listed in box #5) to arrive at the tax credit. For additional information on educational tax credits, click on: [www.irs.gov/taxtopics/tc605.html](http://www.irs.gov/taxtopics/tc605.html) or for a copy of the 1098-T form, click on: [www.irs.gov/pub/irs-pdf/f1098t.html](http://www.irs.gov/pub/irs-pdf/f1098t.html).

**Important things to remember about 1098-T forms:** This tax form belongs to the student and will be mailed to the address the student designates as a “home address” on eCampus. If the original form is misplaced, JMU cannot send a duplicate unless the student makes the request by JMU e-mail or faxes a signed and dated letter.

University Business Office staff cannot answer tax questions or offer tax advice. Questions about the tax credit should be directed to a tax preparer or the IRS.

University Business Office staff cannot answer specific questions on a student’s account unless the person calling or writing has been designated as an “Authorized Payer” in QuikBILL.

If a parent has general questions about 1098-T forms or being set up in QuikBILL as an Authorized Payer, please contact: University Business Office, (540) 568-6505 or ubo@jmu.edu.

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**Be the One without germs**

*by Kristin Gardner*

This fall the University Health Center partnered with the School of Media Arts and Design to develop a campaign on healthy hygiene. Students in the SMAD 256 course instructed by Dr. Joanne Holman developed campaigns for an entire semester. The University Health Center staff selected the winning campaign and provided a budget to implement it on campus. Since there has been an increase in the number of visits to the Health Center for preventable illnesses, the students created a campaign to boost awareness of common healthy practices to keep students and the campus healthy during the cold and flu season.

**Some healthy tips for students:**

**Wash hands for 20 seconds with warm water and soap.** Twenty seconds equates to the amount of time it takes to sing the JMU fight song twice. Hand sanitizer is the next best option, and it is available at the University Health Center.

**Clean the keyboard.** Wiping down the computer keyboard and mouse, especially in computer labs with public computers can reduce the spread of germs. Students have worked with computing services to distribute antibacterial wipes in the computer labs.

**Clean workout equipment.** UREC has made antibacterial wipes available for students to use on all equipment after usage.

**Cover that cough or sneeze.** Covering the mouth and nose when coughing or sneezing helps to stop the spread of germs.

The University Health Center wishes parents and students the best for a healthy year! For more information, please visit [www.jmu.edu/healthctr](http://www.jmu.edu/healthctr).
A Time of Transition

Sending students to college leads to a time of tremendous transition for families. All students go through an adjustment period and experience many ups and downs while living away from home. There are many resources on campus available for students to successfully manage this transition.

While JMU staff and faculty welcome parent input and questions, their goal is to deal directly with the student. At the same time, they share the goal of helping students to be successful and want to connect parents to the resources they need to support their students.

It is important that students have encouragement from home while being allowed to mature through their own experiences. By all means, parents should be there for students as a sounding board, but they should let students handle their own problems as much as possible. Student success depends upon their ability to function independently.

A Family Connection

The Madison Family Connection e-newsletter is informative, helpful and FREE

The newsletter provides JMU parents and families with information on campus events, vacation and break schedules, payment due dates, deadline reminders and tips for student success.

If you would prefer to have the newsletter mailed to you, please send your address to: kitetl@jmu.edu, or call (540) 568-3193 or (866) 399-8432.

Care packages from home

Getting actual mail is always fun and a box from home is a great surprise.

Want to send your son or daughter a care package, but you’re not sure what to send? Use this list to help you get some ideas you may not have thought of before. And as a nice touch, make sure you add a personal note or a short letter.

- Some favorite snacks
- A fun book to read
- A magazine
- A fun DVD. You can also use a website like Amazon.com to order and send a DVD right to your child’s mailbox
- Pens or pencils
- Stamps and envelopes
- A photo and funny note from the family pet
- Seasonal items, like an Easter egg dying kit or Halloween decorations
- A note from a sibling, or a drawing from a young cousin or friend that your student can proudly display
- Something to help decorate the room – like a poster or cool desk décor
- A mug with the JMU logo on it, and a box of teabags or instant coffee
- An article or newspaper clipping you think they might like, especially if it’s from a local paper
- A family photo and/or a picture frame
- A notebook with a funky design
- Something to share with others in the hall or on campus, like brownies or a box of chocolates
- Candy – gum or mints
- Nice soap or lotion
- Fun thumbtacks for their bulletin board
- A book of crosswords, puzzles, Scattegories, Boggle
- A notebook with a funny design
- A book of games such as Apples, Scattegories, or Boggle
- A mug with the JMU logo on it, and a box of teabags or instant coffee
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SPECIAL OCCASION PACKAGES

Not sure what to get your student for a special occasion, like a birthday or holiday? Here is a list compiled by several college undergraduates:

- Tool set
- Binder filled with all of his/her favorite recipes
- Cool room décor
- Travel mug
- Galoshes
- Flash drive
- Grocery/Target gift cards
- Gas gift cards
- Books to read for fun
- iPod/mp 3 player speakers
- The promise of a home-cooked meal
- Board games such as Apples to Apples, Scattegories, or Boggle

A Tip

Don’t pack scented soap and brownies in the same box. If you do, those brownies are going to wind up tasting like Irish Spring by the time they arrive on your student’s doorstep!

- Homemade cookies – always a favorite!
  You can make it even more personal if you decorate the outside of the box. Or, if you’d rather not do that, you can wrap everything in colorful tissue paper. Regardless of how it looks, any gift is a nice gift, especially when it comes from home!

College Student Care Package Options:

- Care Grams, JMU Dining Services
  (540) 568-2563, www.jmu.edu/dining
- Care Package Café
- College Student Care Package options:
  - Care Grams, JMU Dining Services
  - Care Package Café

When mailing to students living in University Residence Halls, to prevent delays, please address all packages using the following manner.

Student Name
800 South Main Street
JMU Box #
Harrisonburg, VA 22807