

Preparing for the Holidays

GRADES: Grade reports will be mailed out. *Do you tell your parents ahead of time how you think you'll do, or do you wait?* Your grades may not be as bad as you think! Remember how a grade point average is calculated:

EXAMPLE:

Quality Point Values	<u>CLASS</u>	<u>Number of Credit Hours</u>	<u>Grade</u>	<u>Quality Points</u>	<u>Credit Hours Multiplies by Q.P.'s</u>
A = 4	FYS 101	4	B+	3.5	= 14
B+ = 3.5	MAT 133	4	C	2	= 8
B = 3	PSY 101	3	A	4	= 12
C+ = 2	SCI 105	3	C	2	= 6
C = 2	UNV 101*	<u>1</u>	S	0	= <u>0</u>
D = 1	<i>Totals used in</i>	14			40
F = 0	<i>calculating GPA:</i>				

Divide the total of the Q.P.'s by the number of hours: $40/14 = 2.86$ GPA

***S/U hours count towards graduation but are not used to calculate GPA**

If you think you may do *really* bad this semester, it's important to have accurate information about what it means if you should get below a 2.0 GPA. Look at the Mercer Bulletin (the college catalog) on page 54 and ask your advisor for further explanations.

FAMILY STUFF VS. "YOU" STUFF: Traditions seem to be more important during a holiday season than any other time of year. Even if you think you're too old (or busy) to do some of that stuff, be sensitive to how your absence may affect the other members of your family. Discuss expectations up front, either before you get home or just after you've arrived. Find out what "big" activities your family will be doing and what they are expecting you to be involved with. Use this as an opportunity to share some of your expectations of the holidays, especially if yours are different than theirs.

HOME RULES VS. YOUR RULES: Another "touchy" subject that can create a lot of stress is related to expectations your parents may have about your responsibilities while you're at home. Do curfews, "chores", letting them know where you're going and where you've been still apply? Once again, talk about this up front and avoid any clashes.

OLD FRIENDS AND WORK: If you're going back to where you used to work or you plan to get together with old friends, don't assume that everything will be the same. Work places change and old friends make new ones, but that doesn't mean you no longer matter. Anticipate some changes and differences, but realize you've changed as well.

NEW FRIENDS AND COMMUNICATION: If you're planning on visiting or frequently phoning some of your new friends from Mercer, be reasonable about how often you'll do this, especially if it means giving up time with family and old friends. Set some limits before you leave campus to avoid any uncomfortable situations.