As a friend or family member, you have a big influence in your student’s life choices and decision-making process. There will be many ups and downs that students will experience during their time at university and we’ve put together this guide to give you some tips and suggestions on how to help support them with their transition into and throughout their first year at Dal.

**SEPT**

A time of transitions

Your student will:
- be adjusting to new relationships, freedoms & responsibilities

Ask them:
- Have you thought about ways to get involved on campus?

**OCT**

Getting into the swing of things

Your student will:
- be establishing a new schedule & managing their time

Ask them:
- Have you visited your faculty during office hours?

**NOV**

Increasing workload and stress levels

Your student may:
- be stressed with papers, projects and exams

Ask them:
- How are you planning to relieve stress?

Strategies:
- Brainstorm options
- Help them to build resiliency

**DEC**

Winter exam period

Your student may:
- find it difficult to get back into the “swing of things”

Ask them:
- Did you meet your academic goals for the term?

Strategies:
- Express interest in your student’s academic pursuits

**JAN**

New Year, new beginnings

Your student may:
- experience low energy and motivation

Ask them:
- How are you keeping track of your tests and assignments?

Strategies:
- Help them create a plan for time management

**FEB**

Winter midterms and study break

Your student may:
- experience the “winter blues”

Ask them:
- Are you excited about any upcoming events?

Strategies:
- Talk to them about self-care and provide support with time management

**MAR**

High academic pressure

Your student will:
- be the building of plans for next year

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### Dalhousie Academic Calendar

- **SEPT**
  - 31. Su: Residence move-in
  - 1. Su: Classes begin
  - 2. Mo: Labour Day - closed
  - 3. Tu: Classes begin
  - 4. We: Classes begin
  - 5. Th: Classes begin
  - 6. Fr: Classes begin
  - 7. Sa: Classes begin
  - 8. Su: Classes begin
  - 9. Mo: Classes begin
  - 10. Tu: Classes begin
  - 11. We: Classes begin
  - 12. Th: Classes begin
  - 13. Fr: Classes begin
  - 14. Sa: Classes begin
  - 15. Su: Classes begin
  - 16. Mo: Classes begin
  - 17. Tu: Classes begin
  - 18. We: First due
  - 19. Th: Classes begin
  - 20. Fr: Classes begin
  - 21. Sa: Classes begin
  - 22. Su: Classes begin
  - 23. Mo: Classes begin
  - 24. Tu: Classes begin
  - 25. We: Classes begin
  - 26. Th: Classes begin
  - 27. Fr: Classes begin
  - 28. Sa: Classes begin
  - 29. Su: Classes begin
  - 30. Mo: Classes begin

- **OCT**
  - 31. Su: Classes end
  - 1. Tu: Classes end
  - 2. Mo: Classes begin
  - 3. Tu: Classes begin
  - 4. We: Classes begin
  - 5. Th: Classes begin
  - 6. Fr: Classes begin
  - 7. Sa: Classes begin
  - 8. Su: Classes begin
  - 9. Mo: Classes begin
  - 10. Tu: Classes begin
  - 11. We: Classes begin
  - 12. Th: Classes begin
  - 13. Fr: Classes begin
  - 14. Sa: Classes begin
  - 15. Su: Classes begin
  - 16. Mo: Classes begin
  - 17. Tu: Classes begin
  - 18. We: Classes begin
  - 19. Sa: Classes begin
  - 20. Su: Classes begin
  - 21. Mo: Classes begin
  - 22. Tu: Classes begin
  - 23. We: Classes begin
  - 24. Th: Classes begin
  - 25. Fr: Classes begin
  - 26. Sa: Classes begin
  - 27. Su: Classes begin
  - 28. Mo: Classes begin
  - 29. Tu: Classes begin
  - 30. We: Classes begin
  - 31. Th: Classes begin

- **NOV**
  - 1. We: New Year’s Day - closed
  - 2. Th: University re-opens
  - 3. Fr: Classes begin
  - 4. Sa: Classes begin
  - 5. Su: Classes begin
  - 6. Mo: Classes begin
  - 7. Tu: Classes begin
  - 8. We: Classes begin
  - 9. Sa: Classes begin
  - 10. Su: Classes begin
  - 11. Mo: Classes begin
  - 12. Tu: Classes begin
  - 13. We: Classes begin
  - 14. Th: Classes begin
  - 15. Fr: Classes begin
  - 16. Sa: Classes begin
  - 17. Su: Classes begin
  - 18. Mo: Classes begin
  - 19. Tu: Classes begin
  - 20. We: Classes begin
  - 21. Th: Classes begin
  - 22. Fr: Classes begin
  - 23. Sa: Classes begin
  - 24. Su: Classes begin
  - 25. Mo: Classes begin
  - 26. Tu: Classes begin
  - 27. We: Classes begin
  - 28. Th: Classes begin
  - 29. Fr: Classes begin
  - 30. Sa: Classes begin
  - 31. Su: Classes begin

- **DEC**
  - 31. Su: Classes end
  - 1. Tu: Classes end
  - 2. Mo: Classes end
  - 3. Tu: Classes end
  - 4. We: Classes end
  - 5. Th: Classes end
  - 6. Fr: Classes end
  - 7. Sa: Classes end
  - 8. Su: Classes end
  - 9. Mo: Classes end
  - 10. Tu: Classes end
  - 11. We: Classes end
  - 12. Th: Classes end
  - 13. Fr: Classes end
  - 14. Sa: Classes end
  - 15. Su: Classes end
  - 16. Mo: Classes end
  - 17. Tu: Classes end
  - 18. We: Classes end
  - 19. Sa: Classes end
  - 20. Su: Classes end
  - 21. Mo: Classes end
  - 22. Tu: Classes end
  - 23. We: Classes end
  - 24. Th: Classes end
  - 25. Fr: Classes end
  - 26. Sa: Classes end
  - 27. Su: Classes end
  - 28. Mo: Classes end
  - 29. Tu: Classes end
  - 30. We: Classes end

- **Mar**
  - 31. Sa: Classes begin
  - 1. Su: Classes begin
  - 2. Mo: Classes begin
  - 3. Tu: Classes begin
  - 4. We: Classes begin
  - 5. Th: Classes begin
  - 6. Fr: Classes begin
  - 7. Sa: Classes begin
  - 8. Su: Classes begin
  - 9. Mo: Classes begin
  - 10. Tu: Classes begin
  - 11. We: Classes begin
  - 12. Th: Classes begin
  - 13. Fr: Classes begin
  - 14. Sa: Classes begin
  - 15. Su: Classes begin
  - 16. Mo: Classes begin
  - 17. Tu: Classes begin
  - 18. We: Classes begin
  - 19. Sa: Classes begin
  - 20. Su: Classes begin
  - 21. Mo: Classes begin
  - 22. Tu: Classes begin
  - 23. We: Classes begin
  - 24. Th: Classes begin
  - 25. Fr: Classes begin
  - 26. Sa: Classes begin
  - 27. Su: Classes begin
  - 28. Mo: Classes begin
  - 29. Tu: Classes begin
  - 30. We: Classes begin
  - 31. Mo: Classes begin

For more important dates, including add/drop dates, 2nd year course registration dates, and when to reapply to live in residence, visit dal.ca/dates