

## **The Challenge of Confining Conditions**

The holidays are finally over. Your student is off to campus. The car is weighed down with gifts, clean laundry and special treats. You may be wondering, "What will happen between now and Spring Break?" This span of time is not that much different from any other in the academic year, but it can be one of the most difficult. Whether your student is a freshman or a "Super Senior" the gray of winter in West Michigan can bring about special challenges for students.

If you live in the Midwest, you may be familiar with the term "cabin fever." It is used to describe a claustrophobic reaction

during the winter.