



AMERICAN UNIVERSITY
WASHINGTON, DC
OFFICE OF THE DEAN OF STUDENTS

December 5, 2014

Dear American University Student:

Winter Break is almost here!! You'll be busy over the next week studying, writing, and taking final exams; then you'll be packing to travel home or elsewhere. In the midst of your hectic schedules, keep in mind the following tips to stay safe and healthy:

Feeling the Stress? Take care of yourself!

- Maintain a balanced diet; avoid too much caffeine and go easy on the holiday treats!
- Get some sleep; take a nice winter's nap!
- Spend some time at the Jacob or Cassell Fitness Center or go for a quick walk.

Celebrating with friends? Be careful and be considerate of your neighbors!

- If you go out on the town, make plans for when and how you will return home.
- If you host a gathering, take steps to monitor and control your guests' behavior. Keep noise levels to a minimum, and end your party at a reasonable hour.
- Look after your friends and ask them to look after you.

Decorating for the Holidays? Be Safe!

- Don't overload electrical outlets and remember to turn off holiday lights and extinguish candles before going to bed or leaving your place.
- If you have a live Christmas tree, keep the stand filled with water at all times and never place live or artificial trees close to a heat source.
- Take down and put away outdoor decorations before you leave. You will be glad you did when you return in January, and your neighbors will be grateful too!

Leaving for the winter break? Secure your residence and make it ready for your return!

- Remove perishable food from your refrigerator and agree that the last roommate to leave takes out the trash! If you are leaving on a day when trash is not collected, ask a neighbor to assist you by putting out and bringing in your trashcans from the street.
- Lock all windows and doors; set lights on a timer; secure valuables or take them home with you.
- Save money and energy! Set your heat to low but no lower than 60 degrees.
- Make arrangements for snow removal while you are away if you are required to do so as a tenant.
- Provide contact information to a neighbor or two in the event they need to reach you during the break.

Have a restful break and Best of luck on final exams....see you in 2015!

Sincerely,
Michelle Espinosa
Associate Dean of Students