Planning for Holiday Breaks

The holidays are coming up soon, and that means it’s time to begin planning for breaks. Campus is closed during the Thanksgiving Holiday and Winter Break. The residence halls will be closed, as well, so families of students who live on campus need to make plans for where students will go during these breaks. For the Thanksgiving Holiday, all residence halls close at 10 a.m. on Wednesday, November 26 and reopen at noon on Sunday, November 30. The halls will close again at 10 a.m. on Saturday, December 13, for Winter Break and reopen at 9 a.m. on Sunday, January 11. During both breaks, students can leave their belongings in their rooms, but they will not be able to enter the halls again until they reopen. On-campus apartments will remain open, but services will be limited.

If your student doesn’t have a car or needs to travel a long distance to get home, planning for breaks can be stressful. However, there are many options available to fit a variety of situations and budgets. Norfolk International Airport is a good choice for students who need to travel across the country. Students can call a taxi or take the bus to the airport, or they can schedule a shuttle to pick them up. Norfolk also has both an Amtrak and a Greyhound bus station. Students can also utilize a ride-sharing program like NuRide, where they can go online to find others going to the same destinations and even earn rewards for sharing rides.
Global Health Advisory

With the first cases of Ebola diagnosed in the United States, questions have arisen regarding the risk to the ODU campus community and the preparations made by the University should a possible case occur. Since August 2014, Student Health Services (SHS) has conducted periodic risk assessments to determine if students have traveled to or from the countries impacted by Ebola. No students have been found to be at risk. However, as with any infectious disease, it is necessary to have emergency preparedness plans in place. SHS has been working closely with the Norfolk Department of Public Health and adhering to the Centers for Disease Control and Prevention (CDC) guidance, which includes:

- Using a clearly defined screening process, including travel history for patients seen at SHS
- Ensuring that clinical staff are prepared and have the training and equipment necessary in an ambulatory care setting
- Providing Ebola updates on the SHS web site including the current CDC travel warning to avoid all non-essential travel to Guinea, Liberia and Sierra Leone.
- Communicating and collaborating with campus departments on emergency preparedness.

Keep in mind that Ebola poses little threat to the general population and the ODU campus community. The greatest risks are to healthcare personnel and travelers returning from the affected areas as they are more likely to have direct contact with body fluids from an Ebola patient. Students are much more likely to catch seasonal flu, so getting a flu shot now can be helpful in preventing illness this winter. Students can stop by the Student Health Center to get an annual flu shot for just $10. The Student Health Center is open 8 a.m. to 7 p.m. Monday through Thursday and 8 a.m. to 5 p.m. Friday.

Monarch Pride

Non-profit organization Physicians for Peace has honored ODU with the President’s Award in recognition of the solid partnership the University has built over the last decade to support the organization’s goal of providing medical training in impoverished nations.

Sports Spotlight

ODU Field Hockey

- @ Providence 2-0 (W)
- @ Georgetown 3-0 (W)
- vs. UNC 1-5 (L)

Next game: Big East Tournament 11/7
ODU Homecoming

It’s Homecoming Week here at ODU, which means there are exciting things happening all around campus. Students are showing their campus spirit by painting paws on the sidewalks around Kaufman Mall, as well as painting themed windows all around campus, and ODU’s student organizations are competing to be named the most spirited. All of the homcoming festivities will peak on Saturday, November 8 with the Homecoming Parade at 11 a.m., football tailgating at 12:30 p.m., the ODU football game vs. FIU at 3:30 p.m., and the Homecoming Ball at 9 p.m.

Break Expectations

Holiday breaks are often the first time students return home during the semester, and family members can find themselves struggling to adjust to the changes that are occurring in their students’ lives. Here are some tips to help holiday breaks go smoothly:

- Before your student comes home, discuss plans for the first few days. Talk about your expectations and family traditions.
- Understand that your student may be exhausted and stressed.
- Talk with your student about his or her schedule, and understand that it may be different from the rest of the family.
- Keep in mind that your student may miss his or her college friends and strive to keep in touch during the break.