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## Holiday trip home can be stressful

*Having to deal with their parents' rules again may cause stress for students*

By Sarah Skidmore  
Oregon Daily Emerald

Finding the balance between her parents' rules and her new sense of freedom was too much for junior Margaret Dillner the first time she went home.

"It really caused conflict," she said. "You just get used to being independent, and you're not used to having people ask where you are going and what you are doing."

The holidays can be a time of joy but can also be a time of stress for students returning home from college.

"People have expectations that things will be how they remember them but many times they have changed," said Linda Devine, assistant dean of student life, who runs workshops related to the stress of returning to the nest.

Some students find that the bedroom they left no longer houses their trophies and posters but instead stores an exercise bike and weight set. Others look forward to reuniting with friends only to find they have drifted apart. Many oth-

ers struggle with their parents' restrictions after time alone.

"It's hard having an authority figure like your parents after not having one for so long," said Serra Morrison, a junior majoring in environmental science.

Returning home can add to holiday stress. However, there are methods to help students enjoy their break, Devine said.

Dealing with the issues that cause stress rather than avoiding them can help to alleviate some of the problem, Devine said.

"Recognizing issues and resolving them with family can go a long way," Devine said.

One major issue that students face is the changing identity of themselves and of their families.

"Christmas break is a long enough time that you're back in the family routine but students may or may not feel a part of that," Devine said.

Freshmen may be at the highest risk for experiencing the shock of what can sometimes be the first return home, said Mark Evans Ph.D., counselor at the University Counseling Center. After the first three

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