



## STAYING MOTIVATED MID-SEMESTER

Dear MCC Community,

February is a turning point. The excitement of a new semester has faded, and your student may be feeling the weight of academic and personal responsibilities. This is a great time to check in—not just on what they're doing, but how they're feeling about their progress.

Your steady support can help them push past distractions and stay focused on their goals. Even a quick word of encouragement from you can provide the motivation they didn't know they needed. Thank you for being a constant in their journey.

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## RELATIONSHIPS & EMOTIONAL HEALTH

### AROUND VALENTINE'S DAY

While Valentine's Day can be joyful, it's also a time when some students feel increased stress or pressure in their relationships—or experience feelings of loneliness or rejection. For young adults navigating independence, romantic expectations, and emotional maturity all at once, February can bring real emotional weight.

We encourage you to talk with your student about how they're doing emotionally—not just socially. MCC offers free and confidential counseling services for students who may be feeling overwhelmed or just need someone to talk to. You can remind your student that seeking support is a sign of strength, not weakness.

#### TRY ASKING

- "How are your friendships and relationships feeling lately?"
- "Do you know what kinds of support the college offers if you're feeling stressed or stuck?"
- "If you ever felt off balance emotionally, what would help you get back on track?"

#### LINKS

- [Counseling](#)

## COACHING WITH CARE

Mid-semester check-ins are most powerful when they create space for reflection. Try approaching conversations with curiosity and confidence in your student's ability to assess and adjust. Your support matters—and how you offer it can shape how they respond.

## ADVISING FOR SUMMER & FALL

Encourage your student to schedule an appointment with their advisor now to begin planning for summer and fall. Early conversations about course selection and degree pathways help students stay on track and reduce stress later in the semester.

#### TRY ASKING

- "What are you thinking about in terms of summer or fall classes?"
- "What would feel like a good next step for you in your academic plan?"

#### LINKS

- [Advising](#)

## CAREER SERVICES & EXPLORING INTERNSHIPS

Now is a smart time to explore future career goals. MCC's Career Services team can help with resume writing, job searches, mock interviews, and even finding internship opportunities.

#### TRY ASKING

- "What kind of work experience would you find exciting or meaningful right now?"
- "Have you had a chance to think about what you'd like to do after MCC—and who might help you explore that?"

#### LINKS

- [Career Services](#)

## IMPORTANT DATES

- **March 9 - 14:** MCC closed for Spring Break
- **April 3:** MCC closed for Spring Holiday
- **April 6:** Registration opens for summer and Fall 2026
- **May 4 - 8:** Final Exams
- **May 12:** Spring Commencement

