



SUPPORT THROUGH STRESS & THANKSGIVING BREAK

Dear MCC Community,

As the semester winds down, pressure often ramps up. Your student may be juggling final projects, tight deadlines, social fatigue, and concerns about grades—all while looking ahead to the holiday break. A quick conversation, thoughtful text, or shared meal can offer just the encouragement they need during this busy season.

Thank you for being a steady source of support. Your presence and perspective can help your Highlander stay grounded and finish the semester with strength and confidence.

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SUPPORTING MENTAL HEALTH & SELF-CARE

This is a good time to remind your student that it's okay to ask for help—and that reaching out to instructors, tutors, or campus support services is a sign of strength, not failure. As deadlines pile up, it's also important to remember that rest, sleep, and mental breaks aren't luxuries—they're necessities for thinking clearly and staying resilient.

TRY ASKING

- "What's been most energizing—or most draining—for you lately?"
- "When you feel stressed, what usually helps you reset?"

LINKS

- [Success Coaching Services](#)
- [Counseling](#)

IMPORTANT FALL DATES

- **November 26 - 30:** MCC closed for Thanksgiving Break
- **December 8 - 11:** Final exams
- **December 15 - January 4:** Winter break
- **December 16:** Fall Commencement

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COACHING WITH CARE

We've included questions below that you can use to gently support your student's emotional and academic well-being. These prompts are designed to create space for reflection rather than pressure.

PREPARING FOR FINAL PROJECTS & EXAMS

Now is the perfect time for your student to take stock of their remaining assignments, upcoming projects, and final exams. Encouraging them to look ahead and create a game plan can make a big difference. By breaking tasks into manageable steps and spreading out their study time, students can reduce last-minute stress and feel more confident heading into finals.

TRY ASKING

- "What feels like the biggest academic challenge coming up for you?"
- "What helps you stay calm and focused when things get busy?"

LINKS

- [Success Coaching Services](#)
- [Upswing](#) (Online Tutoring)

GETTING READY FOR THANKSGIVING BREAK

Thanksgiving break offers students a much-needed pause—a chance to rest, recharge, and reconnect with family. But it's also a natural opportunity for reflection. With the semester nearing its end, this downtime can open the door to meaningful conversations about how things are going—academically, socially, and personally.

TRY ASKING

- "What's one thing you're proud of so far this semester?"
- "Is there anything you want to do differently after the break?"

LINKS

- [Thanksgiving Break Thoughts for Parents](#)

[VIRTUAL CAMPUS TOUR](#)

