

## **Maintaining Family & Relationships**

1. Try weekly family meetings to discuss schedules, chores, and activities.
2. Use this time to praise family members again for their support and encouragement.
3. Create a family calendar together to post where all can see.
4. Schedule special time with each family member. Attempt to find one hour with each member, but be flexible as your academic demands increase and decrease. Children will be less likely to interrupt during study hours if you set aside specific time for them each week. Let the child decide what you do together.
5. Use time working together to talk about each other's days. Time to share is essential when juggling work, home, and school.
6. When appropriate, take a family member to class or on campus to show them what you do and where you go.
7. On weekends, take the family on a campus tour. Enjoy the free or affordable services provided: art exhibits, concerts, athletic events, recreation facilities, etc.
8. Do homework together.
9. Family and friends need to know that they are still important to you. Give them good quality time. Good personal relationships are an essential foundation as you juggle school, family, and work.