

Ready for Winter?

What to Expect

November & December

- Darkness—Sun sets in afternoon

January & February

- Cold! Lots of snow and ice, frigid temperatures

March & early April

- Wet—Cold & Slushy

Check the Weather!

Winter Vocab

- **Freezing rain** = rain that freezes when it hits the ground
- **Sleet** = rain that turns to ice pellets before reaching the ground.
- **Wind chill** = temperature it feels like outside
- **Blizzard** = 35 mph winds, lots of blowing snow.
- **Frost/freeze warning**= Below freezing temperatures expected (32 degrees)

Living in a New England Winter

Clothing: Dress in Warm Layers!

- * Buildings are often heated to different temperatures so you'll want to be prepared
- * Invest in a good:
 - Coat
 - Hat, mitten, scarves
 - **Waterproof** boots
- * Tips to stay extra warm:
 - Extra socks. Wool socks.
 - Fleece jackets and gloves.
 - Put feet in plastic bag, then put on shoes.

UConn Weather Closures

- * When the school closes you'll get an email or text
- * UConn Alert: <http://www.alert.uconn.edu/>
- * The decision about closing is made by 5 am for overnight storms
- * Public safety, dorms, dining services, health services, and facilities stay open during closures
- * ISSS closed on days when University is closed.
- * **HOWEVER**, if the school is open but you don't feel safe coming in, **STAY HOME**.
 - Check bus route websites if using the bus.
 - Email professor if you are unable to come in due to weather.

Driving in Winter

Prepare your car!

- * <http://offcampus.uconn.edu/winterize-your-vehicle/>
- * Clear the snow off your car –It's the law!
- * Warm up your car before driving.
- * Kitty litter in the trunk in case your car gets stuck on ice
- * Snow can be bright! Keep sunglasses in the car.

BE CAREFUL!!!!

- * Drive slow, keep distance, lights on
- * Be extra careful going over a bridge
- * Downshift to help brake if driving manual
- * Watch for black ice
- * Snowbanks prevents you from seeing other cars

Living off Campus

- * Buy a shovel.
- * Check rental agreement/town rules to see if you are responsible for shoveling your driveway or the sidewalk in front of house.

Preparing for a Snowstorm

- * Buy groceries, get gas for car.
- * Charge battery operated devices.
- * Deep cold: Let water drip from faucet to prevent freezing.
- * Prepare for loss of power.
 - Never use a generator, grill, camp stove indoors →Carbon monoxide poisoning

Learning to Love Winter

Create a Cozy Environment

- Use holiday lights
- Bake cookies
- Learn to knit
- Host dinners
- Cozy activities like watching movie or going to the theater



Get Outdoors

- Sledding at Horsebarn Hill
- Ice skating at Freitas Ice Forum
 - Public ice skating hours
 - Skate rentals
- UConn Outdoors (Snowshoeing, Skiing, Snowboarding)



Travel Locally

Check out sights in Hartford, New York, Boston, or Quebec City, Canada. Remember if you're leaving the country to make sure your travel signature is all set!



Take a Class

UConn Winter Session
December 27 – January 13
wintersession.uconn.edu



Study Abroad for next Winter Break!

Earn credit and travel overseas through an Education Abroad winter term program!
www.abroad.uconn.edu

Seasonal Affective Disorder can impact students during winter

Symptoms

- Irritability
- Tiredness or low energy
- Problems getting along with people
- Hypersensitivity to rejection
- Heavy feeling in arms or legs
- Oversleeping
- Appetite changes (craving breads)
- Weight gain or weight loss

How to Help

- Light therapy
- Counseling, medication
- Make environment sunnier and brighter
 - Open curtains, sit close to windows
 - Get outside
 - Exercise
 - Plants
- Mind-body therapies: yoga, meditation, acupuncture

UConn Counseling and Mental Health Services and the Health Education Office may have resources to help if you suffer from SAD