

December 2019

Help your student deal with stress, get PHINvolved, and have a happy holiday season!

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today! Students can make appointments in person or by contacting the CRC at (904) 256-7054 or careers@ju.edu.

Get PHINvolved

Your student may have left the nest, but you are now a part of our pod! If you're interested in getting more plugged into your Dolphin Family, please [fill out this form and find ways you can get PHINvolved now!](#) From speaking to fellow families and prospective families in your hometown, to being a social media ambassador, to