

**Gael Health  
and Wellness**  
**TRENDS, TIPS, & TOOLS  
FOR THRIVING AT SMC**

**Counseling And Psychological Services  
(CAPS)**

**Health & Wellness Center  
(H&WC)**

# Transitions

College is an exciting time, but it can also be overwhelming.

Tips & Tools for Surviving & Thriving!

# Developmental Issues for Young Adults

- Achieving Sense of competency
- Achieving Identity
- Separation/Independence
- Managing Emotions
- Achieving Intimacy

# Common first-year stressors at College

- **Built in Pressures:** size of campus, competition, workload, uncertainty of expectations
- Relationships
- Living on one's own: self-care, attending to academic demands without adult pressure
- Residential Living: roommate conflicts
- Small Fish in Big Pond
- Academics

# Specific issues for first-years

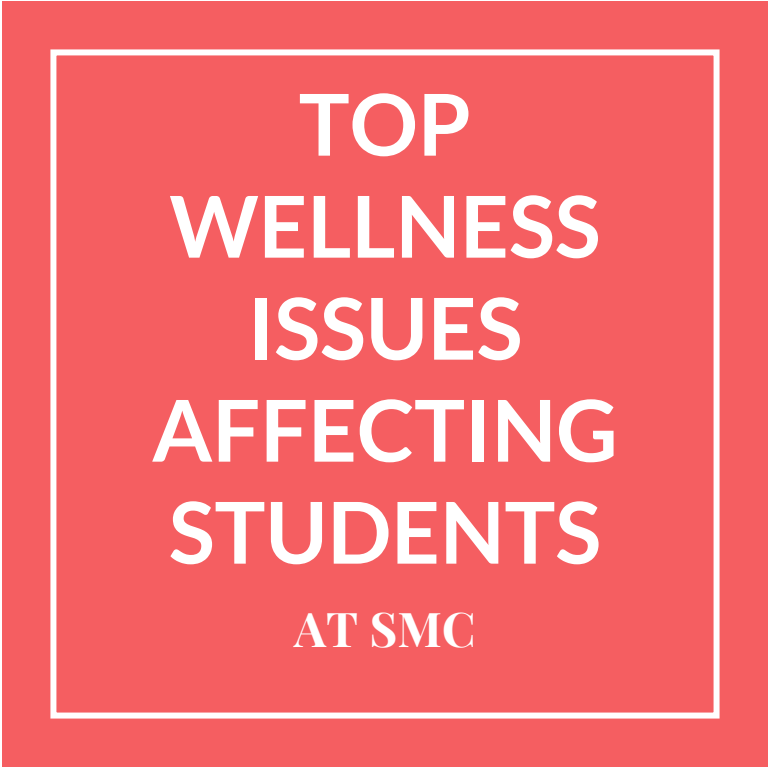
- New freedoms and responsibilities
  - New and more demanding academic requirements
  - Changing relationships with peer family and self
  - Challenges to beliefs and values
- adjustment reactions are common and expected--**

# Coping Strategies for Parents

- Recognize that feelings of ambivalence are normal
- Allow yourself to feel
- Make overall wellness a goal
- Find a new creative outlet
- Don't rely on your student to help you cope with what you're going through

# Tips for helping your student

- **Do** stay in touch
- **Do** encourage
- **Do** be realistic
- **Do** allow space
- **Do** be prepared for change
  
- **Don't** panic
- **Don't** tell them what to do
- **Don't** take over and assume responsibility
- **Don't** insist on frequent visits or phone calls
- **Don't** press your student on what they will do after college

A large red square graphic with a white border, containing white text. The text is centered and reads: "TOP WELLNESS ISSUES AFFECTING STUDENTS AT SMC".

**TOP  
WELLNESS  
ISSUES  
AFFECTING  
STUDENTS  
AT SMC**



# Top 10 Issues Impacting Academic Success

Stress

Cold/Flu/Sore Throat

Anxiety

Internet/Computer  
Game Use

Sleep  
Difficulties

Work

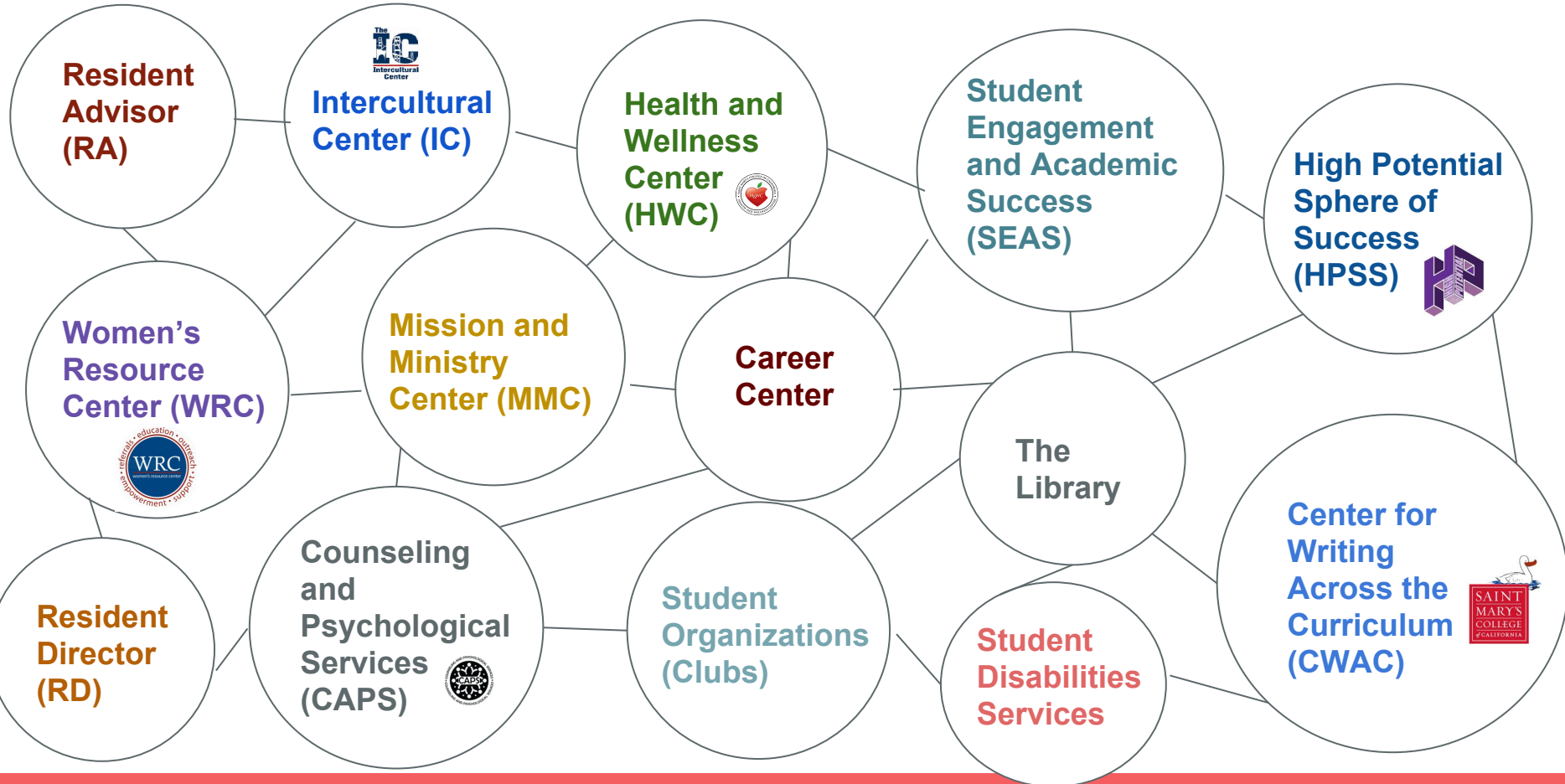
Concern for a Troubled  
Friend/Family Member

Extracurricular  
Activities

Relationship  
Difficulties

Depression

# Where Can My Student Get Support?



**WHAT EVERY  
STUDENT  
SHOULD KNOW  
ABOUT  
WELLNESS  
RESOURCES AT  
SMC**

# Health & Wellness Center

- Available to all full-time undergraduates, regardless of health insurance
- Urgent medical care services, travel health, immunizations
- \$10 cost for medical visits, \$0 for any follow-up visits
- Confidential



# Health & Wellness Center

What we require:

- Medical History Form
- Immunizations
- TB (Tuberculosis) Screening Form
- Health Insurance Coverage
- Educational Courses



# Counseling & Psychological Services (CAPS)

- Short term/time-limited individual therapy
- No additional cost
- Group therapy - (First Generation to College, Survivors of Sexual Trauma, Graduate Student Group, Interpersonal Process Group)
- Confidentiality



# Counseling & Psychological Services (CAPS)

- Short-term psychiatric services available to students currently being seen for therapy at CAPS
- Evening hours by appointment and daily drop-in hours
- Outreach
- Consultation with faculty, staff, parents, and other concerned parties



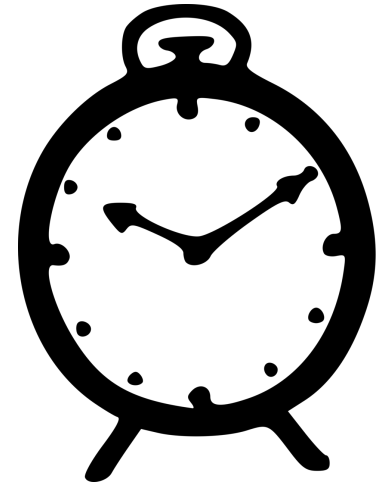
# Other wellness resources?

- Recreation Center
- Intramural Sports Teams
- Wellness Drop in Groups - stress management, health relationships, academic support services
- Safe Spring Break, Pet Therapy, Student Involvement Fair, Health Fair
- First Friday Socials - Student Disability Services



# Which Services are Available After Hours?

- Health and Wellness Center After-Hours  
Nurse Advice line..... (925) 631-4254
- CARE Line..... (925) 878-9207
- Public Safety..... (925) 631-4282
- CAPS (available to Public Safety and 24 hour on-call staff for consultation)
- Residence Hall Staff
- 24 hour on-call staff



# When should I be concerned about my student?

- Social withdrawal
- Marked change in appearance, hygiene
- Tearful calls home outnumber the other calls
- Talk of hopelessness
- Excessive fatigue or lethargic mood
- Inability to think and concentrate: dramatic change in grades
- References to suicide or self-harm
-

# What should I do?

- Listen
- Take their lead
- Express concerns directly
- Encourage them to seek help
- Tell your student about resources on campus
- Look for leverage: health, career, academic
- Normalize the idea of seeking help and let them know it is not a sign of weakness

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# RESOURCES

# Resources for Parents

- [www.TransitionYear.org](http://www.TransitionYear.org). Emotional Health and Your College Student: A Guide for Parents, although the contents address mental health issues
- <https://www.settogo.org> - From the Jed Foundation
- [Propellercollective.org](http://Propellercollective.org) - For 1st generation college students
- Letting Go: A Parents' Guide to Understanding the College Years, Karen Levin Coburn & Madge Tregger
- Empty Nest: Full Heart: The Journey from Home to College by Andrea Van Steenhouse