

Look Who's Coming To College?

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1:00 - 2:00 p.m.



Presenter:

Dai To, Ph.D.

Executive Director Wellness,
Director, Counseling and Psychological
Services (CAPS)



Transitions

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

Tips & Tools for Surviving & Thriving!

FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



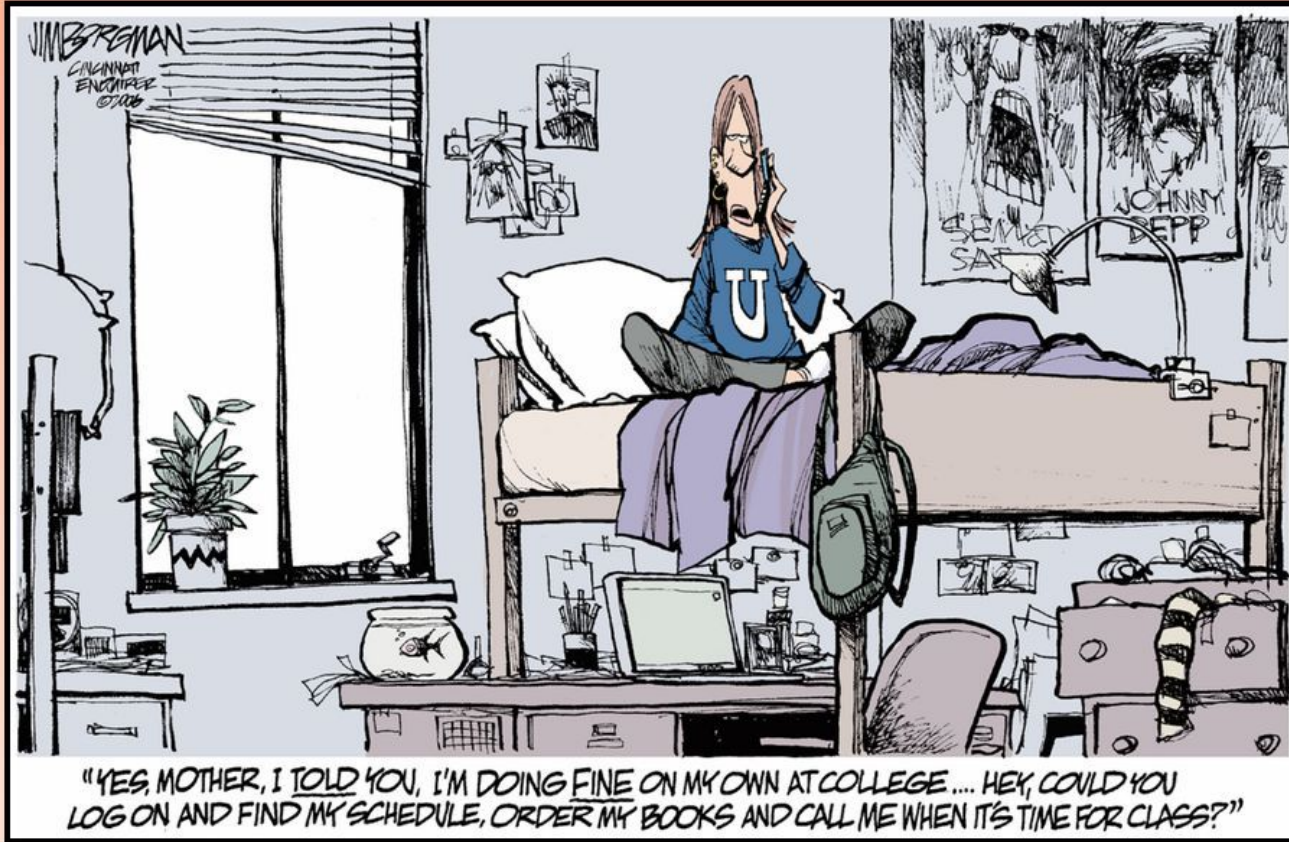
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Adjusting to Parenting an Adult

- Encourage Independence
- Try to limit unsolicited advice
- Don't expect everything will go smoothly
- Prepare for your relationship with your student to change
- Trust you student (and Yourself!)

Developmental Issues for Young Adults

- Achieving sense of competency
- Coming into own identity
- Separation/Independence
- Managing Emotions
- Achieving Intimacy

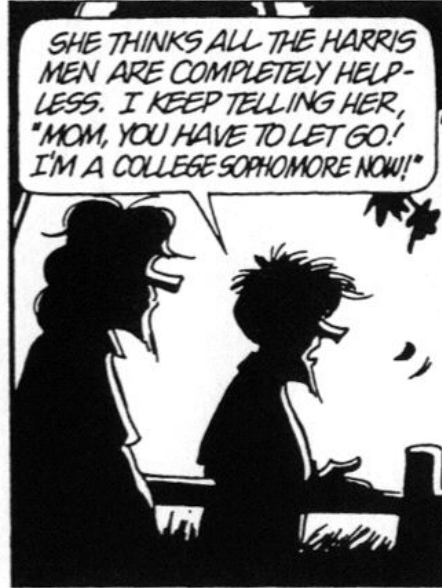


"YES, MOTHER, I TOLD YOU, I'M DOING FINE ON MY OWN AT COLLEGE.... HEY, COULD YOU LOG ON AND FIND MY SCHEDULE, ORDER MY BOOKS AND CALL ME WHEN IT'S TIME FOR CLASS?"

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

Letting Go



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

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 if I'm concerned?

- 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

To Do's Before Your Child is College Bound

- Make new memories
- Prepare them for the basics
- Clarify communication about grades
- Plan a “me” day
- Prepare for a “I can't do this call”
- Set up weekly face to face chats before they leave
- Remember, no news is good news

Thank You!

Q&A

