



UNIVERSITY OF DELAWARE
STUDENT LIFE

Easing Transitions



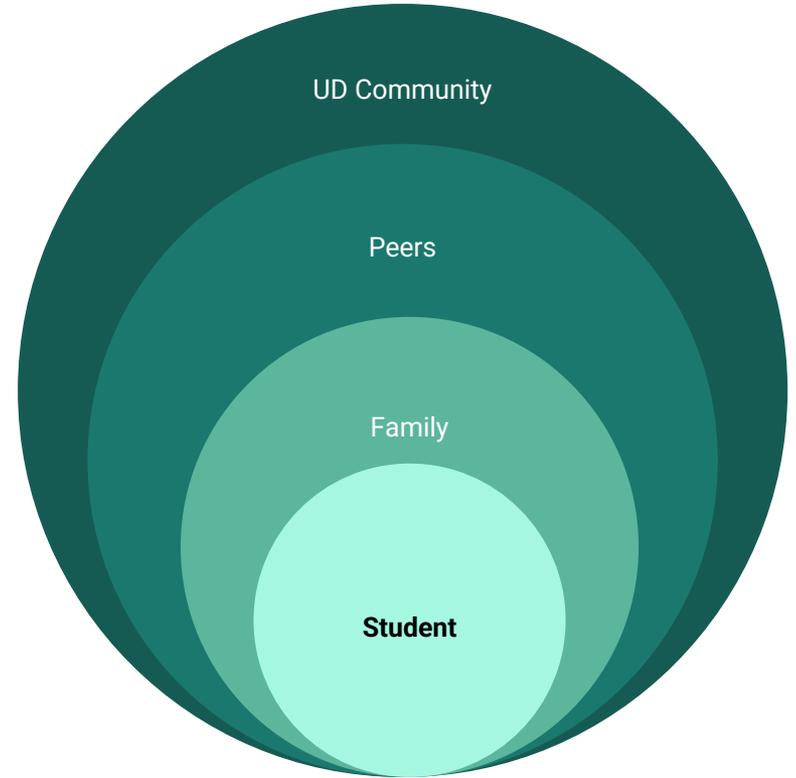
Center for Counseling & Student Development (CCSD)
Located in the Wellbeing Center at Warner Hall – 280 The Green

Wellbeing at UD

A foundation of health, wellness, and belonging that enables self-efficacy



Wellbeing infused throughout the system



The Center for Counseling & Student Development

- Initial triage and referral (on and off-campus)
- Brief, structured coping skills groups
- Short-term individual and group therapy
- Single sessions, Let's Talk
- Daytime and after-hours emergency availability
- Consultation with students, parents, faculty, and staff
- Presentations around campus for students, staff, and faculty
- Licensed Psychologists, Counselors, Advance Practice Nurses, Psychiatrists
- UD Helpline 24/7/365: (302) 831-1001
- udel.edu/counseling



Feeling anxious, depressed or overwhelmed?

UD Helpline is here for you.

302-831-1001

Being a Blue Hen means having access to assistance. Reach a counselor any time of day or night at the phone number above, or visit udel.edu/counseling to learn about the many services that we offer.

Center for Counseling
& Student Development



Victim Advocates
available



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STUDENT LIFE



You've Got This!

YOU'VE GOT THIS! ONLINE

Communicate effectively

Less overthinking

Sleep better

Manage emotions better

Skills to handle difficult situations better

Join our 4 week You've Got This! Online zoom sessions. Learn how to better manage difficult emotions, tame overthinking, how to cope better with stress, and handle difficult conversations, all while receiving support from our facilitators and peers. You will be able to get your questions answered and learn how to apply these skills to your every day life!

Spring 2021 Schedule

Mondays 3:00 pm - 4:30 pm
Julie Garson, PsyD & Ogechi Nwordu, Ed.S

To join call us at 302-831-2141 to set up an appointment to talk with a counselor.
Center for Counseling & Student Development

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A four week intensive group experience

- To learn skills and strategies to reduce anxiety and emotional distress
- To build resilience and coping skills to foster positive adjustment to college



Preparing for College

It's a developmental process for everyone

It began when they took their first steps

You've probably already noticed the changes starting as they prepare to be more self-sufficient (summer...)



FAQ from parents: The Drop-Off



- How will I know when it's time to leave? (Drop off veterans, you know the answer...)
- You say, "When do I leave?"
- Your student says, "When will they leave?"



The Drop-Off

- Unload
- Help them set up their room
- Take a picture...
- It'll never look like this again...



**There's a lot to navigate this year.
We're here to help.**



Developmental Challenges for Emerging Adults

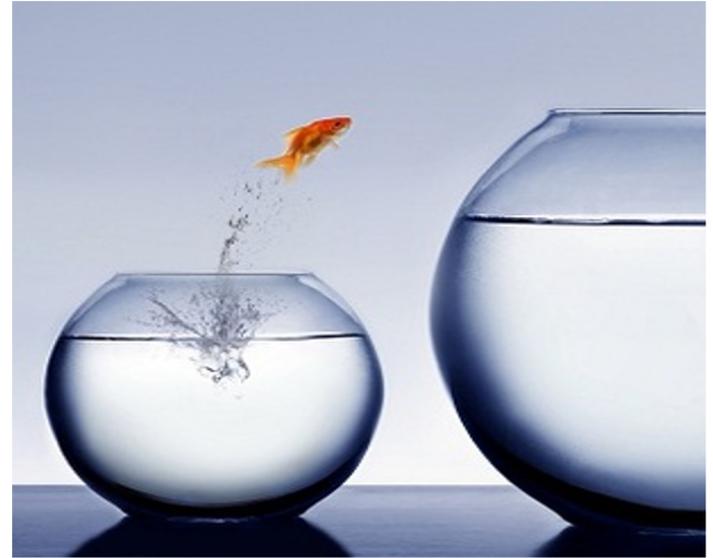
- Homesickness and/or culture shock.
- Making new friends, fitting in, finding your place.
- Relationships, break-ups.
- Changes in academic performance from high school or previous institution.
- Handling disappointments, adjusting expectations.
- Self-esteem and confidence.
- Identity development; can be especially difficult for marginalized groups.
- Family Transitions (death, divorce).
- Career Development.
- Stress & Anxiety Management.



Will my student do as well in college as they did in high school?

College is harder than high school.

We expect grades to initially be lower.



Freedom vs Responsibility

- Who am I?
- How do I handle my emotions like disappointment?
- Where am I headed (what will I be when I grow up)?
- Can I rely on myself and those around me?



- Developing integrity and affirming of values



Psychological Changes

This is another in-between time
– a threshold.

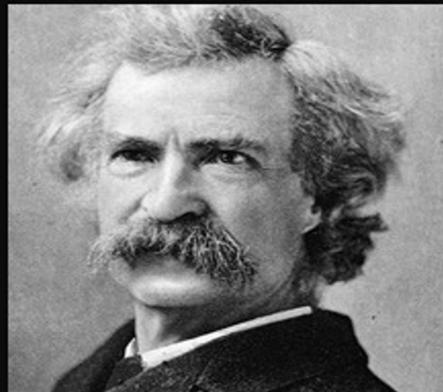
Mixed messages: I don't need
your advice...can you do my
laundry?

Students need both your
growing trust in their competence
and your steady nurturance when
they feel vulnerable.

You are their safe base.



— Mark Twain —



When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years.

— AZ QUOTES —

New Role for Parents

- Move from expert to empathic consultant
 - Scaffolded approach
 - Works best for maturational crises - the more novel or severe the crisis, the more you will need to step back in
- Why?
 - They need to own their choices in order to develop decision making skills
 - So you can eventually retire.



How to Navigate the New Role

- Encourage use of campus resources.
- Encourage careful thought and problem solving.
- Remember, mistakes are great teachers.



Communication

- How often will you call or accept calls/texts?
- How often will you EXPECT calls/texts?
- A great question to ask yourself:
 - **How is your contact fostering your student's growing competence as an adult?**



Productive Conversations

1. Have your student explain the problem; don't interrupt.
2. Offer cues: 'How can I be helpful? What do you think you should do? What options are you considering?'
3. Help your student evaluate their choices, but don't choose for them.
4. If they still seem stuck, ask, 'What do you imagine my advice would be?'
5. Be assuring and supportive: 'I think you can handle this.'
...At the same time, let them know that 'No matter what, I'm here for you.'

Adapted from the Jed Foundation



Researching and Reaching out to RSOs

- Check out Student Central: studentcentral.udel.edu
- Information Fair is the first and easiest time to meet/greet/sign up with RSO – First Monday (day before classes start)
- Organizations include, but are not limited to:
 - Dance, Music, Performing Arts
 - Technology, Gaming, Programming
 - Racial and Religious Affinity groups
 - Politics, Debate
 - Advocacy, Community Service
 - Fraternity/Sorority Councils
 - Hobbies



Your Student's Mental Health

- Talk about stress as a family and how your student copes with it
- If necessary, develop new and stronger coping mechanisms this summer
- Discuss importance of sleep, diet, medication, social life, & academics



Your Student's Mental Health

- Check insurance coverage: does it cover out-of-state counseling?
- Make a plan if your child has preexisting mental health concerns
 - Do they have enough medication?
 - Have they found a therapist in Newark, DE?
 - Have you discussed an emergency plan?
 - Schedule appointments in advance for holidays at home.
 - Register with Disability Support Services



Prepare for The Return of the First-Year

- Before you know it, they will come back home.
- After being at college, you will want to be prepared to discuss
 - Curfew
 - Rules of the house /changes/ consistencies
- It's still your house. But your student has been managing their own lives and freedom.
- The sooner these conversations happen, the better.
- Communicate and negotiate.



How do I act when I come to visit?

- Plan ahead. You will likely want to pamper them.
- Your son or daughter is unlikely to discourage this...
- Call ahead! Surprise visits are surprising for everyone...



Prepare for the Loss of a Daily Household Member

- One fewer person for dinner?
 - Maybe the first family member to leave home
 - Maybe the *last* family member to leave home
- A new phase and evolution for everyone in the family
- You continue to be the parent and/or caregiver
- Prepare younger family members
- 60% return to live at home at some point the year after graduation



(setto.org)

Online resource center to help parents and students focus on emotional health before, during and after the college transition.

The screenshot shows the Set to Go website homepage. At the top, there is a navigation bar with the logo "SET TO GO A JED PROGRAM" and links for "FOR STUDENTS", "FOR FAMILIES", "FOR EDUCATORS", "NEWS", "TOOLS", a search icon, and a "Donate" button. Below the navigation bar is a green banner with a white checkmark icon. The main heading is "The Tools and Information You Need". Below this heading is a paragraph: "There are skills that will help you thrive as you get ready to leave high school. Here you'll find information, tools and guidance to help you feel Set to Go - whether you go to college or straight to a career." Below the paragraph is a row of five featured articles, each with a small image and a title: "College in Perspective", "Life Skills for Teens", "Student Resilience and Self-Management Skills", "Mental Health and Substance Abuse Literacy", and "The Transition Adjusting to College Life". At the bottom of the featured articles section is the heading "Featured Articles".

Planning Ahead for Your Mental Health Care as You Transition to College



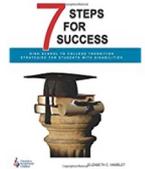
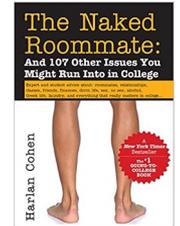
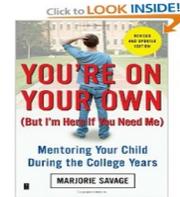
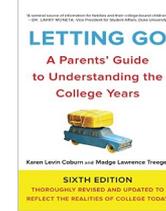
Introduction

More and more young people are headed to college with an already diagnosed mental health condition. Many of them have been in some sort of therapy, take one or more medications, and receive support services through their high school, from private tutors and/ or other agencies. For



Suggested Reading

- Letting Go: A Parents' Guide to Understanding the College Years
- You're On Your Own (But I'm Here If You Need Me): Mentoring Your Child During the College Years
- 7 Steps for Success: High School to College Transition Strategies for Students with Disabilities
- The Naked Roommate and 107 Other Issues You Might Run Into In College



CCSD is here to help your student succeed!



Thank you!

