

SEATTLEU

Helping Your Hawk Soar
(Helping Your Student Through Transition)

Laurie Prince, Director-Parent and Family Engagement

Dr. Randy Scott, LMHC, Associate Director-Counseling and Psychological
Services (CAPS)

What are you thinking about?

Will my student...

- do well in classes?
- stay healthy?
- be homesick?
- be safe?
- know how to find resources?
- find a job?
- find ways to get involved?
- make friends?
- change their major?
- learn to balance school, social life, and leadership?
- get along with their roommate?

→→→ Evolving Parent Relationship and Involvement

You have been a manager/caretaker for many things related to your student's life-making appointments, talking to teachers, budgeting, scheduling their time, etc. In college, you are not there. Your student can be successful if you work with them to self-manage.

You are now a coach/mentor, advising from the sidelines.



Some ways college is different...

- A student's job is their education and adaptation to independent community living.
- They are seeking to find their own identity in a large diverse community.
- Colleges are not surrogate homes but places to experience growth and challenge-intellectually, emotionally and socially. There will be struggles!
- You can't protect students from failure, disappointment. Developing grit and resilience are important for student success. Especially now.
- In high school, student time is very structured. In college, there is much more free time. Students manage their own time, plan their own course schedule. (Time management is frequently a very big challenge for new students.)



Ways College is different (con't.)

- Professors may not formally take roll, but they are still likely to know whether or not the student attended.
- The pacing of academics is accelerated, especially on a quarter system.
- Students in class 15-18 hours/week. They are expected to do a considerable amount of work outside of class time.
- They will not have known most students they are with for years.
- Students must purchase/rent textbooks for each class. They are not provided to you.
- Students may share a room with someone they haven't met before.
- It is not necessarily the best 4 years of their lives.



Emerging Adulthood

- Distinct period of development between adolescence and adulthood (18-25 years old).
- Emerging adults often do not see themselves as adolescents anymore....
- ...many also do not see themselves as adults either because they have yet to adopt adult roles & responsibilities.



Adult Roles & Responsibilities

1. Accept responsibility for the consequences of one's actions
2. Identify one's personal beliefs and values
3. Make independent decisions
4. Establish financial independence from parents
5. Establish an equal relationship with parents



Developmental Tasks of Emerging Adulthood

- Identity exploration
- Questioning worldview
- Love & relationships
- Education & work
- Time of great possibility!



FALL:

- Excitement, testing new-found freedom
- Homesickness and loneliness
- Anxiety RE: roommates, profs, classes
- Making friends
- “Do I fit in here?”
- Breakups of old relationships
- Getting sick away from home for the first time
- Time management
- Managing finances
- Adjusting to new ways of socializing
- Experience of being a “little fish in a bigger pond”

WINTER:

- “Fresh start” mentality with new quarter
- Satisfaction and/or disappointment with fall quarter grades
- Feelings of cabin fever and depression with winter. Seattle grey days
- Homesickness can return after spending Winter Break with family
- Typical winter flu season
- Still searching for a group of friends
- Excitement and/or disappointment regarding Spring Break plans



SPRING:

- Spring fever
- Burned out feeling
- Anxiety regarding roommate(s) for next year
- Stress over moving out of the halls
- Finding a summer job
- Apprehension about returning home for summer
- Sadness over leaving new friendships and/or love relationships at school

»» Counseling and Psychological Services

What services are best for my student?

Individual Counseling

Group Counseling

Urgent Care

- Individual Therapy

In-person or telehealth

Free

Only for enrolled students in
WA state

Confidential, private, and
evidence informed

8-10 sessions per year

Voluntary

- Group Therapy

- In-person with other students
- Free
- Only for enrolled students in WA state
- Confidential, private, and evidence-informed
- **No session limit!**
- Voluntary



- Urgent Care

- Designed for students experiencing personal mental health crisis and a high degree of overwhelming emotional or psychological distress
- 30-minute brief mental health assessment
- Provides recommendations for immediate next steps
 - Ex: additional appointments with CAPS and off-campus referrals

Fall Quarter

Mondays - Friday

11 AM – 1 PM



College Mental Health Checklist

If your student is interested in long-term therapy (ongoing support or more than 10 sessions), begin reaching out to therapists in the Seattle area shortly before school starts through their insurance (in-network providers) and online databases like Open Path Collective.

CAPS can assist with referrals as well.

→ College Mental Health Checklist

- Set up your accommodations and prescriptions ahead of time.
- Accommodations are provided through Disability Services (documentation required).
- Review other supports on campus and use them often (ex: professor office hours, Learning Assistance Programs, etc.).

→→ College Mental Health Checklist

- Teach your student how to use insurance and what mental health services are covered.
- Remember, what is covered might be different if you are from out of state!
- If they are already seeing a therapist, ask them to help you develop a plan for managing their mental health while in college.

»» **College Myths (help debunk these with your student)**

- Everyone is SO thrilled and excited about starting college, right? Wrong.
- Everyone adjusts easily to college.
- Friends abound almost immediately at college.
- Most kids don't get homesick.
- Everyone parties at college so I must too, or I'll feel like an outcast.
- I've got to pick a major asap or my future career is in jeopardy



Things that may be happening for you...

- Transitioning to change in level of parental responsibility
- Establish your identity as a parent of an emerging adult
- Adjusting to new family dynamic, routine and involvement
- Managing emotions related to student's emerging independence
- You may be feeling left out. Less privy to most aspects of their lives
- Establish the adult-to adult aspect of the parent-child relationship
- Feeling a void
- Guide rather than control/pressure
- Expect ups and downs. Transition is a process, not an event.
- Stay connected
- Move from caretaking to coaching



How you can help...

- Help your student feel confident in his/her ability to manage their own life. Talk about ways to do this over the summer. Role playing can help build their confidence.
- Encourage your student to take responsibility for their education.
- Help your student understand that feeling discomfort is a normal part of transition. Others are feeling it, even if they don't talk about it.
- Learn about the university so you can guide your student to contacting the appropriate resource.
- Encourage your student to get involved in some club or other activity. 10-15 hours a week of a job and other involvement helps students organize their time and develop community.
- Listen, make suggestions but don't fix it.
- Prepare for the change you will both be going through. Change is stressful.
- Let them make mistakes. It is how we learn important lessons sometimes.
- Reach out, but don't panic if you don't get a response immediately.
- Understand "Messing the Nest." Tensions may arise over the summer, making it easier for your student to say goodbye in fall.
- Be ready for "the dump" phone call/text. You get all the stress; they feel relieved and move on.



10, 5 minute conversations...

- 1. **Academic Goals** (What do you hope to accomplish through your college experience and how will the choices you make align with this)
- 2. **Alcohol & Drugs** (What are your expectations, values, etc. associated with alcohol and drugs? What will your student do when confronted with choices, peer pressure, etc.)
- 3. **Budget & Money** (What are your expectations for how your student will budget, utilize resources, credit cards, etc.)
- 4. **Communication** (What are your expectations for how you'll communicate, frequency of communication, etc.)
- 5. **Health & Wellness** (Encourage healthy habits-sleep, exercise, diet-the choices made now are habit forming for a lifetime)


→→ 10, 5 minute conversations con't...

- 6. **On-campus involvement** (Encourage your student to explore and find those things they are most passionate about and to commit to sustained engagement and involvement – 2-3 v. 10 different things with minimal connection)
- 7. **Sex** (the awkward and important conversation knowing that college students experiment with many things)
- 8. **Street Smarts** (City savviness given the urban location of the campus)
- 9. **Study Habits** (Studying in college is significantly different than high school – understanding what they need and developing good habits)
- 10. **Work** (Is there an expectation your student will work and if so, how much? – being clear about what they need to do from an income perspective)

Technology

- Because you can be in contact constantly, should you?
- Challenge of staying close and connected while giving students the space they need to mature and grow.
- Who is initiating the contact and how often? Is your student in the driver's seat?
- Are you Facebook friends with your student? Should you be?
- Do you follow them on Instagram/Twitter (X)/Tik Tok? Should you?
- Go the “old fashion” route. Handwritten notes and care packages are still loved by students! (Remind them to check their campus mailbox! 😊)

Resources and Questions

- 
- [Parent & Family Engagement Office](#)
 - [Student Health Center](#)
 - [Counseling & Psychological Services \(CAPS\)](#)
 - [TimelyCare](#) (24/7 telehealth)
 - [Wellness and Health Promotion](#)
 - [Orientation Staff](#)
 - [Residence Hall](#) or [Link Community staff](#)
 - [Academic Advisors](#)
 - [The MOSAIC Center](#)
 - Faculty
 - [Center for Student Involvement](#)
 - [Campus Ministry](#)
 - ...and many more!

What you can expect from the Parent & Family Engagement Office...

- E-newsletter: “Family Connections” once a month
- Periodic university notices/updates
- Quarterly Webinars to help you learn about campus resources
- Website: www.seattleu.edu/parents-families
- Facebook: www.facebook.com/groups/seattleufamilies
- parents@seattleu.edu, 206-296-6291
- Homecoming/Family Weekend, November 8-10, 2024



Remember...

- Your student has one foot in each world and you do too! Be patient with yourself.
- Frequently your relationship with your student will improve.
- You are still important to them!
- Give yourself credit! You have prepared them!



Need more orientation info?

<https://www.seattleu.edu/admitted-students/orientation>

orientation@seattleu.edu

206-296-2525