Marian University – Indianapolis ———— ®

THIS IS WHAT WE'RE MADE OF



Text Me When You Get There!

Managing the Rollercoaster Ride of Your Student's First Year











Do you like rollercoasters?

 Changes in the first semester of college can feel like an emotional rollercoaster ride for students and parents/guardians.

• This session will explore <u>developmental changes</u> first year college students experience, particularly with today's cultural influences, and discuss ways parents/guardians and University administrators can <u>partner</u> to help students manage the ride.









Who are they?

- Are college students children or adults?
- Do they consider themselves children or adults?
- Newer term Emerging Adulthood (Arnett, 2000)
 - **18-25**
 - Become more independent and explore various life possibilities

Factors that can Have an Impact on Emerging Adulthood

"World's Longest Umbilical Cord" –Dr. Richard Mullendore





4 Tasks in Establishing Identity as Emerging Adult

- Developing competence
- Managing emotions
- Moving through autonomy to interdependence
- Developing mature interpersonal relationships

Developing Competence

Intellectual/Academic

- Go to class
- Reading a syllabus transfer assignments and tests in to a planner
- Establishing a relationship with faculty attend faculty office hours
- Study habits and time management find a consistent study spot, use a planner

MU Academic Resources

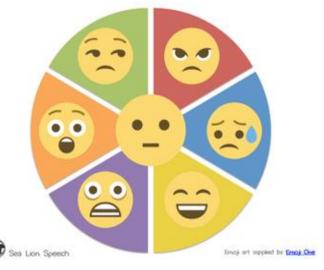
- Tutoring in Clare Hall (shift from being the tutor)
- Workshops on time management, note taking, and course management
- Writing Center in Library to help with critical writing skills
- Academic Support Services in Clare Hall

Interpersonal/Social Competence

- Adjustment to communal living away from home Difference between siblings and roommates
- Successful communal living requires 3 C's:
 - Civility
 - Communication
 - Compromise
 - 4th Cleanliness is also important!
- Identity Development and "Sense of Belonging"
 - Need to establish a new friend group and support network (leaving long-term friendships)
 - Challenge to develop <u>3 Key Relationships</u>: peer, role model, mentor
- Need to balance free time and get involved in productive ways

Managing Emotions

- Still growing into emotional maturity brain is still developing into 20's
- May look "grown up" but looks can be deceiving
- Reminder of emerging adulthood
- One of the primary factors that leads to the conduct process
- Venting versus asking for help



Managing Emotions

- Need to understand, accept, and express emotions
- Difficulty of face-to-face communication and impact of technology
 - Stream of consciousness for the whole Internet
- Dealing with anxiety, depression, and/or other mental health concerns
 - sometimes difficult to differentiate between need for improved coping skills vs dealing with larger mental health issue.
 - If you are concerned about your child, talk to them, and <u>seek</u> help before the situation worsens. CCS@marian.edu

Stress Check – Signs of a Problem

- □ Significant Changes in Behavior
- Changes in sleep patterns
- Changes in eating patterns/weight loss or gain
- Decline in academic performance
- Increased frequency of headaches
- Recurring colds and minor illness
- More disorganized than usual
- Increased difficulty in concentration, task completion, decision making
- ☐ Increased generalized frustration and anger
- □ Increased exhaustion/fatigue

Moving Through Autonomy Toward Interdependence

- They are now in charge of their schedule full time
- For many of you, this used to be your job
- They have to begin navigating their own challenges with your support and guidance



How to Support Your Student



Stay in Touch – text messages, phone calls, emails, cards, care packages!

- Encourage them celebrate victories, encourage when they struggle, remind them of end goal and there is something to be learned from every experience
- Don't let them quit too easily help them help themselves. Remind them of past triumphs, how strong they are and that things will get better. Remind them to reach out to campus resources.
- Explore with them when you don't know the answer, learn with them, help them better advocate for him/herself.

How to Support Your Student

- If your student calls you for help resist the urge to immediately step in walk them through the problem solving process:
 - Ask them to explain the problem; don't interrupt
 - Offer cues and brainstorm resources: How can I be helpful? What do you think you should do? What options are you considering? Remind them of resources in MU Community.
 - Help your student evaluate their choices, but don't choose for them.
 - If they still seem stuck, ask, "What do you imagine my advice would be?"
 - Help them practice conversations
 - Assure them with supportive words, "I think you can handle this". "No matter what, I
 am here for you"
- Parents/guardians are powerful referral agents



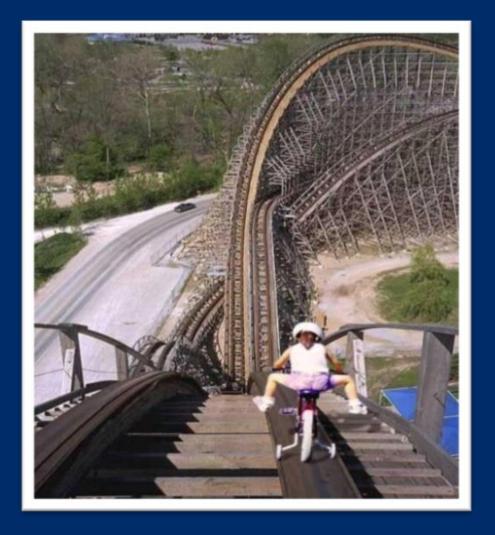
Texts Parents Send - Remember me?

When you question why they are texting you...



When they recognize how much you miss them...





Survival for Parents

- Recognize that feelings of ambivalence about your child's leaving home are normal
- Be prepared and allow yourself to feel your own emotions – whatever they may be
- Plan a day of fun for yourself following move in day



Counseling and Consultation Services

Clare Hall
Monday-Friday 8:00-4:30
317-955-6150
CCS@marian.edu