

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

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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 developmental changes first year college students experience, particularly with today's cultural influences, and discuss ways parents/guardians and University administrators can partner 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 3 Key Relationships: 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 seek 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...*





Trust the Process!

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

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