SUCCESSFUL TRANSITION
TO COLLEGE

Counseling & Substance Abuse Services
Director, Frank Budd, Ph.D.
Starting college is the beginning of a wonderful but challenging journey

For the majority of our youth college serves as the transition between:
- adolescence and adulthood
- family vs. individual focus
- relying on family vs. self
The two essential things parents and families provide to their children are . . .

✓ A solid foundation
✓ Help becoming independent

“There are only two lasting bequests we can hope to give our children. One is roots; the other is wings.”

--Hodding Carter
ANATOMY OF A TEENAGER'S BRAIN

THE BIRDS AND THE BEES LOBE

REBELLION CENTER

SUPERTURBO REBELLION CENTER

CENTER OF THE UNIVERSE

SELF IMAGE

FITTING IN GLAND

INDESTRUCTIBILITY CORTEX

MEMORY FOR MUSIC

MEMORY FOR CHORES, HOMEWORK, ETC.

ALL THE ANSWERS

SLANG DECODER

"COOL" GAUGE

JUDGMENT GLAND

MEMORY FOR PARENTS

PARENTING

INDISTINCT REFLEX

CAR KEYS CRAVING

ABILITY TO BE SEEN IN PUBLIC WITH PARENTS

PEER PRESSURE RESISTANCE

INTERNET PHONE ADDICTIONS

EVERY EPISODE OF THE SIMPSONS

Peer Pressure Resistance

ABILITY TO BE SEEN IN PUBLIC WITH PARENTS
Students and parents are often concerned with different aspects of college . . .

⇒ Students: with fitting in and having a good time
⇒ Parents: with success and preparing for a bright future
The College assumes that students will conduct themselves like adults, i.e., responsible, self-motivated, goal oriented, accepting consequences for behavior, and asking for help when necessary.
AVOID BEING A HELICOPTER PARENT, or “Parent’s to the rescue!”

STUDENTS NEED TO WORK TO DEVELOP ADEQUATE ORGANIZATIONAL, SELF-SOOTHING AND COPING SKILLS
1) **Take a deep breath.** Give him/her a chance to work things out. “Lessons from Life.”

2) **Help your student learn to negotiate conflicts.** Encourage them to recognize their contribution to conflict (expectations?) and work to solve their own problems.

3) **Support your student's interests and passions.** Praise your child for who she is becoming, not who you thought she would or should be. Dad’s be be careful.
4) Help your student learn to cope with loneliness and disappointment. Empathize, but, instead of trying to fix it, help them reflect, learn and adjust.

5) Help your student learn to advocate for himself. Support your child's emerging independence by helping them find local guidance and support.

6) Encourage your child to dream big dreams but to set achievable goals. Support the goals but, suggest they create a plan and the various steps. Ex. Are 18hrs realistic?
7) **Shifting responsibility.** This is a difficult transition from parents doing for the child, to the child doing for themselves, sometimes not too well.

8) **Expect/require them to manage money.** Decisions have consequences. Be clear in what you expect if you are paying for their tuition. Discuss budgeting and credit card use!

9) **Make them accountable for how they spend their time.** Past performance predicts best.
You and They Have a Team Here to Help

- Academic Advising
- Career Services
- Office of Disability Services
- Their Residence Assistant or the RHD
- Counseling and Substance Abuse Services
- Office of Undergraduate Admissions
- Dean of Students

There are MANY others!!!
"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?"
The "Big Picture" is keeping the relationship strong. No one cares how much you know until they know how much you care.
Single parent families, and parents of children with special needs may face an especially difficult transition
Be clear about family expectations regarding:

- Study time vs. social time
- Choices regarding drinking
- Attending class
- Financial responsibility
- Staying in touch
Successful adjustment to college means . . .
1) Becoming an active member of the college community
2) Assuming responsibility for self-management and decision-making
3) Using CofC resources
JAN 4, 2012
College to Host “Word, Shout, Song: Lorenzo Dow Turner Connecting Community through Language”
The groundbreaking traveling exhibition will be at Avery Research Center from January...
180+ Organizations Are Waiting for Their Call!

Business Organizations

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<th>Organization</th>
<th>Contacts</th>
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<tr>
<td>Alpha Kappa Psi</td>
<td>Primary</td>
<td><a href="mailto:tkstucke@edisto.cofc.edu">tkstucke@edisto.cofc.edu</a></td>
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<td>Contact:</td>
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A professional co-ed business fraternity, AKP teaches and emphasizes the observance of high standards of personal and professional conduct and ethics.

Cougar Microfinance

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<tr>
<td></td>
<td>John Ladner</td>
<td><a href="mailto:ladnerje@gmail.com">ladnerje@gmail.com</a></td>
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This organization is focused on creating and maintaining an institution cable of supporting impoverished and disenfranchised entrepreneurs, both
August 25th: Welcome Week Tye Dye@ Stern Gardens 5-9PM

September 15th: Pizza and Movie Night@ RSS Classroom 6:30-9:30PM

September 30th: Ultimate Frisbee @ Rivers Green 7-11PM

October 28th: Haunted Movie Night @ Stern Ballroom 7-12AM

November: Information Tables every Tuesday from 11am-2pm in the Cougar Mall- Giveaways, Event Info, and more!

December 1st: CofC Dance Alliance & CofC LN Present "Informal Showing & Social Gathering" 7pm in Theatre 220. Free Food and Giveaways!

December 6th: 7:30pm Free Coffee and Donut Break sponsored by CofC LateNight, Rivers Green
Stress at College Reflects Many Factors

- Physical/Environmental Conditions (housing)
- Interpersonal Issues (friends, parents, lovers)
- Course Demands +/- Resources (study skills)
- Expectations and Personality (Type A or B)
- Motivation to Do Well (alcohol/drug abuse?)
- Personal Resilience (biology, attitude, social support)
- Distractions: alcohol, dating, Facebook, etc.
Who is most likely to struggle?

- Anyone who has struggled in the past with transition points in their lives (ex. making new friends).
- Students with poor: self-confidence, problem solving, management of emotions.
- Students with a hometown boyfriend or girlfriend, or recent break-up.
- Someone with financial stress
- Those who abuse alcohol or drugs
- Anyone with ambivalent feelings about being at the College of Charleston.
When should I be concerned about my daughter/son’s mental health?

- Social withdrawal
- Marked change in appearance, hygiene
- Excessive self-criticism
- Tearful calls home outnumber the others
- Talk of **hopelessness**
- Excessive fatigue or lethargic mood
- Extreme increases in energy, rapid speech
- Inability to think and concentrate: dramatic change in grades
- References to suicide or self-harm, vague or not
Counseling and Substance Abuse Services

Counseling and Substance Abuse Services (CASAS) provides counseling for individual, couple, family and a variety of relationship concerns. CASAS also offers assessment and treatment for alcohol and substance abuse problems, as well as testing for possible learning difficulties. Limited psychiatric services are also available. CASAS can also help direct students to appropriate community resources, both on and off campus which might better meet their needs.

CASAS utilizes a strength-based, short-term model. While students often focus on what is wrong, CASAS licensed counselors, and trained Peer Counselors, help students utilize their strengths and/or learn additional skills to empower them through their difficulties. Short term treatment works because it builds
CASAS Services

- Focused on short-term (8 visits per semester), skill building
  - Students with significant mental health concerns may be referred to the community

- Plus, evaluation and treatment of substance abuse concerns, assessment of learning problems and limited psychiatric services
  - For pre-existing medication, it is best if the family physician continues care
Rachael McNamara, Health Educator:
(Drop in hours on Thurs from 1–3pm)

- Offers wellness/prevention classes, and consults with students for their presentations

- Supports student requests for information:
  - pregnancy prevention
  - stress management
  - smoking cessation
  - women’s health issues
  - eating disorders, substance abuse, others
Questions Have You?
God Bless Parents!

FEEL FREE TO CALL
843 - 953 - 5640