SUCCESSFUL TRANSITION TO COLLEGE

Counseling & Substance Abuse Services
Director, Frank Budd, Ph.D.
Students and parents are often concerned with different aspects of college . . .

- **Students**: with fitting in (making friends) and having a good time (partying)
- **Parents**: with success (grades) and preparing for a bright future (getting a well-paying job)
College presents challenges:

- managing independence/responsibility
- time management/priority management
- deciding what to do with one’s life
- sorting values, politics, faith, worldview
- fitting in to a large, diverse “weird” group
- culture of drug and alcohol abuse “hookups” vs. lasting relationships
- conflict between “get a degree” vs “avoid debt”
ANATOMY OF A TEENAGER’S BRAIN

THE BIRDS AND THE BEES LOBE

REBELLION CENTER

SUPERTURBO REBELLION CENTER

SELF IMAGE

FITTING IN GLAND

INTERNET/PHONE ADDICTIONS

EVERY EPISODE OF THE SIMPSONS

INDESTRUCTIBILITY CORTEX

PEER PRESSURE RESISTANCE

MEMORY FOR MUSIC

“COOL” GAUGE

PERSONALITY

JUDGEMENT GLAND

MEMORY FORchores, homework, etc.

LOVE FOR PARENTS

SLAM DOOR REFLEX

CAR KEYS CRAVING

ABILITY TO BE SEEN IN PUBLIC WITH PARENTS

PRONE TO BROWSING

WELCOME TO FABULOUS LAS VEGAS NEVADA
What is the Contract – Your Expectations?

- Is it OK to spend 1-6 years figuring out what they want to focus on? Why not 2 yr schools?
- Is the bottom line their GPA?
- **Do you expect them to live out your values, or is college their Las Vegas?**
- Is it OK they “party like you did in school?”
- Is there balance between studying and fun?
- When do they lose your financial support?
Key Things Parents Can Do

• Get your student’s ID # and password so you have access to their grades
• Get a copy of each class syllabus: quizzes, papers, test - due dates, faculty office hours
• Get dates for first add/drop date and final add/drop date for classes
• Get to know their roommates/suitemates parent’s – emails and phone numbers
• Get name and number of RA’s, RHD’s
Survival Skills They Need

• Ask for Help, Ask for Help, Ask for Help
• Stand up for themselves
• Get a calendar and use it
• Get connected
• Know you love and support them

Review, “Student Success Tips: everything you need to think about and do to help you be more successful in college”
"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?"
Homesickness

• Happens to almost all Freshmen
• Worse the first 4 weeks
• Encourage them to be patient-realistic
• Encourage them to establish “social roots”, and use the many supports here
• Encourage them to explore the campus and the area

Direct your student to our web info with skills to help address homesickness:
http://counseling.cofc.edu/counseling/self-help-resources.php
Should I make them “stick it out” or let them come home?

Discussion
Stress Management Out of the Box:

Allow Them NOT to Go to College

First 2 yrs are truly “finding yourself”
Explore **ALL** the Options with Them

- Take time off, explore the world, find passion
- Engage in community service
- Get a job and find out what they do and don’t like to do – interests may not match talents
- Join the military – good training, pay and benefits
- Start off at a community college, Tech School
- Take classes or get a degree online,
  - Ex. Western Governors College, www.wgu.edu
57% of college students drop out – but keep the debt
53% of college graduates are under or unemployed
- 42% working jobs not requiring a college degree
53% of 18-24yo’s are living at home
Law School grads only have 50% chance of finding law job <9mths after graduation (WSJ, 6/25/2012)
The “Big Picture” is keeping the relationship strong. No one cares how much you know until they know how much you care.

- A listening ear, “I know that must be very hard.”
- Encouragement, “I know you can do it.”
Your Team Here to Help

- Academic Advising
- Career Services
- Office of Disability Services
- Their Residence Assistant or the RHD
- Center for Student Learning
- Counseling and Substance Abuse Services
- Undergraduate Academic Services
- Dean of Students
- Their Professor during office hours

There are MANY others!!!
“I Just Need Someone to Talk To”

- Talk to your RA
- Talk to your “Big” if in sorority or fraternity
- Talk to your roommate or suitemate, they likely have similar feelings and concerns
- Introduce yourself to someone else on your floor (in the dorm).
- Talk to a Cougar Counseling Team member, 843-953-7411
- Talk to a professional at CASAS, 843-953-5640
When to Consider Professional Help

- If they had counseling before they can benefit now
- If they benefited from medication before
- Social withdrawal and they are not usually shy
- Marked change in appearance, hygiene
- Excessive self-criticism, catastrophizing
- Tearful calls home outnumber the others
- Talk of hopelessness, helplessness
- Missing classes, not completing school work
- Extreme increases in energy, rapid speech
- References to suicide or self-harm (cutting), vague or not
Counseling and Substance Abuse Services

"COME TO JUST TALK."

"Don’t wait until it’s too late.

We are here to help” is the Welcoming Message in the video below from Frank Budd, the Director of CASAS.
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
Self Help Resources

Sometimes You are Just Looking for Some Information

CASAS likes to share information that might be interesting to CofC students. Please check out the videos and links shared below. These items will be changed periodically.

Homesickness

Videos

There's an App for that?

How to Handle Homesickness
Can't Leave Home Without It
Local grief groups

Healthy Relationships
Is this Unhealthy
Breaking Up
When the Relationship Ends

How to Live with Purpose
Mastering Stress
How to Relax
Anxiety
Panic Attacks
We have TEXTing for help available: “4support” to 839863

Or just walk in:
Monday through Thursday
4:00 pm until 9:00 pm
We need your help protecting your kids from themselves.

34% of incoming freshmen to CofC already drink heavily, vs. 22% of national average.
College students spend more time drinking alcohol than they do studying.

First Year Students Who Use Alcohol

**Hours Per Week**

- **Drinking**: 10.2
- **Studying**: 8.4

**Percentage of Drinkers**

- **49%**

49% of Drinkers spend more time drinking than studying.
What are the “Facts*” About College Drinking at CofC?

- Never Used Alcohol = 27% vs. perception of 4%
- 72% of students <21yo drank in the prior 30 days.
- Drink < 10 drinks per week = 86.3%
- **Percent who binge drink at least 2 days a week**, or “typical” Fri and Sat partying = ONLY 23% of men, & 14% of women
- Every year 50+ students are transported by ambulance to hospitals to avoid alcohol poisoning deaths

Help Your Student Know THE MINORITY Drink Frequently or Drink to Get Drunk
What’s the Big Deal About Drinking?

- 45% did something later regretted
- 43% experienced memory loss
- **38% missed a class**
- 38% got in an argument or fight
- 33% drove a car while intoxicated
- 31% performed poorly on a test
- 21% have been hurt or injured

EVERYTHING is worse if they are also smoking marijuana!
What About Weed?

- Marijuana interferes with the very skills you need to be successful at school. **Poor**: concentration, short-term memory, knowledge acquisition, ability to organize thoughts, and judgment/decision-making.

- Cognitive impairments resulting from smoking marijuana can last up to at least 28 days after an individual last smoked the drug.

- Marijuana used these days is much stronger so the negative effects are much stronger (ex. psychosis)

29% of CofC students (vs. 20% of national comparison group) use marijuana at least monthly, 11% use almost daily (vs. nat. avg. of 8%).
The first semester can be very difficult
Nobody knows your student like you do
Coach your student to use us
Help them make good choices and step in when they don’t
Call me if you have any questions
Questions?
God Bless Parents!

FEEL FREE TO CALL
843 - 953 - 5640