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
Why Teenagers Act Crazy, by Richard Friedman, NYT’s, June 28, 2014
Keep Them Grounded

- Is it OK to spend 1-2 years figuring out what they want to focus on? Why not 2 yr schools?
- What about dropping classes, changing majors?
- Is the bottom line their GPA?
- Do you expect them to live out your values?
- What about alcohol or drug use?
- 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
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
- Encourage them to keep a familiar routine, and set up living space like home

Check out counseling website, “Self-Help Resources”
<table>
<thead>
<tr>
<th>Organization</th>
<th>Advisor</th>
<th>Email</th>
<th>Group</th>
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</thead>
<tbody>
<tr>
<td>Masters of Business Administration Association (MBAA)*</td>
<td>Primary Contact:</td>
<td><a href="mailto:cofc.mba@gmail.com">cofc.mba@gmail.com</a></td>
<td>Graduate Organizations</td>
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<tr>
<td>Club Swimming</td>
<td>Primary Contact:</td>
<td><a href="mailto:cofcclub_swimming@gmail.com">cofcclub_swimming@gmail.com</a></td>
<td>Campus Recreational Sports</td>
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<tr>
<td>Golden Key International Honor Society</td>
<td>Primary Contact:</td>
<td><a href="mailto:amblacks@g.cofc.edu">amblacks@g.cofc.edu</a></td>
<td>Honor Societies</td>
</tr>
<tr>
<td>Cougar Television</td>
<td>Primary Contact:</td>
<td><a href="mailto:ahfrye@g.cofc.edu">ahfrye@g.cofc.edu</a></td>
<td>Student Media</td>
</tr>
<tr>
<td>Green CofC*</td>
<td>Primary Contact:</td>
<td><a href="mailto:aibarry@g.cofc.edu">aibarry@g.cofc.edu</a></td>
<td>Special Interest</td>
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</table>
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!!!
What to do with a Liberal Arts Major

Smart Moves for Liberal Arts Grads
Finding a Path to Your Perfect Career

Check out these highly rated books on how to turn your Liberal Arts education into a successful and satisfying career.

Go to Career Services,
2nd floor of Lightsey Bldg, Rm 216 for more information.
Phone: 843.953.5692
Fax: 843.953.6341
Email: CareerCenter@cofc.edu

Office Hours:
8:30 am - 5:00 pm
Monday - Friday
Call for an appointment

You Majored in What?
Mapping Your Path from Chaos to Career
How Can I Help
When I Am So Far Away?
Common Suggestions

- Do stay in touch – mutually decide how often is best
- Do encourage independence, using local assistance
- Do be realistic – they are overwhelmed (help them keep their studies the priority, be patient, look for successes)
- Do be prepared for change – values clashes, personal changes in beliefs, politics, faith, majors
- Do coach them to be assertive – stand up for themselves
- Do be aware of roommates/suitemates – are they a +/- influence? Do you talk with the parents of these folks?
- Don’t panic – some need to learn from consequences – do your best to let them face those consequences, ESPECIALLY at the end of the semester if things go south
- Don’t let them wait too long to start asking for help here
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.”
"Helicopter Parenting"

"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?"
Beyond Homesickness

- 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

Come and see them for yourself. May need to help them take a Leave of Absence.
Counseling and Substance Abuse Services

"COME TO JUST TALK."

"Don’t wait until it’s too late.

Please use us as your resource for your questions and concerns.

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

[Video]
Who is Most Likely to Struggle?

- Anyone who has struggled in the past with transition points = Anxiety/Depression
- Students with poor self-confidence and inadequate coping skills = don’t make friends easily.
- Students with a hometown boyfriend or girlfriend.
- Someone with poor study, self-management and organizational skills.
- Anyone with ambivalent feelings being at the College of Charleston – NOT #1 choice.
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
Testing for ADHD or LD at CASAS

- Verbal/Foreign Language Learning Disorders
- Mathematics Learning Disorders
- ADHD
- other supplementary tests.

Questions? Contact 843-953-5640
See our Website for testing FAQs:
http://counseling.cofc.edu/counseling/testing.php
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

<table>
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<tr>
<th>Hours Per Week</th>
<th>Percentage of Drinkers</th>
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<tbody>
<tr>
<td>Drinking</td>
<td>10.2</td>
</tr>
<tr>
<td>Studying</td>
<td>8.4</td>
</tr>
<tr>
<td>49%</td>
<td>49% of Drinkers spend more time drinking than studying</td>
</tr>
</tbody>
</table>
All new students are asked to complete the online course: AlcoholEdu™

Our research shows this initiative to be a proven help with responsible decision-making.

We need your support to ensure students complete this activity before class begins.

AlcoholEdu™ will be available July 7/22. Ask your student to watch for the emails and reminder cards and complete this activity. AlcoholEdu must be completed by August 17.
What consequences from alcohol and drug use do CofC students report?

- 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
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.

• Remember, the pot used these days is much stronger so the negative effects are...you got it, much stronger (psychosis).

• ps. smoking 4 joints is equivalent to a pack of cigarettes.
Keeping Students Safe at CofC

- College's "Good Samaritan/Amnesty Policy" where intoxicated students or those aware of one can safely and effectively get help without fear of disciplinary or legal consequences.
- Ticketing of underage drinking, holders of false IDs, and informing parents when a student is so intoxicated they are required to go to the nearest emergency room for evaluation.
- Ticketing of individuals supplying underage students with alcohol/drugs, and informing their parents (includes holding party hosts responsible if an underage drinking is found).
- Education of students and parents on college alcohol policy and state laws during Newcomers Orientation and throughout the school year.
- Social host liability training. Educating those holding parties what their ethical and legal obligations are for the safety of those who attend.
Stress Management Out of the Box:

Allow Them NOT to Go to College

First 2 yrs are truly “finding yourself”
• Take time off, explore the world, find passion
• Engage in community service, volunteer
• 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, online school – gradual transitions, closer to home may be best for some
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 living at home

Law School grads only have 50% chance of finding law job <9mths after graduation (WSJ, 6/25/2012)
God Bless Parents!

FEEL FREE TO CALL
843 - 953 - 5640