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**Transitioning from
High School to College**

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What are some of the transitions?

High School	College
<ul style="list-style-type: none">• Required for all students• More structured• Immediate feedback• More access to teachers• Greater connection with family• Ready-made peer group• IEP and 504	<ul style="list-style-type: none">• Privilege, not a right• More independence• Longer-term projects• Self-motivation and guidance• More and less contact with others• Social vs. Family conflicts• Increased responsibility for all aspects of life• No IEP or 504 plans

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**Common Stressors for College
Students**

<ul style="list-style-type: none">• Separation from family• Academic demands• Interpersonal relationships<ul style="list-style-type: none">• Family, Friends• Peers, Professors• Dating• Cultural concerns<ul style="list-style-type: none">• Discrimination; the "isms"; marginalization	<ul style="list-style-type: none">• Peer pressure• Competition• Work-related concerns• Financial concerns• Increased freedom & responsibility• Individuation/Identity• Over-involvement• Lack of balance
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 Modified from Workshop Central-Counseling Center Village

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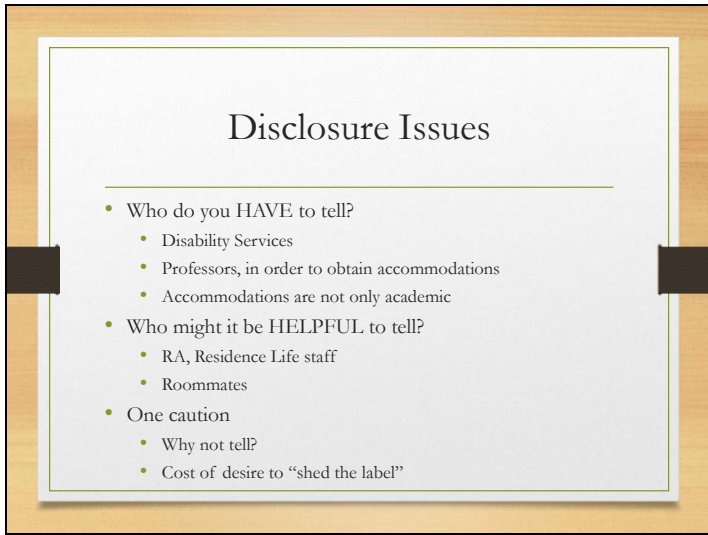


Accommodation Process

- Self-Identification
- FERPA: Family Education Rights and Privacy Act
- Meeting with Disability Services to discuss possible necessary and reasonable accommodations
- Medical/Psychological Verification Form
- Professors completing Accommodation Form
- Receiving accommodations
 - Accommodations are not retroactive!!!

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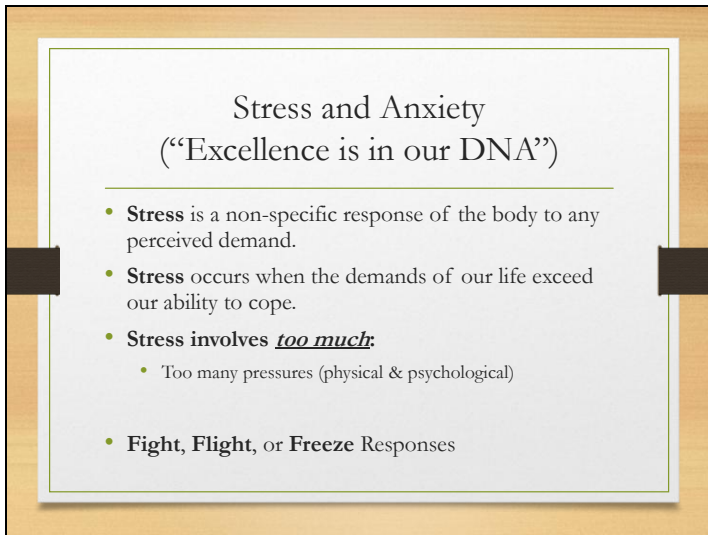


Disclosure Issues

- Who do you HAVE to tell?
 - Disability Services
 - Professors, in order to obtain accommodations
 - Accommodations are not only academic
- Who might it be HELPFUL to tell?
 - RA, Residence Life staff
 - Roommates
- One caution
 - Why not tell?
 - Cost of desire to “shed the label”

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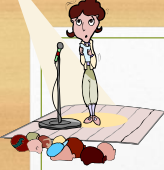


Stress and Anxiety
 (“Excellence is in our DNA”)

- **Stress** is a non-specific response of the body to any perceived demand.
- **Stress** occurs when the demands of our life exceed our ability to cope.
- **Stress** involves *too much*:
 - Too many pressures (physical & psychological)
- **Fight, Flight, or Freeze** Responses

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What is Normal Anxiety?


{Anxiety is a normal reaction to life-changing events}

- Part of the body's "fight or flight" automatic response
- Body's "alarm system" – real or false?
- Occasional worry about life events that may leave you upset
- Embarrassment or self-consciousness in the face of an uncomfortable or awkward social situation
- Random cases of "nerves" or jitters
- Realistic fear of a threatening object, place, or situation
- Being sure that you're healthy & living in a safe environment
- Anxiety, sadness, or difficulty sleeping after a traumatic event

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Warning Signs:



- Feeling down all the time
- Becoming antisocial or uninterested in things you once enjoyed
- Not eating enough or eating too much
- Sleeping too much or too little
- Feeling worthless
- Having trouble focusing
- Thoughts that it would be best if you weren't around

- = DEPRESSION

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Other warning signs:

- Constant, excessive worry
- Restlessness or fatigue
- Difficulty concentrating
- Muscle tension
- Poor sleep
- Irritability
- Avoiding events and people
- Panic Attacks

- = ANXIETY



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Parental Involvement

- Zamboni parenting
- Changing role of parents
 - Driver to passenger
- Dealing with your own anxiety
- College visits
- Do your research together



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Resilience

- Self-Awareness
- Optimism
- Mental Agility
- Connection
- Self-Regulation



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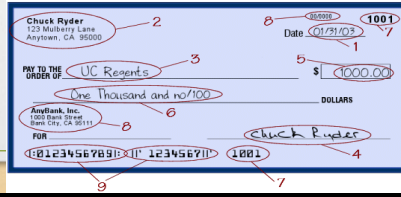
Important Campus Resources (Put your student fees to good use)

- Counseling & Psychological Services
- Disability Services
- Tutoring & Writing Services
- Health Services
- Substance Awareness
- Residential Life
- Student Activities
- Police Department/Security Department

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Practical To Do's Before College

- Learn how to do laundry
- Learn how to cook a basic meal (Not ramen noodles)
- Open a bank account
 - Learn how to write a check and balance a checkbook
- Make a doctor's/dentist appointment
- Understand and use public transportation
- Practice administering own medication, if any



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Parents Summer Reading List

- *You're On Your Own (But I'm Here if You Need Me)* by M. Savage
- *Empty Nest...Full Heart: The Journey from Home to College* by A. Van Steenhouse
- *I'll Miss You Too: An Off-To-College Guide for Parents and Students* by M. Woodacre Bane and S. Bane
- *Let the Journey Begin: A Parent's Monthly Guide to the College Experience* by J. Kiernan MacKay and W. Johnson Ingram
- *When Kids Go to College: A Parents Guide to Changing Relationships* by B. Newman and P. Newman
- *Almost Grown: Launching Your Child from High School to College* by P. Pasick

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Importance of Self-Care

12 Steps To Self Care

1. If it feels wrong, don't do it
2. Say "exactly" what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say "No"
8. Don't be afraid to say "Yes"
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama & negativity
12. LOVE

Self-care is not selfish or self-indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, then we can give from our surplus, our abundance.

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