

Relationships Matter: Navigating the College Transition

Summer Garcia, Ph.D.
Psychologist
Counseling Center

Overview

- * Transitions for students
 - ▲ Academic
 - ▲ Social and emotional adjustment
- * Transitions for parents and families
 - ▲ Changing norms
 - ▲ Social and emotional adjustment
- * Tips and tricks for how parents and families can support their students
- * Resources

Transition for Students: Academics

- * Changes in academic workload
 - ▲ Time management
 - ◆ Extensive reading/writing assignments
 - ▲ Professional experiences
 - ◆ Group projects
 - ◆ Communicating with professors
 - ▲ Less structure
 - ◆ School/work/life balance
 - ◆ Easy to fall behind, hard to recover
 - ▲ COVID uncertainty
 - ◆ Missing developmental steps and trying to catch up
- * Develop new study skills
 - ▲ Study schedules, strategies, environment

Transition for Students: Social and Emotional Adjustment

- * Identity development
 - ▲ Leaving a familiar environment and support network
 - ▲ Growing into adulthood
- * Diversity can be exciting and challenging
- * New relationships with new people
 - ▲ Friends and peers
 - ▲ Roommates and coworkers
 - ▲ Faculty and staff
- * Confronting myths
 - ▲ High school was easy so college will be, too!
 - ▲ These are the best years of my life!
 - ▲ Everything is back to normal post-pandemic!

Transitions for Parents

- * Changing norms
 - ▲ College as a milestone
 - ▲ Managing finances
 - ▲ Renegotiating rules and expectations
- * Social and emotional adjustment
 - ▲ Balancing independence, connection, and support
 - ▲ Changing family identity
 - ▲ Cumulative mental health toll of the pandemic

Tips and Tricks for Healthy Transitions

- * Expect ups and downs
 - ▲ Your experiences with college are likely very different from your student's experiences
- * Be creative about staying connected
 - ▲ Texts, care packages, games, etc.
- * Use clear and open communication
 - ▲ Revisit topics regularly
 - ▲ Say what you mean and mean what you say
- * Start looking forward
 - ▲ Building a family/adult child relationship

Tips and Tricks for Healthy Transitions

- * Avoid rescuing your student
 - ▲ Failure is a part of learning and building success
 - ▲ Focus on resilience
 - ▲ Empower students to seek their own solutions
- * Be aware of when student needs help
 - ▲ When *stress* becomes *distress*

Campus Resources

- * Health and Wellness Resource Center (HaWRC)
 - ▲ United Way Benefits Hub
 - ▲ Violence Prevention and Advocacy
- * Activities and Recreation Center (ARC)
 - ▲ In-person and virtual work out classes
- * Student Activities and Engagement
 - ▲ In-person and virtual activities and opportunities to connect with fellow students
 - ▲ Clubs and organizations
- * Husky Pantry and Hopelink Mobile Market
 - ▲ Available on campus and via pick-up

Counseling Center Resources

- * UW Bothell Counseling Center
 - ▲ In-person and telehealth individual mental health counseling at no additional cost
 - ▲ Drop-in crisis counseling appointments during the academic year
 - ▲ MySSP, 24/7 crisis phone/text line
 - ▲ BCUSP 101, Psychological Tools for Student Success
 - ▲ *<http://www.uwb.edu/studentaffairs/counseling>*
- * Violence Prevention and Advocacy
 - ▲ *<https://www.uwb.edu/sexualassault>*
- * Health and Wellness Resource Center
 - ▲ *<https://www.uwb.edu/arc/hawrc>*

Practical Self-Care Tips & Tricks

- * Develop healthy habits
 - ▲ Physical, mental, spiritual
- * Focus on things you can reasonably control
 - ▲ Avoid “doomscrolling” and limit time on social media when needed
- * Create a system for planning ahead
 - ▲ Schedule and automate recurring tasks
- * Stay connected socially and seek support when needed
 - ▲ Video/phone calls, text, virtual connections
- * Build your capacity for joy
 - ▲ Playing and having fun is still important for adults!

Questions?

UWB Counseling Center

Monday – Friday, 8:30 am to 5:00 pm

425-352-3183

<https://www.uwb.edu/studentaffairs/counseling>

Summer Garcia

sg88@uw.edu