Who’s feeling like this?
Goals:

• Help you prepare for the coming transition
• Help you support your college student
• Resources
YOUR COLLEGE STUDENT
Characteristics of Generation Z

• Frugal, but ambitious
• Excited by career development
• Expects things to be customized to them
• “always on their phones,” but that means connected with everyone all the time.

*NYT, The iGen shift: Colleges are changing to reach the next generation
Generation Z

• Post recession: Traditional choices don’t guarantee success
• Collaborative Team Players: mainstreaming, inclusion, everyone gets a trophy
• They want to a part of something bigger than themselves
• Entrepreneurial and future focused
Challenges for Emerging Adults

• Who are they?
• Where are they going?
• Conflicting emotions
• Autonomy/Independence
• New relationships
• New kinds of stress
• Changes
Three Criteria for Adulthood:

1. Accepting Responsibility
2. Independent Decisions
3. Financial Independence
Stress Periods

- August – All is new and wonderful
- September – Homesickness
- October – Life in college not perfect
- November- Increased academic pressure; finals
- December- returning home
Stress Periods

• January - Loss of security and familiarity
• February - Optimism with spring semester
• March - Spring Break dominates
• April - Academic pressure is back!
• May – Concern w/ school year ending (along with freedom?)
What you can expect emotionally

• **Student:** Pride, excitement, fear, anxiety, hope, loneliness, frustration and new freedoms

• **Parent:** Pride, excitement, fear, anxiety, hope, loneliness, frustration and new freedoms
Tips for supporting your college student

• Keep telling them that you love them. Your support is important.

Awkward Family Photos
Tips for supporting your college student

• Talk to them about your expectations around grades, alcohol, drugs, and relationships

https://www.collegedrinkingprevention.gov/media/collegedrinkingFactSheet.pdf
Tips for supporting your students

• Let them do their own problem solving

New York Post, Rachel Bergstein
Tips for supporting your students

• Share your expectations about priorities– academics, class attendance, wellness, work, social media, netflix and socializing.
Tips for supporting your students

• Encourage them to engage in their college experience

• Cougarconnect.cofc.edu
Homesickness

- Being insecure/uncomfortable physically and emotionally
- Longing for the know, predictable, consistent, stable
- Feels like it will be like this forever
How to Wade through Homesickness

1. Validate: it is ok to feel this way, it is normal, it is temporary
2. Start creating familiar things and routines
3. Recognize it comes in waves
4. Masks:
5. Reframe
6. Get busy
Impediments to Academic Progress:
(NCHA Survey History)
Pay attention for signs of trouble:
  • Failing grades / missing class
  • Prolonged sadness
  • Excessive irritability
  • Loss of pleasure in activities once enjoyed
  • Difficulty developing social networks
  • Changes in sleep patterns
  • Dramatic changes in appearance
  • Risk taking behaviors
  • Statements about self-harm
Counseling Center

To make an appointment...

please call 843.953.5640.

Your first appointment will be 30 minutes focused on getting to know your concerns and helping you get to the right source of help, either here at The Counseling Center or a counselor in the community

* All services are completely confidential.

* The Counseling Center counselors are not "responsible authorities" (employees) for Title IX. This allows students to seek counseling for a victimization confidentially.

** How are you feeling? Take an online mental health screening - anonymous, confidential.

Counseling.cofc.edu
Robert Scott Small Building (RSS) Suite 300, 175 Calhoun St, Charleston, SC
Helpful Resources:

- Counseling Center, professional counselors, RSS 300, 843-953-5640
- Cougar Counseling Team, certified volunteers, 12-9 pm, RSS 319, Text “4support” to 839863
- Office of Disability Services, 843.953.1431, snap@cofc.edu
- Student Health Services, 843-953-5520
- Public Safety, 843-953-5609
- Dean of Students Office, 843-953-5522
- Center for Student Learning, http://csl.cofc.edu/