Relationships Matter: Navigating the College Transition

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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
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
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