

# Relationships Matter

## Navigating the College Transition

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University of Washington Bothell  
Counseling Center  
UW1-080



# Overview

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## **1. Transitions for students**

- Academic
- Social and emotional adjustment

## **2. Transitions for parents and families**

- Changing norms
- Social and emotional adjustment

## **3. Tips and tricks to support your student**

## **4. Resources**

# Transitions for Students - Academic

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## Changes in workload

- **Time management with 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 strategies around study skills/  
schedules & environment**



# Transitions for Students – Social/Emotional

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- **Identity development**
  - Leaving a familiar environment and support network
  - Growing into adulthood
- **Diversity can be exciting and challenging**
- **New relationships**
  - Friends, peers, romantic partners
  - 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 & Caregivers

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



# Tips and Tricks for Healthy Transitions

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- **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

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- **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

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## ☐ Health and Wellness Resource Center (HaWRC)

<https://www.uwb.edu/student-affairs/hawrc>

- ☐ Basic Needs Program
- ☐ Husky Pantry
- ☐ Health Education Programming

## ☐ Violence Prevention and Advocacy

<https://www.uwb.edu/violence-prevention/>

## ☐ 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



# Counseling Center Resources

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## ☐ UW Bothell Counseling Center

<https://www.uwb.edu/student-affairs/counseling>

- ☐ In-person and telehealth individual mental health counseling at no additional cost (up to 6 sessions)
- ☐ Group Counseling
- ☐ Case Management
- ☐ Drop-in crisis counseling appointments during the academic year (M-Th 1-3 pm)

## ☐ Husky Helpline 24/7 crisis phone line 206-616-7777 or online chat to speak to a counselor

<https://myssp.app/ca/home>



# Practical Self Care Tips & Tricks

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- **Develop Healthy Habits**
  - Physical, mental, spiritual, emotional
- **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, texts, virtual connections
- **Build your capacity for joy**
  - Playing and having fun is still important for adults!



# Questions?

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**University of Washington Bothell Counseling Center**

**Monday-Friday 9 am-4:30 pm**

**UW1-080**

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