

# Helping Your Student Thrive in College

Presented by Chadron State College  
Licensed Student Counselors



**CHADRON**  
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# College is a Milestone

- ▶ Key time for identity formation
- ▶ It may seem like they are pulling away
- ▶ They may challenge formerly held values or morals
- ▶ Developmental separation is normal and healthy, not a form of rejection
- ▶ It's okay to grieve the change in your parenting role
- ▶ Brain is still developing at this age!



# Anxiety is Contagious

- ▶ Your anxiety can impact your student
- ▶ Excessive check-ins can reinforce anxiety and performance pressures
- ▶ Manage realistic expectations that your student sets
- ▶ Model how to manage distress in a healthy manner
- ▶ Use open-ended, supportive language
  - ▶ “I believe you can handle this. I am here if you want my support.”



# Common Emotional Changes

- ▶ Homesickness peaks the first 6 weeks
- ▶ Loneliness and isolation can occur
- ▶ Emotional dysregulation is normal
- ▶ Common mental health concerns
  - ▶ Anxiety
  - ▶ Depression
  - ▶ Isolation
  - ▶ Imposter syndrome
  - ▶ Substance use/misuse





## How Parents Accidentally Undermine Independence

- ▶ Offering to bring them home
- ▶ Calling staff and faculty
- ▶ Criticizing the roommate
- ▶ Deflecting responsibility
- ▶ Offering too much advice
- ▶ Setting unrealistic expectations





# Fostering Resilience and Growth

- ▶ Encourage student to solve their own roommate issues
- ▶ Encourage open-communication with professors
- ▶ Encourage them to get involved
- ▶ Encourage healthy self-care
- ▶ Offer suggestions, but not advice
- ▶ Hold appropriate boundaries that support their independence
- ▶ Less performance-based questions, move to process-based
  - ▶ “What felt challenging? How can I support you? What do you think would help?”



# When to Worry and What to Do

## Red Flags

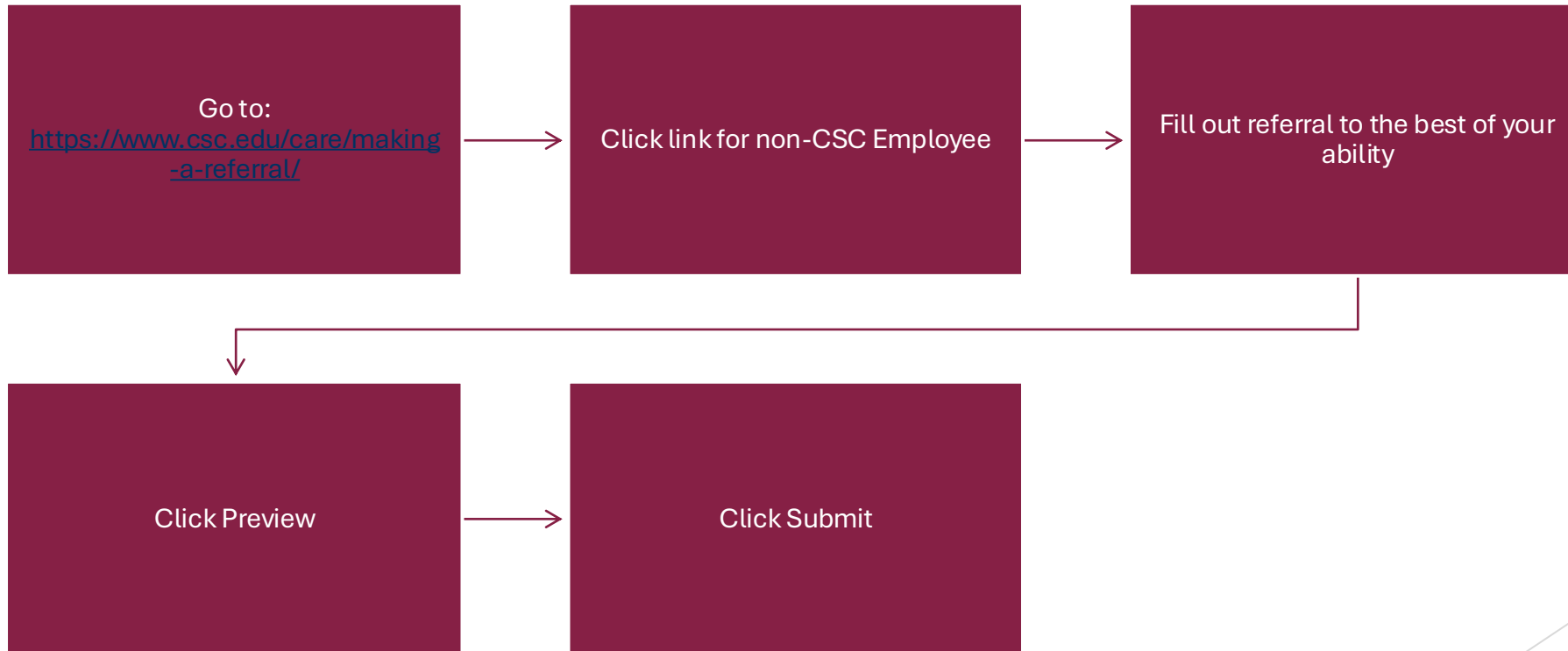
- ▶ Persistent Isolation
- ▶ Not going to class/doing work
- ▶ Expressing hopelessness
- ▶ Substance misuse/abuse
- ▶ Safety concerns
- ▶ Suicidal statements
- ▶ Changes in appearance, appetite, mood
- ▶ Changes in sleep patterns

## What to do:

- ▶ Be willing to have the hard conversations
- ▶ Provide support and empathy
- ▶ Listen to what they are saying
- ▶ Try not to dismiss or invalidate
- ▶ Encourage seeking counseling
- ▶ Make an Eagles 360 referral



# How to Submit an Eagles 360 Referral



# How to Take Care of Yourself

Reflect and process any grief or sadness you are experiencing

Talk about struggles with another trusted adult, not your student

Foster identity development outside of being a parent

Self-care

Regulate your own emotions before talking to your student in emotionally charged situations

# Basic Life Skills Checklist

- ▶ Use a planner
- ▶ Study skills
- ▶ Budgeting
- ▶ Understanding student loan basics
- ▶ Cook 3-5 basic meals
- ▶ Laundry
- ▶ Maintain a cleaning routine
- ▶ Schedule medical appointments independently
  - ▶ Make sure they have their insurance cards, IDs, social security cards, etc.
- ▶ Set healthy boundaries
- ▶ Contacting professors/professional communication
- ▶ Have 3 basic coping tools
- ▶ Maintain healthy sleep schedule
- ▶ Encourage regular physical activity
- ▶ How to find professor's office hours
- ▶ Create a resume
- ▶ Pay bills on time
- ▶ Read dorm/lease agreements
- ▶ Know emergency contacts



# Campus Resources

- ▶ Licensed Student Counselors
- ▶ Nurse
- ▶ Tutoring Center
- ▶ Disability Services
- ▶ Academic Advising
- ▶ START Office
- ▶ Peer Mentors
- ▶ Housing
- ▶ Title IX
- ▶ Campus Security
- ▶ Food Pantry
- ▶ NPAC
- ▶ Project Strive
- ▶ Student Clubs





Questions?



Thank you!

