

Preparing for the transition to college. Questions to consider.

For parents to consider:

- What decisions, challenges, choices or difficulties do you expect your child to handle (at least at first) on his/her own?
- On which decisions will your child seek your input?
- At what point and/or under what circumstances should your child ask for help?
- Under what circumstances would your child want a friend or roommate to call you or the counseling center?
- How often (daily, weekly, monthly, on an as-needed basis) do you expect to hear from your child? How frequently does your child want to hear from you?
- Parent and student should list top 3 fears/ concerns about your senior year or heading off to college.

For students to consider:

- What are your short and long-term goals both academically and personally next year and when you get to college?
- How do you think your relationships with your family will change when you go to college?
- Do you expect your college grades to be similar to those you got in high school? If so, how will you feel if they are not?
- How will you deal with these feelings and improve?
- Do you think you will need any outside help to do well in your courses? If not, why (most students do)? If yes, how will you find it?

- Will it be difficult to discipline yourself to keep academic commitments, such as attending classes and being prepared for classes? If not, why do you think so? If so, what skills will you need to manage it?
- Do you think you will feel stressed at college? If so, list five ways to deal with it. If not, why not ?

What to look foron a college campus:

- Counseling center
- Wellness programs
- Sexual assault services
- Medical services offered
- Wellness resources
- Campus security

...on the school website:

- Health and wellness mission statement
- Residential Life mission statement

References and other resources:

1. PDF- parent edition- "Transition year"
http://www.transitionyear.org/_downloads/parent_pdf_guide.pdf
2. Freshmen and mental health
<https://www.insidehighered.com/news/2015/02/05/incoming-students-emotional-health-all-time-low-survey-says>
3. Student advice:
<http://careforyourmind.org/so-now-what-mental-health-and-making-the-transition-from-high-school-to-college/>
4. Student advice - private school to large college:
<http://www.collegexpress.com/interests/public-colleges-and-universities/blog/private-school-public-college/>
5. Starting the Conversation: College and your mental health-
<https://www.jedfoundation.org/national-alliance-on-mental-illness-and-the-jed-foundation-release-starting-the-conversation-college-and-your-mental-health/>
6. 5 tips from harvard student:
<https://college.harvard.edu/admissions/hear-our-students/student-blog/five-tips-how-transition-high-school-college>
7. From Huff post:
http://www.huffingtonpost.com/brian-harke/high-school-to-college-tr_b_620043.html
8. Resilience and grit:
<https://www.edutopia.org/blog/film-festival-learning-from-failure-resilience>
9. Online resource for college mental health: <http://www.ulifeline.org/>
10. Alcohol effects on the teen brain.
<http://www.npr.org/templates/story/story.php?storyId=122765890>
11. Freedom from Chemical Dependency resource for parents and students.
<http://fcd.org/fcd-learn/teen-brain>