“Partnering With Your University Student”

Summer 2016

Dr. Fuji Collins
Introduction

• Welcome to UC Merced!
• Opening in 2005 as the 10th campus.
• Excellence in teaching, research and public service.
• Research university bound by learning, discovery and engagement.
• We are a student-centered research university with strong graduate and research programs meshed with high-quality undergraduate programs.
UC Merced undergraduates experience education inside and outside the classroom, applying what they learn through undergraduate research, service learning and leadership development.
You have questions…

What can you do to help your student through this transition while allowing them the autonomy to be adults?

How can parents and family members help themselves through the emotional transition?

What resources are available?
Helpful Ideas

✓ Allow yourself to feel sad.
✓ Don’t feel guilty if you feel relieved.
✓ Find a good balance between connection and intrusion.
✓ Stay out of academic issues.
✓ If you are paying, let your student know what you expect.
Helpful Ideas, continued

✓ Communicate about alcohol.
✓ Communicate about visits home.
✓ Communicate about UCM resources.
✓ Find other activities to keep you busy.
✓ Hang in there!
✓ Congratulations.
Tips for Parents and Family: From a Student’s Perspective

✓ Don’t ask if they are homesick.

✓ Write often and regularly.

✓ Ask questions, but not too many.

✓ Expect change, but not too much change.
More Tips

✓ Don’t worry (too much) about those “nothing is right” telephone calls and letters.

✓ Visit, but not too often.

✓ Don’t say “these are the best years of your life.”

✓ Put trust at the forefront.
Life of a Freshman…

✓ Common Emotional Conflicts of University Students

✓ The conflicts and stress that I will describe are examples of what a student might experience during their first year at the University.

✓ Not all students have these experiences…
August…September

✔ Values crisis.

✔ Feelings of inadequacy and inferiority.

✔ Students may feel depressed.

✔ “Culture Shock.” Too many new experiences.

✔ Stress.

✔ Decision making problems (lack of organizational skills).

✔ Time pressures (academic schedules, job requirements).
✓ Life is not perfect. Old problems, new problems.

✓ Depression. Inability to fit in.

✓ Mid-term work loads pressures. Feelings of failure.

✓ Dating, conflicts and confusion.
November

✓ Academic pressures. Procrastination, lack of ability.
✓ Depression and anxiety. Inability to adjust.
✓ Economic anxiety.
✓ Friendships…are they worth it…
✓ Anxiety, fear, guilt. Exams, papers coming due.
December

✓ Extracurricular time strain.
✓ Drug and alcohol use.
✓ Pre-Holiday depression. Concerns for or conflicts with family.
✓ Financial strain.
So what can Families do?

- Encourage their student to be familiar with all the Student Wellness programs and to have emergency numbers programmed into their phones.
- Model coping with stress effectively.
- Encourage and model help seeking.
- Positive communication. You know your student best.
- Care packages.
- Ability to laugh and play together.
- Relating adult-to-adult.
When to Step In

✓ Repeated, tearful phone calls.
✓ Significant, rapid change in weight.
✓ Frequent illness or fatigue.
✓ Marked changes in behavior or mood.
✓ Social withdrawal or poor class attendance.
✓ Compulsive behaviors.
✓ Difficulty coping with trauma or family crisis.
Stepping in…

✓ Prolonged, recurrent, or severe sadness or anxiety.
✓ Threats of suicide or signs of substance abuse.
✓ What to do? Stay engaged, ask questions.
   • Listen.
   • Express concerns directly.
   • Encourage them to seek help… Counseling and Psychological Services are available.
   • Normalize the idea that seeking help is not a sign of weakness.
Resources

✓ Student Health Services
  Medical Services, Allergy Services, Immunization Services, Insurance

✓ Counseling and Psychological Services
  Individual, Couples, Group, Consultation, Crisis Intervention

✓ VETS
  Veterans Education and Transition Services

✓ Disability Services
  Communication Access Services, Mobility Assistance, Proctoring, Note taking,
  Transcription Services, Alternative Media Services
Resources

✓ Recreation and Athletics
  Intramural sports, Sports Clubs, Outdoor Experience Program, Fitness, Intercollegiate Athletics

✓ Bright Success Center
  Academic Advising and Learning Support Services: Fiat Lux, DARTS, Success Mentor Program, STEPS, Guardian Scholars, PALS, USTU 10, Orientation

✓ HEROES
  Health Education Representatives for Opportunities to Empower Students, Peer Educators
Resources

✓ Faculty
✓ Academic Advisors
✓ Food Pantry
  3d Friday of each month, 10am-2pm, Tri College,
  vdoty@ucmerced.edu
✓ CART Program
  Cat Access to Road Transportation, TAPS, M-F, 8am-5pm,
  Temporary Mobility Issues.
✓ Dean of Students
✓ Student Response Team (Red Folder)
What about Wellness Strategies?

- Exercise, dance, etc.
- Healthy eating.
- Write, journal.
- Being creative.
- Cultivating healthy relationships.
- Counseling.
- Relaxation techniques.
- Study, learn something new.
- Practice optimism.
- Cultivate humor and play.
Remember…

✓ Again, congratulations!

✓ The transition can be tough, but you can do it.

✓ Welcome to our Bobcat family.

✓ Questions