

“Partnering With Your University
Student”

Summer 2017

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UCMERCED

www.ucmerced.edu

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.

Presentation

- ✓ 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).

October

- ✓ 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