TIME OF CHANGE

So many things shift during the first year of college. Self-image, relationships and goals for the future can all change dramatically. At times students can feel disillusioned when the major they’d initially been excited about isn’t a good fit or the relationships that seemed so close at the start of the year begin to fade or change. The adjustments that come with change are inevitably exhausting and stressful at times. Families can help by allowing this process to unfold and offering support as students work through it. Reframe change as opportunity!

HOW CAN FAMILIES HELP?

1. Remember that students learn and grow from navigating their own path through change. The most effective support comes in the form of helping students think through their options and develop positive coping skills. Confidence develops from the knowledge that they figured it out.

2. Remind students that the university wants them to succeed. Campus resources such as the Counseling and Testing Center, the Office of Diversity and Inclusion, advising centers, faculty members, Student Health Services, Career Services and the Office of Student Success are just some of the options available to help.

3. Part of discovering one’s direction in life is exposure to new experiences and ideas. Encourage your student to try new subject areas, attend a variety of events and get to know new people.

What have you learned about yourself so far this year?

Are there things you’d like to try that you haven’t had a chance to yet?