

EMOTIONAL HEALTH DURING COLLEGE

Remember: College should be challenging but not overwhelming...

Common Stressors and the Questions College Students Ask:

Forming new social connections: Will I fit in? Will I like my roommate? How will I make new friends? Will my professors like me?

New levels of academic pressures and demands: Will I be able to keep up with all the work? How will I figure out what I will major in? How will I compare to other students in my classes?

Time management: How will I do all my work and have time for fun?

Family Expectations: Will I live up to my family's expectations?

Financial worries: What if I don't make enough money? How will I manage to pay for everything I want to do?

Managing emotions: Will I get homesick? What if I get too stressed or feel overwhelmed? Who will I turn to for support and guidance?

When additional support is needed:

Many campuses have a counseling center available to students. Below are questions students can ask to learn about the campus counseling service:

- What services are provided by the counseling center?
- Are there fees associated with using the counseling center?
- Are there a maximum number of sessions allowed per year?
- Does the counseling center offer the campus referrals?
- Is there a psychiatrist on staff?
- If I need services the counseling doesn't provide, will my insurance cover services? What if I don't have insurance or money to pay for counseling?
- Is there a counselor available on call 24 hours a day? If not, what happens if there is an emergency after counseling center hours?
- Under what circumstances would the college contact the family about the student's mental health?
- What kinds of workshops or talks are provided to students about mental health and wellness?
- How is a student referred the college counseling center?
- If needed, how would my student make an appointment for counseling?

Counseling is most effective when students understand that the information shared in counseling will be kept confidential. Information from counseling, even information regarding whether a student is attending counseling sessions, cannot be shared with anyone except in cases of imminent danger or with written permission from the student.

Some institutions do not have counseling centers; however, your academic advisor or college counselor should be able to refer you to mental health resources in the community.

