

Students, have you struggled with past emotional concerns? Here are some guidelines to help ease the transition to college:

- Begin planning for the transition to college *now*—anticipating potential problems can go a long way towards preventing them.
- Discuss your intention to leave for college with your therapist, primary care provider, and psychiatrist (if applicable). Formulate a plan for how you will obtain both therapy and medication while at school.
- If you are on medication, continue to take this medication as prescribed. Keep in mind that the first semester of college may not be the best time to explore changing or stopping your medication regimen.
- Develop a plan for managing stress while away at college. Research on-campus supports *before* you leave for school, and after you arrive, focus on self-care in the areas of sleep, nutrition, and exercise, all of which can impact mental health.
- Have an action plan for what to do if your symptoms intensify or worsen while you are at school. Consider connecting with the Office of Disabilities Services (585-245-5112) for support as well as seeking treatment via Counseling Services (585-245-5716), where a counselor can meet with you to assist with a plan for your well-being.



TIPS FOR PARENTS: Helping Your Child from a Distance

- **Stay in touch!** Your student may not initiate contact, but s/he is likely to appreciate your concern as well as your willingness to listen and offer support.
- **Develop realistic expectations.** Recognize that not every student who excelled in high school will achieve straight A's in college. Support your student in learning to work independently and in taking advantage of the diverse opportunities which college has to offer, from academics to other activities.
- **Serve as a resource person.** Educate yourself about the various resources provided on campus, and if appropriate, mention the availability of these services to your student. Visit the college's web site to learn more about academic advisement, Career Services, Counseling Services, Health Services, Disabilities Services, GOLD programs, Intramurals, the Volunteer Center, and more.

Remember, Counseling Services is here to help!
Call us at 585-245-5716 or visit health.geneseo.edu