

Easing the Transition to College

Wisconsin Child Psychiatry Consultation Program (WICPCP.org)

Build Self-Compassion:

- College students who practice self-compassion report improved mental health, coping, and social interactions
- Self-compassion includes:
 - Gentle, “friend-like” self-talk in response to struggles or worries
 - Reflection on how one is not alone, other students are experiencing similar challenges
 - Mindfulness to identify and work through emotions rather than be controlled by them
- **Resources:** <https://selfcompassion.org>
<https://ggie.berkeley.edu/student-well-being/self-compassion-for-students/>

Identify Positive Social Connections on Campus:

- Students who experience positive identity and social connections report more positive transitions to college.
- As part of the college search/preparation, ask about/connect with meaningful campus clubs/organizations.
- Talk regularly with the Residence Advisor about student life and social connections.
- **Resource:** <https://news.chapman.edu/2022/02/03/5-steps-for-making-friends-in-college/>

Address Homesickness:

- Acknowledge that many students will experience difficulty living away from home.
- Students and families have different approaches that feel most helpful.
- Research suggests that students do best when finding ways to feel connected without frequent visits home.
- **Resource:** <https://www.mhanational.org/how-deal-homesickness-college>

Campus Support Services:

- Often, mental health services are offered at college health clinics. Learn more during tours and orientation.
- If not, determine if any local mental health providers are covered by parental insurance.
- A school social worker can help find free or low-cost clinics in the college community.
- **Resource:** <https://collegeguide.nami.org/>

Specific Web Resources for Parents/Caregivers:

- **University of Kentucky:** <https://uknow.uky.edu/student-and-academic-life/how-navigate-mental-health-conversation-your-college-student>
- **Mass General:** <https://www.mcleanhospital.org/essential/parents-guide-college-student-mental-health>
- **NAMI:** <https://www.nami.org/Support-Education/Publications-Reports/Guides/Mental-Health-College-Guide/CollegeGuide>

Resources for Students from Underrepresented Communities

- **Gustavus Adolphus College:** <https://gustavus.edu/counseling/RESOURCES/BIPOC&Anti-Racism.php?concert=stopEditing>
- **Western Michigan University:** <https://wmich.edu/healthcenter/counseling/resources/bipoc-resources>

Specialized Support Resources:

- **Students with disabilities:** <https://www.washington.edu/doi/are-there-electronic-mentoring-programs-students-disabilities>
- **Students with autistic spectrum disorders:** <https://www.edumed.org/resources/college-with-autism/>

