

TO: Parent/Caregiver/Spouse/Support System of an Aquinas Master Student
FROM: The Counselors at Aquinas College Counseling, Health & Wellness Services

Someone you know has officially become a masters student and has started working toward a higher degree, allowing them to gain experience working in more demanding positions. Much support and help can be provided to master students as they navigate the extremely stressful and busy experiences of graduate education.

Graduate level education is much more rigorous and stressful than undergraduate education. While it is typically shorter than undergrad education, masters level students are expected to complete more work, assignments are longer and more rigorous than before. Professors are more demanding of graduate students and expect their work to be at a higher level of quality than they previously completed in their undergraduate education. Masters level students typically juggle multiple responsibilities between jobs, finances, school, family, and possibly even more. The intensity of graduate education leads students to be very stressed and tired frequently. Many graduate students struggle with burnout, stress, anxiety, fatigue, and depression.

As a support, you can help by maintaining communication and support. Simply listening to their struggles and offering advice when asked will validate the student's thoughts, feelings, and experiences. This lets them know that what they are feeling and thinking is normal, thus, reducing some of the stress and anxiety they may experience.

To learn more about common mental health issues for college students, visit the *Mental Health Resources* page on the Counseling, Health & Wellness Services' website.

For more information about helping a student during their college career, visit the *Info For Parents* page of our website.

Counseling Services at Aquinas College are available to help students with concerns they may encounter while at college. Counseling provides a safe environment where students can openly express their thoughts and feelings with a trained professional counselor who serves as an objective listener. Counseling staff are available for scheduled individual appointments.

Aquinas College Counseling, Health & Wellness Services

Hours: Monday – Friday, 9 a.m. to 5 p.m.

Walk-in Hours: Monday – Friday, 2 p.m. to 3 p.m.

Location: Donnelly Center, Lower Level

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