

TO: Parents of an Aquinas Freshman

FROM: The counselors at Aquinas College Career and Counseling Services

Congratulations, your son or daughter is a college student! All the time, work, love, and sacrifice that you have invested in your child have enabled him or her to pursue higher education. Though your child is entering adulthood and learning to become independent, he or she will still need your help and support throughout this transition.

First year students encounter a number of different challenges during their first year of college. Everything is new and unfamiliar, which itself can be stressful. More is demanded of students in college than in high school: the concepts that are introduced in their classes are more difficult to understand, there are more reading assignments and homework, and a higher quality of work is required. Students are expected to be self-disciplined and organized, balancing academic demands with social and recreational activities. Many students have left family and friends, their support network, and now face the challenge of making new friends. Others struggle to find their independence while living at home. It is not unusual for new students to experience stress, anxiety, or depression during their first year of college. As the parent of a new student you can help by keeping up communication with your child, asking how he or she is doing, and listening while avoiding giving too much advice. The trick is to “let go” while still “being there” for your son or daughter.

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

For more information about helping your child during his or her college career visit the *Info For Parents* page of our website.

Counseling Services at Aquinas College are available to help your son or daughter with concerns they may encounter while at college. Counseling provides a safe environment where students can openly express their thoughts and feelings to a trained professional counselor who serves as an objective listener. **Counseling staff** are available for scheduled individual appointments. Walk-in hours are also held Monday through Friday from 2 to 3 p.m.

## Aquinas College Career and Counseling Services

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

**Walk In Hours:** Monday through Friday, 2 to 3 p.m.

**Location:** Donnelly Center, Lower Level

**Phone:** (616) 632-2905

**Fax:** (616) 732-4435

**E-mail:** careerservices@aquinas.edu