

TO: Parents of an Aquinas Seniors

FROM: The counselors at Aquinas College Career and Counseling Services

Congratulations, your son or daughter has made it to his or her senior year of college! Though your child is quickly becoming an independent adult, he or she will still need your help and support this year.

Seniors are very familiar with the college routine. They have figured out how to juggle academic and social demands. However, even experienced students can encounter difficulties at school. Some of the most common problems are relationship issues, alcohol abuse, burnout, eating disorders, depression, and anxiety. You can help your child by frequently 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

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