

TO: Parents of an Aquinas Sophomore

FROM: The counselors at Aquinas College Career and Counseling Services

Congratulations, your son or daughter has made it through the often difficult first year of college and is now a sophomore! Though your child is entering adulthood and becoming more independent, he or she will still need your help and support throughout this transition.

The second year of college is typically less stressful than the first. By now your child is familiar with the college routine, has made friends at school, and knows 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

Fax: (616) 732-4435

E-mail: careerservices@aquinas.edu