

TO: Parent/Caregiver of Aquinas Fifth Year Student

FROM: The Counselors at Aquinas College Counseling, Health & Wellness Services

Congratulations, your child has made it to their bonus year of college! Your child has completed and learned a lot through their journey in college. Although the final years are marked with less stress than previous years, you can still support your student and provide help to them as they transition to their next phase in life.

The final year of college is when the stress starts to melt away and students can begin to focus on broader goals outside of finishing assignments. They are finishing final classes and wrapping up their experience at college. Your child is almost fully independent and has identity and purpose in their life. New difficulties arise as all or most of their friends/supports are gone and they face a sense of grief and urgency to finish. Students also face difficulties with what comes next after they finish, like where will they live, where will they work, do they continue their education, etc. Yet, students still experience some difficulties like anxiety, stress, depression, relationship issues, and burnout.

As a parent you can help your child by maintaining communication and support. Simply listening to their struggles and offering advice when asked will validate your child's thoughts, feelings, and experiences. This lets your child know that what they are feeling and thinking is normal, thus, reducing some of the stress and anxiety they 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 your child during their college career, visit the *Info For Parents* page of our website.

Counseling Services at Aquinas College are available to help your child 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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