

TO: Parent/Caregiver of Aquinas Third Year Student

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

Congratulations, your child has made it half way through college! As your child continues their journey through college, your help and support are still needed as they continue to develop and transition towards independence.

The third year of college is usually the least stressful of all 4 years. Students are typically familiar with their college routine and know how to juggle academic and social demands. Your child will have developed a sense of competence, emotional management, autonomy, and interpersonal relations and has begun formulation and development of an identity, purpose, and integrity. They are comfortable with the duality of multiple perspectives and begin to think critically and question the validity of multiple perspectives. Difficulties like anxiety, stress, depression, relationship issues, alcohol/substance abuse, burnout, and eating disorders are still experienced throughout the student's college experience.

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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