

TO: Parent/Caregiver/Spouse/Support System of an Aquinas Non-Traditional Student  
FROM: The Counselors at Aquinas College Counseling, Health & Wellness Services

Someone you know has officially become a student at Aquinas college and has officially started working toward completing their higher education. College is not easy for anyone and all students need help and support, which you can provide.

Reintegrating to the school routine can be difficult for non-traditional students. Hopping back into school can feel foreign. Readjusting to what their assignments will be like and the quality of their work can be challenging. Often times, non-traditional students feel displaced and like they don't fit in. Typically, they are older than much of their cohort and have already developed a sense of identity and independence. Non-traditional students typically juggle lots of responsibility like school, family, jobs, medical needs, and even more. Non-traditional students often struggle with depression, stress, anxiety, fatigue, burnout, and other difficulties related to social networking.

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

Counseling Services at Aquinas College are available to help students 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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