Your Blue Jay is Now Ready to Soar!

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Program Overview

I. Introductions
II. College Student Development
III. Common Stressors for First Year Students
IV. Family Involvement in College Student Development
V. Effective Parenting Strategies
VI. Resources
VII. Q & A
College Student Development

- From the ages of 18-25, emerging adulthood, college students are building their identity (Brewer, Nicotera, Veeh, & Laser-Maira, 2018)

- This is an opportunity for them to take *risks* and build their *self-efficacy*. In order to do that they need to have more *autonomy*.

- *Challenges* and *setbacks* are a normal part of emerging adulthood and the college transition
Common Stressors

- Academic
  - Managing multiple deadlines and assignments
  - Imposter syndrome – Do I belong here?
- Social
  - Maintaining balance between academic life and social life
  - Establishing social connections
- COVID-19 Related Stress
Family Involvement in College Student Development

- Parental involvement is important in development of social, emotional, and cognitive adjustment (Darlow, Norvilities, & Schuetze, 2017).

- Overparenting can make students feel less competent and more vulnerable to stressors.

- Supportive parenting improves overall well-being and self-efficacy.
Effective Parenting Strategies

- Utilizing Active Listening
- Setting firm/clear expectations
- Encouraging Problem Solving
  - What are your options?
  - What resources are available?
  - Are there any faculty, staff, or peers you can reach out to for support?
Effective Parenting Strategies

- Modeling/Encouraging healthy behaviors
  - Establishing a regular, structured schedule including breaks and exercise
  - Connecting with nature (American Psychological Association. (2020, April). Nurtured by nature. Monitor on Psychology, 51(3)).
- Creating a designated workspace
- Implementing a regular sleep/wake schedule
Resources

- Professors and Teaching Assistants
- Academic Advisors
- First Year Mentors
- Calm app https://www.calm.com/jhu
- Silver Cloud https://jhu.silvercloudhealth.com/signup/
Resources

• TimelyMD [https://www.timely.md/faq/mental-telehealth-faq/](https://www.timely.md/faq/mental-telehealth-faq/)
  • use service key “JHU2020”

• JHU Wellness website [www.wellness.jhu.edu](http://www.wellness.jhu.edu)

• A Place to Talk –Z – Peer Listening Service
  • Zoom room is open Tuesdays & Thursdays 9 - 11 pm EST and Wednesdays 11 am - 1 pm EST.

• Counseling Center [https://studentaffairs.jhu.edu/counselingcenter/](https://studentaffairs.jhu.edu/counselingcenter/)
Questions?

Thank You!