

Your Blue Jay is Now Ready to Soar!



Susana Ferradas, Ph.D.
Staff Psychologist, Coordinator for
Latinx Students & Liaison to Student Groups,
Counseling Center
counselingcenter@jhu.edu



Tiffany Llewellyn, DSW LCSW
Staff Social Worker,
Counseling Center
counselingcenter@jhu.edu



Kesha Williams
Director, Parent and Family
Relations
bluejayfamilies@jhu.edu

Program Overview

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- 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/>
 - use service key “JHU2020”
- JHU Wellness website 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/>

Questions?

Thank You!