

Family Weekend: October 2-4, 2020

# Managing Academic Stress: Strategies to Promote Well-being

**Dr. Durriya A Meer**

**Johns Hopkins University Counseling Center**

*family weekend*

# Overview

1. Facing the unknown
2. Self care
3. Supporting your child
4. Resources
5. Q&A

# It's not *just* COVID...

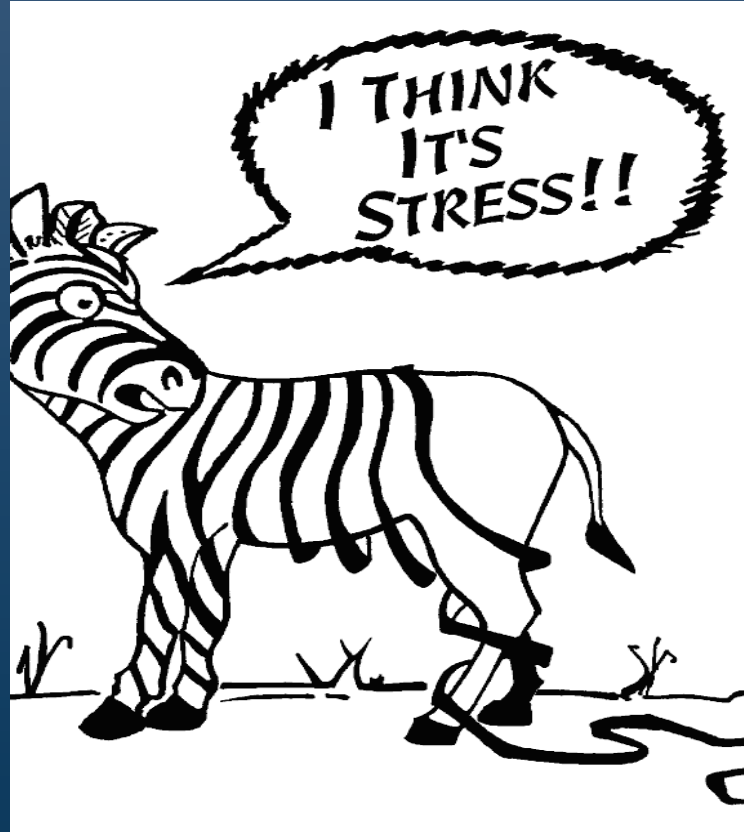
- It's midterm season
- It's election season
- It's hurricane season
- There are wildfires
- There is racial and civil unrest

Everything is IN OUR FACE 24/7++

# As a parent, you are...

- Managing your regular responsibilities
- Managing your child(ren)
- Managing your elderly parent/relative
- Managing work commitments or managing the stress of losing your job
- Managing racial trauma

# So...if this is how you are feeling...



# ...before you can do anything else...

- Take care yourself!!
- What do I need?
- It is CRITICAL to build that into any caregiving/  
caretaking/giving support plan

# Self-care is other care!

- Plan fun activities together – game night; movie night etc.
- Plan alone time for yourself AND for your student.
- Implement structure AND be flexible.
- Make sure everyone understands and agrees on the boundaries of time and space.
- Encourage finding solutions; not just “venting.”

# Your involvement is absolutely necessary

- 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.



# How can you *support* your child's success?

- Even if your child has not left home (e.g., 1st year students), remember that they are at a different stage of life.
- They need more autonomy and decision-making power and the permission to make mistakes
- Give them space – literally and figuratively.

- Allow your student independence and autonomy with their activities – for e.g., group study time, consulting with TAs or professors, student org activities.
- Encourage continued engagement with campus through online programming.

- Discuss how you can support them – what do they need more of? Less of? Different?
- Join with them rather than trying to fix things for them
- Talk with them *not at* them:
  - Let's problem solve together
  - What options do you/we have?
  - What resources are available?

# Remember...

Challenges and setbacks are a normal part of growth and development – allow your child to

**“FAIL FORWARD”**

# Resources

- Professors and Teaching Assistants
- Study consultants
- Academic Advisors
- First Year Mentors

# Resources

- Calm app <https://www.calm.com/jhu>
- Silver Cloud <https://jhu.silvercloudhealth.com/signup/>
- TimelyMD <https://www.timely.md/faq/mental-telehealth-faq/> and 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/>
- ProtoCall

# Questions?