Managing Academic Stress: Strategies to Promote Well-being

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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](https://www.calm.com/jhu)
- Silver Cloud [https://jhu.silvercloudhealth.com/signup/](https://jhu.silvercloudhealth.com/signup/)
- 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?