

**Revelle College  
Parent Orientation**

**“Letting Go While Holding On”**

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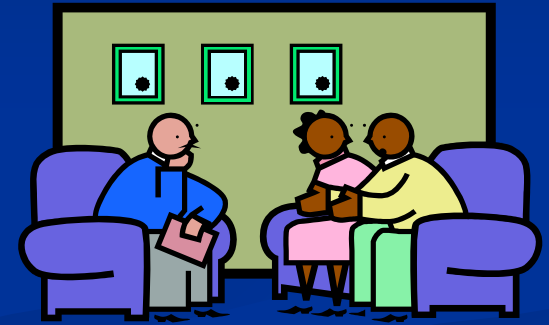
**Counseling and Psychological Services  
(a.k.a. “CAPS”)**

# Objectives

- Introduce CAPS and what we do.
- Discuss what to expect when your child starts college.
- Share ways that you can help your child in this exciting but also stressful time.
- Find out about resources available to you as college parents.

# CAPS – who we are

- 29 licensed psychologists
- 6 post-doctoral residents
- 2 licensed psychiatrists
- 3 licensed social workers
- Psychologists at each college
- Students can see anyone on staff



# CAPS.UCSD.EDU



COUNSELING AND PSYCHOLOGICAL SERVICES

CAPS / UC SAN DIEGO / student health and well-being

Central Office: Galbraith Hall 190  
Hours: Mon-Fri, 8:00am-4:30pm

Phone & Crisis: .858-534-3755  
Emergencies: 911

Google Custom Search



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## CAPS Staff

### Meet The CAPS Staff



- Students can see anyone on staff
- Generalists/ University Mental Health
- Specialties can be found on CAPS website

The staff of Counseling and Psychological Services (CAPS) includes licensed psychologists, board certified psychiatrists, and post-doctoral fellows. All of our staff are generalists and see students presenting with a variety of issues and possess experience in working with diverse student populations. CAPS operates from a "de-centralized" community psychology model. While many of our staff are located at our Central Office (Galbraith Hall 190), in order to increase access for students, the majority of our staff are located at the six

# CAPS: What We Do

- Brief individual & couples counseling
- Brief Telephone Assessment
- Psychiatric services
- Referrals for longer-term psychotherapy
- Counseling groups, educational workshops, informal drop-in forums
- Consultation – to staff, faculty, residential life, student organizations
- Wellness Peer Educator Program
- Urgent care

*Our services are free to registered students!!!*



# A Sampling of Our Groups

- Daily Drop-In Groups
- Building Social Confidence
- Mindfulness for Daily Living
- Coming out Group
- Gay Men's Relationship Forum
- Asian American Community Forum
- Desi Forum
- "Who's First?" First Generation College Student Forum
- Black Women's Collective
- Anger & Conflict Management Workshop
- Graduate Women in Science

# Reasons Why Students Come To CAPS

- Stress and Anxiety
- Relationship Problems
- Depression
- Academic Concerns
- Personal Trauma (Abuse, Assault, etc.)
- Alcohol/Drug Related Problems
- Learning Problems
- Identity/Diversity Issues
- Sleep

# Confidentiality

- In keeping with ethical standards of mental health professionals & the law, all services are confidential.
- Unless a student signs a release of information, specific details cannot be shared with their parents.
- Parents are still free to call & consult with CAPS regarding how to best help their child.





# How to contact us

- Office hours: 8:00am – 4:30pm, Monday – Friday.
- Call (858) 534–3755, or stop by at our Central office (Galbraith Hall 190).
- [caps.ucsd.edu](http://caps.ucsd.edu)
- Appointments available within two weeks of initial request. At peak demand times – wait may be longer.
- A psychologist on duty for emergency walk-ins.
- After-hours counselor available by phone.

# Common Challenges for Students

# Common Challenges for Students

- Developing increased autonomy & self reliance.
- Establishing identity in a new environment.
- Leaving behind well-known people, places, pets, routines.
- Being away from home during important events (birthdays, holidays, moments of success, illness).



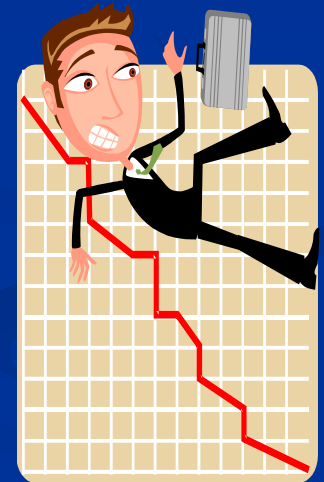
# Common Challenges for Students

- Students are used to being at the top of their class.

BUT

More competition → Grades drop.

- Negotiating parents' expectations:
  - choice of major
  - grades
  - balancing school & fun



# Common Challenges for Students

- Building a new social network with roommates, peers, romantic partners & adults.
- Negotiating new communal norms in the residential halls.
- Re-negotiating norms as students go back-and-forth from home to college.
- Becoming a part of the unique culture of the University / College.



# Common Challenges for Students

- Falling in love (perhaps out-of-love) for the first time/ Coming out/ Identity
- Coping with new personal “ceilings”, frustrations, disappointments.
- Juggling multiple demands with less structured time.



**Common challenges for  
parents,  
extended family and  
other supporters**

# Common challenges for parents & other supporters

- Mixed feelings:  
excitement,  
happiness,  
relief,  
sadness,  
loss,  
fear.



- Shifting from parent-child to parent – young adult relationship.

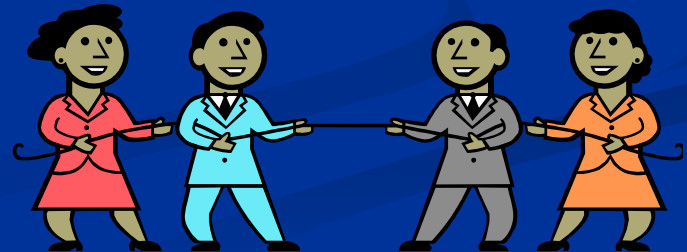


# Common challenges for parents & other supporters

- Feeling less-needed on a day-to-day basis & less privy to some aspects of your child's life.
- Trusting that you have adequately prepared your child to function as a successful young adult.

# Common challenges for parents & other supporters

- Being supportive of decisions that students make for themselves.
- Avoiding sending messages that set up a conflict of loyalties within the student.
- Allowing your student room to make mistakes.



# Common challenges for parents & other supporters

- Staying connected despite not having as much contact as you are used to.
- Maintaining patience, flexibility and humor with this (sometimes) difficult process.



# How Can Parents Help?



# How Can Parents Help

- Be available for ongoing support – provide a secure emotional base.
- Maintain regular contact via phone, text, email, care packages, letters and pix of special events.

*...even if there is lack of reciprocity at times, it does not mean your communication is unimportant!*

- Listen first and then give advice.



# How Parents Can Help

- Students will usually be less likely to confide in parents about difficulties if parents react with overt “worrying” ..
- Remember – you don’t need to meet all of your son or daughter’s needs: allowing them to be a resourceful and creative problem–solver will foster their development as a capable young adult.



# How Can Parents Help

- Encourage your student to get connected with the campus community – student groups, campus activities, faculty and staff – may all serve as resources.
- Support your student's right to make independent decisions by following their lead.
- Encourage them to trust themselves: Perhaps not to always make the perfect decision, but at least to recover and learn from mistakes.

# How Can Parents Help

- Everyone does not develop & mature at the same rate. Some students need additional time or support to adjust to university life while others have little difficulty adjusting.
- Take care of yourself and enjoy the liberties this change allows. Consider your own interests that may have been neglected due to parenting demands.





# Resources for Parents

*Letting Go: A Parent's Guide to Understanding the College Years*  
by Karen Levin Coburn and Madge Lawrence Treeger

*iGen*  
by Jean M. Twenge

*You're On Your Own (But I'm Here If You Need Me): Mentoring Your  
Child During the College Years*  
by Marjorie Savage

*Don't Tell Me What to Do, Just Send Money: The Essential Parenting  
Guide to the College Years*  
by Helen E. Johnson and Christine Schelhas-Miller

# Resources for Parents

Counseling & Psychological Services:

<http://caps.ucsd.edu>

858-534-3755

**Enjoy the Journey before it's over!**

