

Parent and Family Orientation “Letting Go While Holding On”

2021-22



UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



T R I T O N S
FLOURISH



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.



Top 10 factors that negatively impact academic performance

	UCSD students (% rounded)	UCSD students in 2019 (% rounded)
Procrastination	60%	n/a
Stress	50%	39%
Anxiety	38%	27%
Sleep Difficulties	27%	24%
Depression	27%	22%
Career	19%	15%
Family	18%	11%
Finance	17%	9%
Health Concerns of Family/Friend	17%	n/a
Headaches/migraines	13%	n/a

Reasons Why Students Visit Us

Stress	Anxiety
Depression	Loneliness/Relationship Concerns
Adjustment to UCSD/ the US	Academic Problems/Procrastination
Focus and Concentration/Motivation	Alcohol or Drug Use
Eating and Body Image Concerns	Identity Exploration (LGBT, Gender)
Sport and Performance Psychology	Career Exploration

Clinical Services

- Individual & group counseling
- Psychiatry
- Free and Confidential
- 858-534-3755
- caps.ucsd.edu



Crisis Services

- Crisis phone consultation available 24/7
- Immediate support with urgent needs
- Consultation with parents
- (858) 534-3755





Daily Drop-In Workshops Spring 2021: Weeks 2-10



Foundations of Well-Being

Mondays 3:00 – 4:00 PM (Except 5/10 and 5/31) with Scott Hansen, Ph.D.

Come spend an entertaining and informative hour examining six fundamental lifestyle areas. You will leave with a wealth of practical tips you can immediately use to make changes that will help you manage your stress, improve your mood, and enhance your life satisfaction.

<https://uhealth.zoom.us/j/85119415052>



Resiliency-Building Toolkit

Tuesdays 3:00 – 4:00 PM (Except 4/13) with Michael McGlenn, Psy.D.

Join us for a virtual workshop designed to help students develop new skills and build on existing strengths to navigate life's obstacles and stresses. You'll learn strategies to improve mindset and mood, increase mental sharpness, handle difficult emotions and relationships, and create a more positive relationship with yourself.

<https://uhealth.zoom.us/j/89099169654>



Mindful Wellness Wednesdays

Wednesdays 3:00 – 4:00 PM with Kristina Mendez, Ph.D.

Mindful Wellness is an adaptive workshop that teaches holistic skills for wellbeing. We will check in to see what is out of balance and explore accessible lifestyle changes that can support equanimity. Weekly skills will vary, but will include gentle yoga, breathing exercises, mindfulness, meditation, traditional wisdom about food and nature, and encouragement for students to reclaim their own traditional wellness practices. I trust that you intuitively know what you need to feel well and whole. Sometimes we just need a reminder of all the resources we have available to us.

<https://uhealth.zoom.us/j/82204802282>



Wellness Thursdays

Thursdays 3:00 – 4:00 PM (Except 4/8) with Isabelle Crete, Psy.D.

We all experience contradictory feelings and thoughts, but at the end of the day, how can we choose what's best for us? We might try to balance our emotions and rational thinking, but sometimes, our feelings may not make that possible. This DBT workshop is an opportunity for you to take a personal journey to promote your wellbeing, and to experience the creation of supportive relationships. Come and join me to discuss and learn about how to practice mindful behaviors while at the same time, accepting our daily human experience.

<https://ucsd.zoom.us/j/5043791505>



Relaxation Skills

Fridays 3:00 – 4:00 PM (Except 5/7) with Scott Hansen, Ph.D.

Come spend an hour learning a variety of basic relaxation skills that will help you deal with daily anxiety. You will leave with practical exercises you can apply immediately to manage and reduce the symptoms of stress in your life.

<https://uhealth.zoom.us/j/86980891390>



CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. No appointments needed – simply show up and enjoy! These workshops also qualify for Wellbeing Leadership Award through The Zone.

These meetings are not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at (858) 534-3755 to arrange an appointment.

@ucsdtritonflourish // <https://CAPS.ucsd.edu>



<https://caps.ucsd.edu/dropin>



CAPS Community Forums

Forums for All Students

- APIMEDA Community Forum
- Black Women's Collective
- Coming Out Group
- Covid Connection
- Find Your Focus: ADHD Support
- First Gen Support
- Grief and Loss Support
- Latinx/Chicanx Cafecito Hour
- More Than Dreams Support Forum
- Outside the Box
- Students with Dependents
- Yoga for Wellness

Graduate and Professional Student Forums

- ADHD Support Forum
- Burn Bright, Not Out
- Grief and Loss Support Forum
- LGBTQ Community Forum
- WISE: Graduate Women in Science and Engineering



TRITONS
FLOURISH



iFlourish

Online Self-Improvement Program

- * Programs to help improve mood, decrease anxiety, manage stress, improve sleep, and build relationship skills
- * Self-guided technology programs
- * Evidence-based intervention
- * Free & anonymous
- * Exclusively for UCSD students
- * Desktop, mobile, or tablet-friendly

headspace

- » The popular mindfulness app is now FREE for registered UCSD students!
- » ALL features UNLOCKED for Tritons
- » Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more.
- » Find out what mindfulness can do for you in just 3 minutes a day. Use anywhere, anytime.
- » Reduce stress and increase resilience. Start meditating today!

WellTrack

- » Keeps track of your daily changes in mood and activity
- » Evidence-based tools
- » Personalized recommendations for improvement



- » Interactive, comprehensive activities
- » Improve mood, decrease anxiety, and increase relationship skills through evidence-based strategies
- » Learn a variety of coping skills, mindfulness and relaxation exercises, and track your progress

UC San Diego

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Counseling and Psychological Services

caps.ucsd.edu/iflourish

[@ucsdtritonsflourish](https://twitter.com/ucsdtritonsflourish)

GETTING STARTED

with CAPS

1. Call **858-534-3755** to schedule a brief phone screening to assess your needs.
2. Receive an individualized referral to the following services:

Individual,
Couples,
Group
counseling,
Urgent care

Drop-In
Workshops,
Community
Forums,
iFlourish

Off-campus
referral

GETTING STARTED

with CAPS

1. Call **858-534-3755** or go to MyStudentChart.ucsd.edu to request a brief phone screening to assess your needs.
2. Receive an individualized referral to the following services:

Individual,
Couples,
Group
counseling,
Urgent care

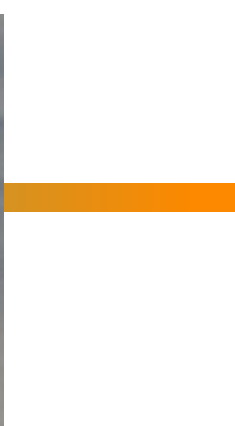
Drop-In
Workshops,
Community
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iFlourish

Off-campus
referral

Charlie Goes to College

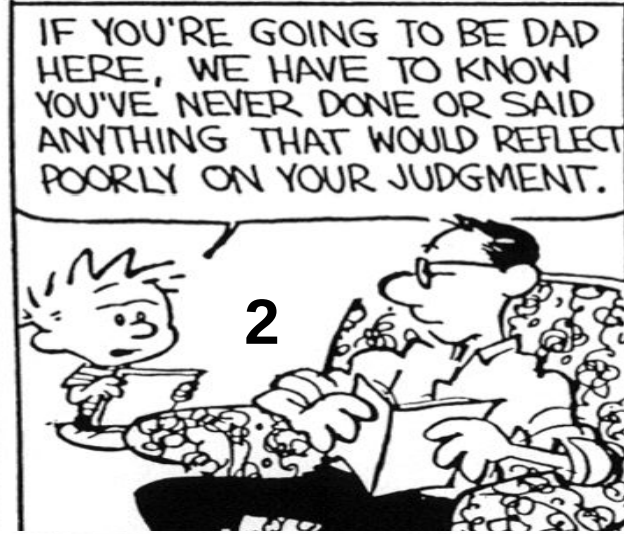
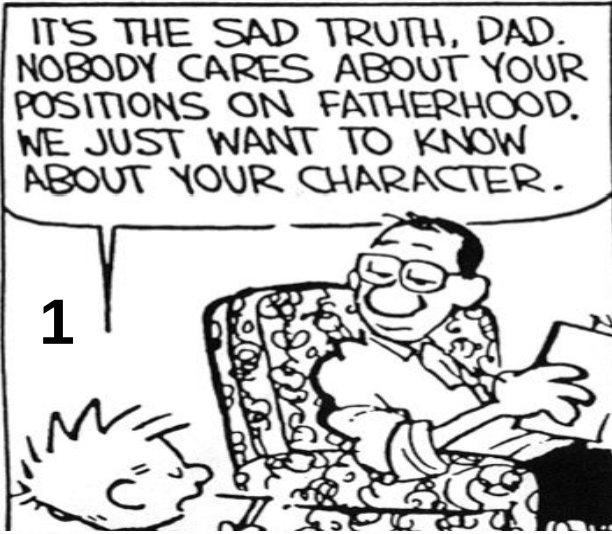
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Question

**What are your greatest
hopes & dreams for
your child
as they go to college?**



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).



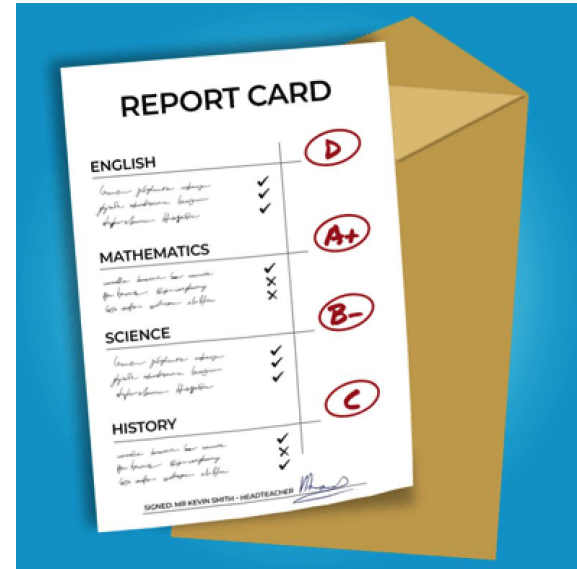
Common Challenges for Students

- 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 new social networks 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

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



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

Common Challenges for Parents, Extended Family, and 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, Extended Family and 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, Extended Family and 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 Can Parents 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 child’s needs.



How Can Parents Help

- Encourage your student to get connected with the campus community.
- 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.



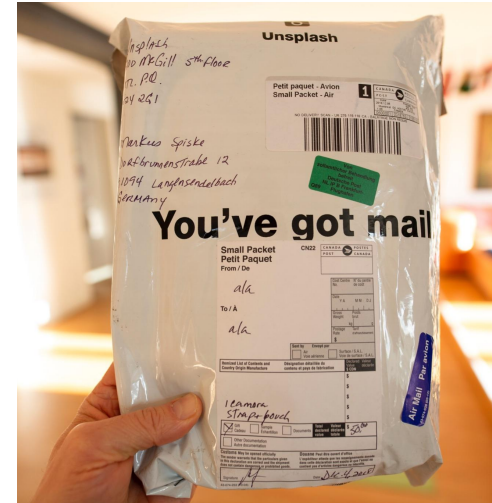
How Can Parents Help

- Everyone does not develop & mature at the same rate.
- Take care of yourself and enjoy the liberties this change allows.



A Few Helpful Tips

- Letter, audio, or video about dreams/wishes for child
- Remind them your love is not based on their performance
- Send cards or care packages
- Don't remodel their room too soon!
- Remember they have learned a lot from you



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:

<https://caps.ucsd.edu>

858-534-3755

Enjoy the Journey Before It Is Over!

