

TO: Parent/Caregiver of Aquinas Second Year Student

FROM: The Counselors at Aquinas College Counseling, Health, & Wellness Services

Congratulations, your child has made it through their first year of college and is now a second-year student! Though your child has completed a year of college, they are still growing and your support is still needed through their continued transition and development.

The second year of college is typically less stressful than the first. By now, your child has an idea of what their college routine will look like, has made friends, and has an idea of how to juggle academic and social demands. However, during this time, your child is still developing and mastering a sense of competence, emotional management, autonomy, and interpersonal relations. They are becoming more comfortable with the duality of multiple perspectives and that there is more than one answer to a question. Students also begin to evaluate whether or not to stay in school or to follow a different path. Difficulties like anxiety, stress, depression, relationship issues, alcohol/substance abuse, burnout, and eating disorders are still a part of student's college experience.

As a parent you can help your child by maintaining communication and support. Simply listening to their struggles and offering advice when asked will validate your child's thoughts, feelings, and experiences. This lets your child know that what they are feeling and thinking is normal, thus, reducing some of the stress and anxiety they experience.

To learn more about common mental health issues for college students, visit the *Mental Health Resources* page on the Counseling, Health & Wellness Services' website.

For more information about helping your child during their college career, visit the *Info For Parents* page of our website.

Counseling Services at Aquinas College are available to help your child with concerns they may encounter while at college. Counseling provides a safe environment where students can openly express their thoughts and feelings with a trained professional counselor who serves as an objective listener. Counseling staff are available for scheduled individual appointments.

Aquinas College Counseling, Health & Wellness Services

Hours: Monday – Friday, 9 a.m. to 5 p.m.

Walk-in Hours: Monday – Friday, 2 p.m. to 3 p.m.

Location: Donnelly Center, Lower Level

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