



Mental Health & Wellness: Prepare Together

The first year of college will be a tremendous adjustment for your student. Students often have a variety of experiences and feel a range of emotions throughout the year. Help your student prepare by considering a wellness plan that includes how you can be supportive. It's better to figure out strategies in advance rather than waiting until tensions and emotions are high in the moment. This worksheet guides you through questions to ask your student. Make notes so you can both refer back to it.

What are you looking forward to this academic year?

What challenges do you expect?

What do you need in order to maintain your wellness while in college (e.g, sleep habits, nutrition, hygiene, activities, hobbies, social network)?

What are signs that your stress is getting too intense or that you are struggling with your wellness (e.g., irritable with friends, putting off deadlines, relying on caffeine)? Perhaps agree on a predetermined scale to use with your student to evaluate their level of stress (e.g., 1 = no issues, feeling great, loving college!; 5 = not great, but I can handle it; 10 = I am in a lot of distress and need immediate support).

Who would you feel comfortable seeking help from (e.g., friend, sibling, counselor)? Have these resource contacts available.

Describe a time that you felt supported by us (parents/family)? What did we do to make you feel supported (e.g., listen without judgment, help you consider options)?

What are some of your strengths that help you feel resilient? When did you use these characteristics in the past?

How can we support your wellness this year? What would you like me to check in about?