

# The Care and Feeding of a College Student



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# Why this Session?



- College is a unique group of endlessly curious young people striving to reach their highest level of achievement in life - that level is different for everyone, and all students will face challenges
- College is the best place to learn to deal with these challenges

*Give a man a fish and he eats for a day; teach him to fish and he eats for a lifetime*

*Lao Tzu*

# Brain Science



- Increases in hormonal activity in specific areas of the brain support different types of growth than they or you have experienced before
- There is still a considerable amount of developmental work to do before young adults are fully ready to launch
- Emerging adults are learning to separate and relate
  - From dependence to *interdependence*

# What Is Happening



- The way they remember, think, reason, focus, make decisions and relate to others is changing
  - That can be confusing
- Everything they are expected to do is more complex
  - That can be anxiety provoking
- The things they could rely on in the past are not there for them in the same way
  - That can be frustrating

# What It Feels Like





# Four Things They Need to Do



- Novelty Seeking
  - Builds resilience through openness to change
  - Comes with risk taking and impulsivity
- Social engagement
  - Builds supportive and reciprocal networks with others
  - Rejection of “authoritative” and “oppressive” parent-child relationships
- Increased Emotional Intensity
  - Energy, motivation, exuberance, ability to do a lot
  - Fatigue, moodiness, poor emotion regulation
- Creative Exploration
  - Anything is possible and I can be the change!
  - Vulnerability to new influences, lack of values clarity, inability to choose a path

# Supporting a Good Transition



- Have regular conversations that involve every aspect of their experience (social, emotional, financial, environmental, academic/intellectual, physical, spiritual, occupational)
- Be realistic about who your daughter/son is and talk with them about their strengths and weaknesses
- Be willing to share about times when you struggled in the past, family history, and expectations regarding risky behavior

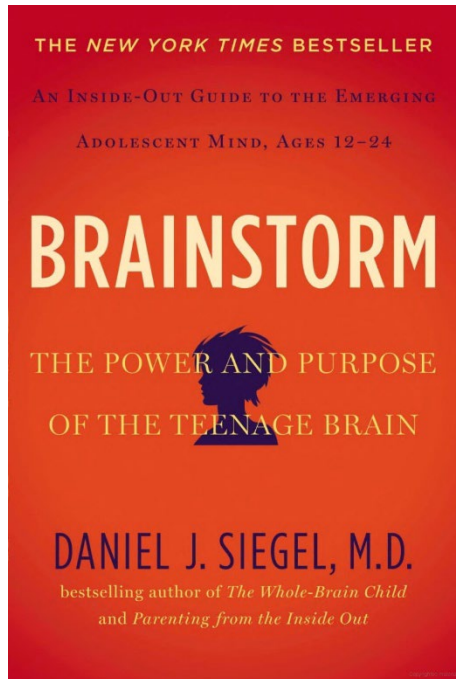
# What We Do



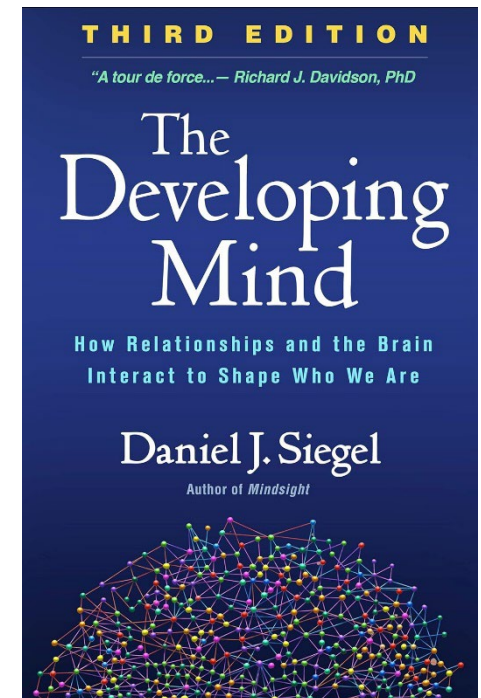
- The Forest = Robust Residential Experience
- 200+ Student Orgs and Clubs
- Campus Traditions
- Peer Support and Education
- Support through Health and Wellbeing
  - Prevention and Education
  - Early Intervention through Care Case Management
  - Tailored Intervention in the UCC, Deacon Health and the Safe Office



# Dan Siegel



## Brainstorm: The Power and Purpose of the Teenage Brain (2014)



## The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are (2020)