

Support Services for Parents:

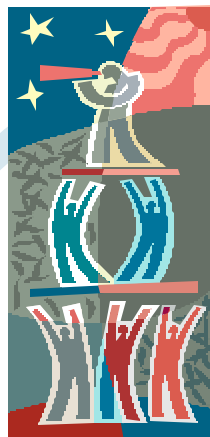
Referring Students to
UNC Counseling Center



Transitions, Transitions

For most students, attending college is a challenge. Moving away from home is an additional challenge. Many aspects of everyday university life are likely to produce stress for students, as well as provide opportunities for increased learning.

Students living away from home have to say goodbye to familiar surroundings. They have to decide how much energy to put into staying in touch with old friends and family members. When students come home for visits, they may be disappointed to find that things aren't exactly the same as when they left.



Coursework is more challenging and may require considerable work outside of class. Classmates may have grown up next door – or halfway around the world. Expression of diverse points of view among students and faculty, which is encouraged and valued as an integral part of higher education, can be intimidating. Learning to negotiate, cooperate, and argue with logic and civility is not always a smooth process.

Expectations of self and others will change as students grow toward greater self sufficiency and self direction. The Counseling Center can be a resource for students struggling with any major transition.

Tips for Relating to Your College Student

- **Show/express your trust in them** – Trust in their ability to make choices and have faith in their ability to find solutions.
- **Provide encouragement** – They want to feel loved, valued, and respected; use encouragement to help increase their self-esteem and to help them reach out for whatever services they might need.
- **Convey respect** – Respect is necessary for keeping communication open among adults. Nagging, lecturing, and blaming are sure ways to stop the communication.
- **Continue your involvement in their lives during the college years** – You can call, send a care package, and/or attend a university event. Remember to keep them involved in your life as well.
- **Guide, don't force** – Face problems squarely and avoid overreacting. Remember who owns the problem and that their behavior has a purpose. Model flexibility and optimism.
- **Work together to find solutions** – Ask your student how you can help best. Examine together the possible consequences of their choices.
- **Remember your feelings when you were their age** – Don't just tell them what to do. Remain open to changing your approach.
- **Consult with professionals whenever needed** – You don't have to be the expert on everything. There are many resources and people available to help.

Services and Staff

Every year, approximately 18% of the student body makes use of the UNC Counseling Center. Our Center provides a place for students to talk about personal problems and concerns. Services offered include short-term individual, couples, and group counseling. Staff members present programs on campus to address concerns such as managing relationships, test anxiety, and stress management. The Center's services are confidential. There are fees associated with some of our services; please call for more information.



The Counseling Center is staffed by licensed psychologists and counselors who are sensitive to the many issues affecting college students today.

To find out more about the Counseling Center, please call us at (970) 351-2496 or visit our website:

<http://www.unco.edu/counseling/>

Confidentiality

Due to state laws, all information about our clients is confidential, even from family members. If clients want their counselors to share information regarding their treatment with any individual, they can sign a form authorizing release of that information. Strict confidentiality provides an environment where students can feel safe to deal with their personal problems and issues.

CONSULTATION AND REFERRAL

What should you do if you're worried about your student? You haven't heard from him or her in a while. Or perhaps your student seemed depressed, anxious, or distant the last time you talked. You may be wondering what to do and how you can help.

What you are noticing may be a typical, expected change in your student as a result of the move away from home. On the other hand, you may be sensing some significant difficulties. We can help you decide what needs to be done, if anything. If counseling seems appropriate, we can suggest ways to approach your student. It will be important for them to contact us directly for an appointment, as we have found that student-initiated contact works best.



Emergencies

Should a crisis situation occur, immediate assistance is coordinated through the UNC Police Department. Their 24 hour telephone number is **(970) 351-2245**.

Examples of crisis situations include:

- Expression of suicidal thoughts
- Expression of homicidal thoughts
- Severe loss of emotional control
- Gross impairment in thinking ability
- Bizarre behavior

The UNC Counseling Center provides a place for students to talk about personal problems and concerns.

Services are
CONFIDENTIAL

The UNC Counseling Center is here for parents as well as students. Feel free to contact us to discuss your concerns and questions.

UNIVERSITY of
NORTHERN COLORADO



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