

# HELPING YOUR STUDENT (and Yourself) Transition To College Life



For families, sending a young person off to college is both exciting and emotional. There's pride in watching them take this big step—and a natural worry about how they'll adjust. The transition to campus life is a big change for everyone, but with a little planning and a lot of communication, it can be smoother for your student and for you.

## TIPS FOR A POSITIVE TRANSITION

### 1. ***Talk About Expectations***

Have an open conversation about classes, social life, finances, and how you'll stay in touch. Agree on a communication rhythm that works for both of you -- maybe a weekly call, quick check-ins, or texts just to say hello.

### 2. ***Prepare for the Emotional Shift***

Your student may feel homesick, overwhelmed, or even question if they belong. Reassure them this is typical and part of growing. Remind them to seek help early—there's no shame in asking for support.

### 3. ***Build a Support Network on Campus***

Encourage them to connect with resident assistants (RAs), join student organizations, and attend welcome events. Finding "their people" can make a huge difference in feeling at home.



#### **4. Know the Health and Safety Resources**

Before move-in day, gather and store these important contacts:

- Campus Health Services phone number
- Counseling Center phone number and after-hours crisis line
- Campus Security/Public Safety phone number
- Local Urgent Care & Hospital
- MiraVista/TaraVista or other local mental health resources if studying in New England.

Keep these numbers in your phone and encourage your student to do the same. In a tough moment, knowing exactly who to call can save precious time.



#### **5. Encourage Balance**

College life can be busy, but sleep, nutrition, and exercise are non-negotiables for good mental and physical health. Encourage them to explore stress-relief activities like yoga, journaling, or campus recreation programs.

#### **6. Give Space—But Stay Connected**

As hard as it is, allow them to navigate challenges without immediately stepping in. Offer guidance, listen without judgment, and remind them you're always in their corner. Don't overly consume social media, but monitor postings with care. Send a surprise care package. Your college student will appreciate getting a few of their favorite things.

Bottom line: The journey to independence is an adjustment for both trusted adult caregivers and students. Preparing together—emotionally, socially, and logistically—sets the stage for a positive first year.



If your student is studying in New England and needs inpatient mental health care, MiraVista and TaraVista Behavioral Health Centers are here as ready resources. Direct admission means quick, compassionate access to care — no emergency department visit needed.

**Save our number: 413-264-3042**

***Here's to a year of growth, learning, and unforgettable experiences — for them and for you!***