TO: Parent/Caregiver

of Aquinas First Year Student

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

Congratulations, y our child is a college student! All the love, time, work, and sacrific e that you

have invested in your child has enabled them to purs

ue higher education. Though your child is

entering college, y our help and support is still needed through this transitional period.

Your student’s first year is considerably the most stressful.

Everything is new and unfamiliar.

More is dem anded of students in college than in high school. The c oncepts that are introduced

are more comp lex, there is more reading and homework, and a higher quality of work is

required. S tudents are expected to balance academic demands with social and recreational

ac tivities. Many students have left their support

networks, their family and friends, and are

challenged to mak

e

new ones. First year students start to develop a sense of competence,

emotional management, autonomy, and interpersonal relations. They struggle with the duality of

multiple perspectives. It is not unusual for new students to experience stress, anxiety, and/or

depression. Other

difficulties that

students