

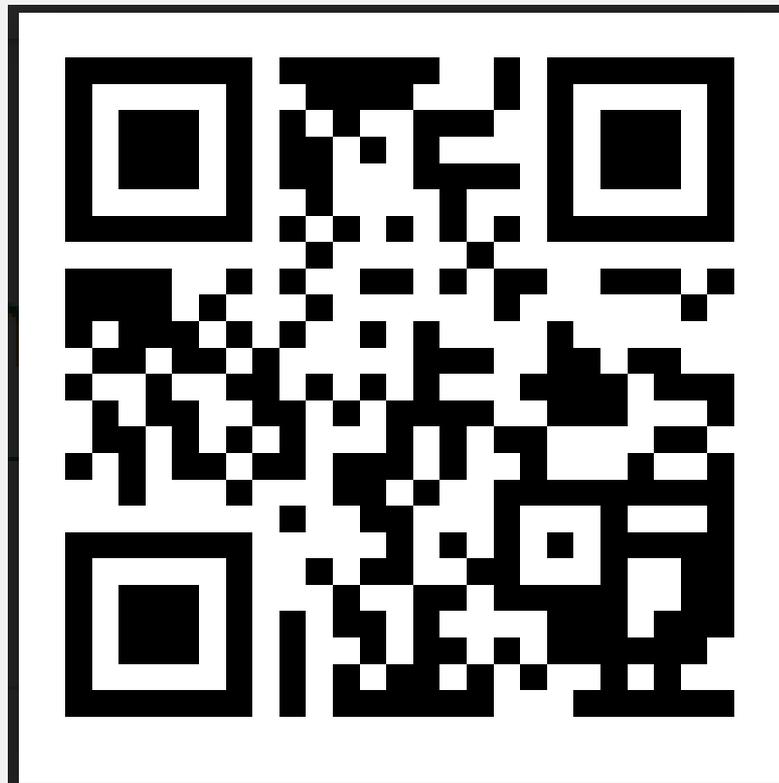
COPING IN COLLEGE

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In collaboration with Bradford Coleman (Staff Counselor)
VSU Counseling Center

Welcome: Please mute your mic and videos, raise your hands once you have signed in



Overview

- Self Awareness
- Issues in College
 - Homesickness
 - Conflict (Roommate, other, etc.).
 - School and life balance (Role Management)
 - Money Management
 - Personal Health



ICE BREAKER

- What was your biggest fear coming to college?
- What was your biggest challenge in college so far?
- What has been your biggest surprise so far in college?

Self-Awareness

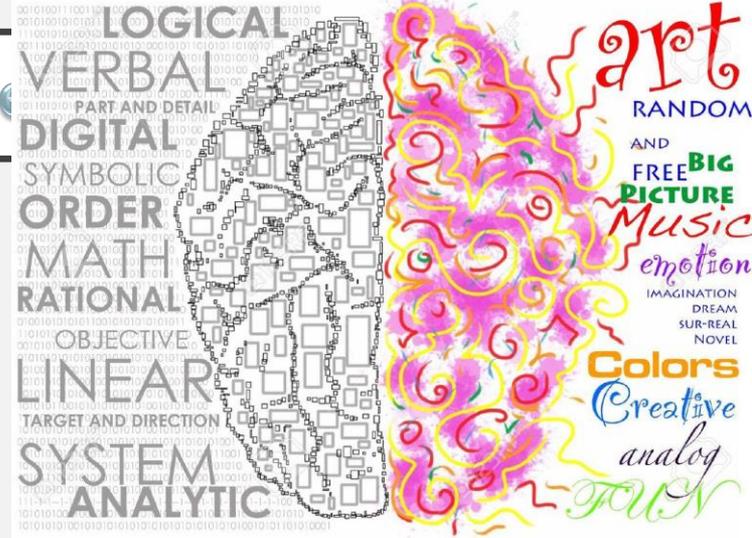
- College is a pivotal time in which you have an opportunity really get to know yourself.
 1. Look at yourself objectively. ...
 2. Keep a journal. ...
 3. Write down your goals, plans, and priorities. ...
 4. Perform daily self-reflection. ...
 5. Practice meditation and other mindfulness habits. ...
 6. Take personality and psychometric tests. ...
 7. Ask trusted friends to describe you. ...
 8. Ask for feedback at work.



Self-Discovery Assessments

Very Short list

- 16 Personalities
- Communications Styles
- Brain Functionality
- Emotional Intelligence
- Learning Styles Assessments
- Multiple Intelligence
- The Five Love Languages
- Body Language



<p>ISTJ</p> <p>Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.</p>	<p>ISFJ</p> <p>Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.</p>	<p>INFJ</p> <p>Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.</p>	<p>INTJ</p> <p>Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.</p>
<p>ISTP</p> <p>Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.</p>	<p>ISFP</p> <p>Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.</p>	<p>INFP</p> <p>Sensitive, creative, idealistic, reserved, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.</p>	<p>INTP</p> <p>Intellectual, logical, precise, nurturing, helpful, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.</p>
<p>ESTP</p> <p>Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.</p>	<p>ESFP</p> <p>Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.</p>	<p>ENFP</p> <p>Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.</p>	<p>ENTP</p> <p>Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.</p>
<p>ESTJ</p> <p>Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.</p>	<p>ESFJ</p> <p>Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.</p>	<p>ENFJ</p> <p>Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.</p>	<p>ENTJ</p> <p>Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.</p>

TRUE COLORS



Show Your Real Colors

*Please take a moment to
complete the true colors
assessment*

Self-Awareness Continued



Ask why three times!

Say No (for now or forever)

Apologize

Read

Personal Manifesto

Do solo activities

Some walks
you have to
take alone.

— YIP (The Winds Journal)



Expectations of College

I will always have fun!

I will be able to easily make friends!

I'll never be lonely.

I won't miss anyone from home.



Rough Transition

From **Childhood** to **Adulthood**

Childhood

- Told what to do
- Told where to be
- Not fully in control of who you are forced to be around
- Comfortable around old connections (good friends and family)

Adulthood

- You have to make your own way
- You have to make new friends
- You are in control of your time and friends
- Learn to be more comfortable in new situations



Homesick at VSU



- Not wanting to leave your dorm
- Not wanting to get involved in dorm life activities
- Avoiding people, including your roommate
- Lack of motivation to attend class

- Frequent trips back home
- Exclusively relying upon old friends and connections
- Only nourishing old connections

- Spending excessive time checking the social media of old connections



How to Cope

RA
resident
assistants

Let your RA and Student Life work for you.

Slow down and breathe. What you're going through is normal. It is likely that nearly everyone else around you has experienced homesickness at some point in their lives.



Don't run away at the first feeling of awkwardness. Challenge yourself to stay an extra few minutes before leaving. In those extra minutes, connections usually form, invitations are made, and opportunities to build or deepen relationships occur.



Get familiar with VSU's campus and different organizations.



Issues: Conflict

1. **My way is the only way** - (Parochial stage)
2. **I know their way, but my way is better** - (ethnocentric)
3. **My Way and Their Way** - (Synergistic stage)
4. **Our Way** - (Participatory Third culture stage)

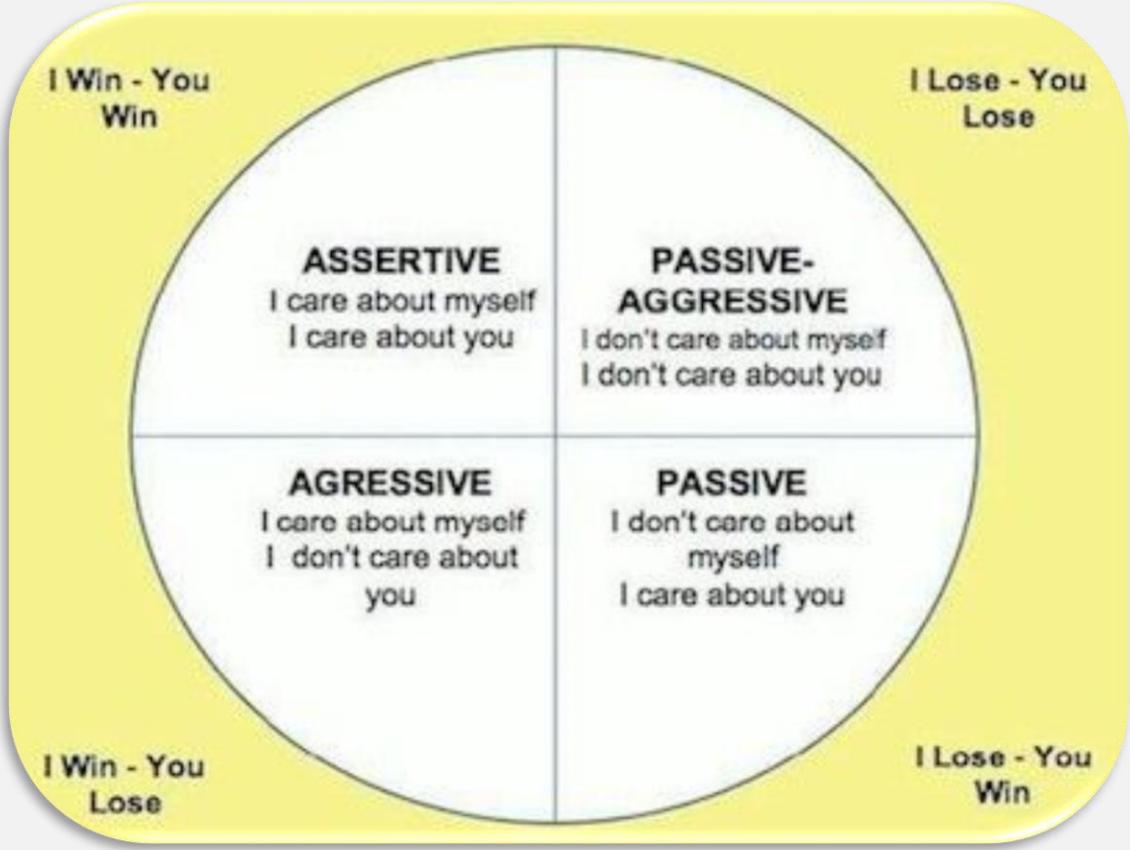


QUESTIONS

1. **On what issues are you within the first two stages (My Way...I know Their way...)?**
2. **What issues are more willing to compromise and are in stages (My Way and Their Way and Our Way)?**

ISSUES: CONFLICT CONTINUED
(COMMUNICATION STYLES)

- 1. **Passive**
- 2. **Passive-
Aggressive**
- 3. **Aggressive**
- 4. **Assertive**



PLEASE
TAKE A FEW
MINUTES
AND
COMPLETE
YOUR
COMMUNIC
ATION
ASSESSMEN
T

Am I assertive?



Read the questions and keep track of how many times you answer yes.

I am comfortable meeting new people in **social situations**.

I am able to say **"no"** without feeling guilty or anxious.

I can express **strong feelings** such as anger, frustration or disappointment.

I can easily **request help** and information from others.

I feel capable of **learning new things** and performing new tasks.

I am able to acknowledge and take responsibility for **my own mistakes**.

I can **discuss my beliefs** without judging those who don't agree with me.

I am able to express **my honest opinion** to others, even if they don't agree.

I tell others when **their behavior** is not acceptable to me.

I can speak confidently in **group situations**.

I believe **my needs** are as important as those of others and should be considered.

I can **assert** my beliefs even when the majority disagrees with me.

I can **express anger** or disappointment without blaming others.

I am comfortable **delegating tasks** to others.

I **value my own experience** and wisdom.

How many times did you answer yes?



More than 10
You are consistently assertive and probably handle most situations well.



Less than 10
Learning assertive behavior techniques would boost your score. Read the article closely.

Issues: Roommate Conflict

- Create a roommate contract – with specifics such as:
 - My roommate can borrow this
 - My roommate can not borrow this
 - This is a shared item
 - This is not a shared item
 - We can have visitors on this day and this time for this duration
 - I am a night owl or an early bird please do not do this when I am sleeping?
 - Cleaning schedules
 - Bill and payment schedules

When conflict arise

- Know when to pick your battles
- Use “I statements” to communicate that I feel ___ when you do _____


legaltemplates.net Sample

Roommate Agreement

This Roommate Agreement (this "Agreement") is made as of ___/___/_____, by and between the roommates listed below (each a "Roommate" and collectively the "Roommates"). The Roommates are tenants at the premises located at (the "Premises"):

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Term of Lease – From: ___/___/____ **To:** ___/___/_____

Roommate Name	Monthly Rent	Security Deposit	Room Occupied

Security Deposit: The total security deposit under the Lease is _____. Each Roommate is responsible for his or her share of the security deposit as described above, and will receive his or her share of the security deposit minus any amount applied by the Landlord after the termination of the Lease.

Utilities: The rent includes _____ as part of each payment. The utilities not included in the rent will be shared by the Roommates according to the following arrangement:

Utility	Name on Bill	Payment Method (circle one)
Electricity:		Even Split Rotating Specific Roommate(s):
Water:		Even Split Rotating Specific Roommate(s):
Gas:		Even Split Rotating Specific Roommate(s):
Heat:		Even Split Rotating Specific Roommate(s):
Garbage:		Even Split Rotating Specific Roommate(s):
Internet:		Even Split Rotating Specific Roommate(s):
Phone:		Even Split Rotating Specific Roommate(s):
Cable:		Even Split Rotating Specific Roommate(s):
Other:		Even Split Rotating Specific Roommate(s):

Parking: The Roommates are entitled to park their vehicles on the Premises per the following instructions:

Roommate	Make and Color of Vehicle	Parking Spot Location / Description

Issues: Conflict Continued

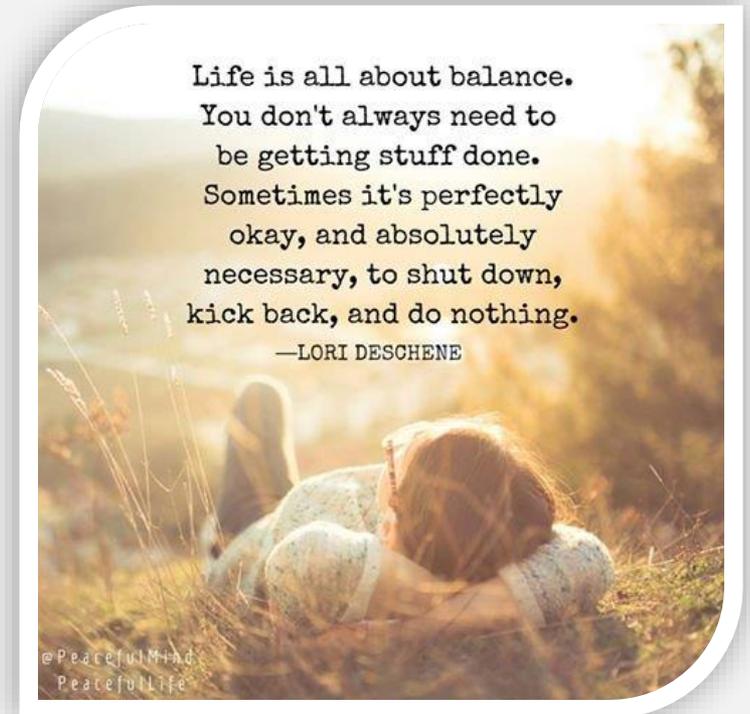
Roommate Conflict



- Know when to pick your battles
- Use “I statements” to communicate that I feel ___ when you do _____

SCHOOL LIFE BALANCE

- Role management is really important
- Prioritizing the things that need to get done
- Make a schedule and stick to it
- Discover your time wasters and make changes in the use of your time.



Come to the Goal Setting & Role Management workshops for more tips and tools.

MONEY MANAGEMENT

- Make a monthly budget – distinguish between your wants and your needs

My Needs

- _____
- _____
- _____
- _____
- _____

My Wants

- _____
- _____
- _____
- _____
- _____



EXAMPLE: My Personal Money Map for October

Step 1: Needs		
Description	Planned Spending	Actual Spending
1. Personal care items from drug store	\$ 7.65	\$ 0
2. Groceries from supermarket	\$160.00	\$150.00
3. Doctor visit co-pay	\$ 25.00	\$ 25.00
4. Rent	\$400.00	\$400.00
5. Utilities	\$ 74.00	\$ 74.00
6. Telephone	\$ 20.00	\$ 30.00
7. Student loan payment	\$ 50.00	\$ 50.00
8. Car repair	\$ 0	\$100.00
Step 2: Total Needs	\$736.65	\$829.00
Step 3: Wants		
Description	Planned Spending	Actual Spending
9. Halloween party supplies	\$ 45.00	\$ 0
10. Meals eaten out	\$ 9.20	\$ 20.00
11. Concert tickets	\$ 50.00	\$ 30.50
12. DVDs	\$ 26.50	\$ 0
Step 4: Total Wants	\$130.70	\$ 50.50
Step 5: Expenses (Total Needs + Total Wants)	\$867.35	\$879.50
Step 6: Total Monthly Income	\$950.00	\$950.00
Step 7: Cash Flow (Income - Expenses)	\$ 82.65	\$ 70.50
	$\$950.00 - \$879.50 = \$70.50$	

Notice that spending for some items in this example changed from what was planned to what was actually spent. There was nothing spent on DVDs or on the Halloween party supplies. The actual phone was higher than you planned. There was an unplanned car repair. Income stayed the same. Fortunately, total spending for needs and wants was still less than income.

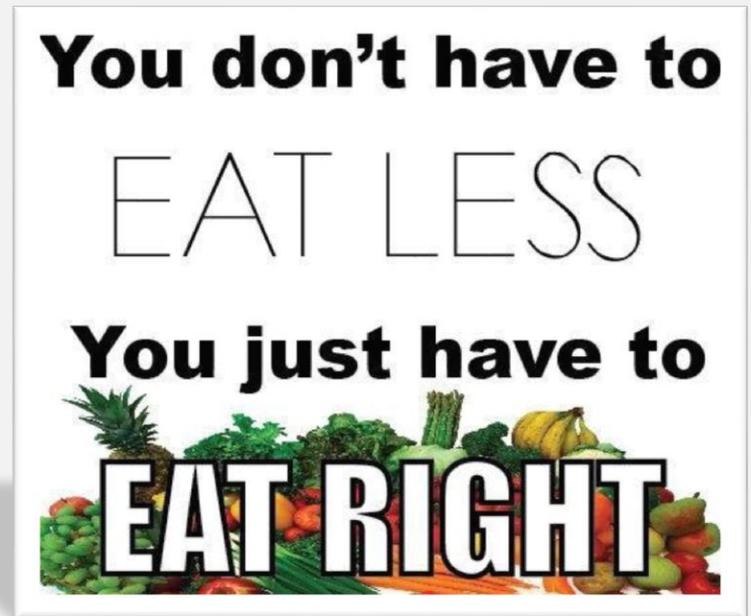
Come to the Personal Finance workshop for more tools and tips

Personal Health – Physical

DIET

Without careful attention to your diet, you could end up putting on the freshman 15 and more. Follow these tips to help keep your diet healthy and beneficial.

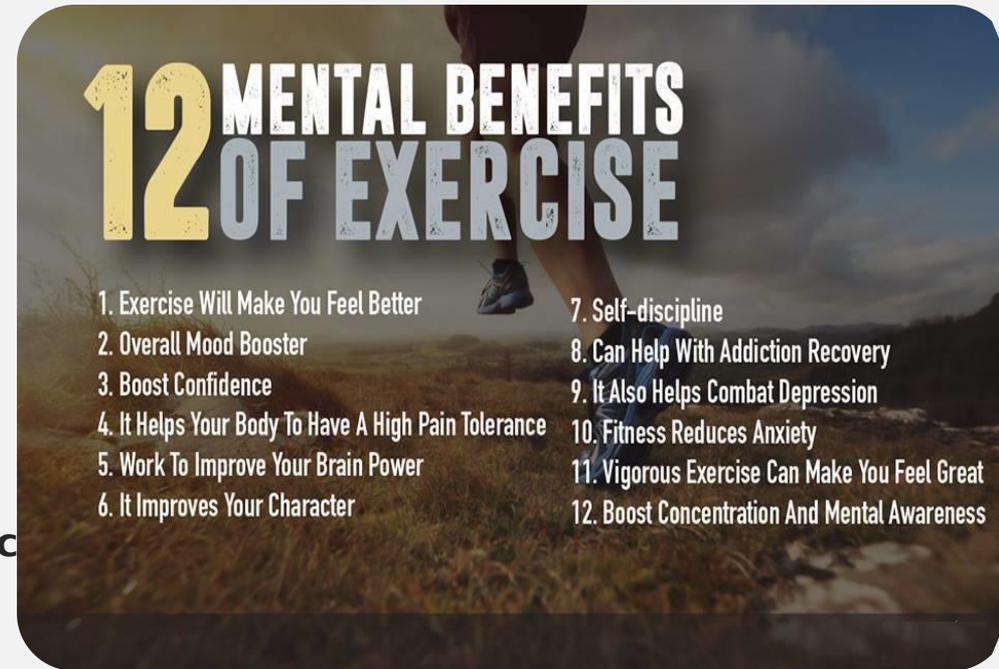
- 1. Learn proper portion size.*
- 2. Vary your meals.*
- 3. Eat breakfast. Keep healthy snacks around*
- 4. Drink moderately.*
- 5. Don't fight stress by eating. Drink water.*
- 6. Limit sugary and caffeinated beverages.*
- 7. Try to eat fruits and veggies.*
- 8. Limit junk food.*
- 9. Make it convenient to eat right.*
- 10. Don't skip meals.*
- 11. Indulge every once in a while.*
- 12. Take vitamins.*
- 13. Get help for eating disorders.*



EXERCISE

Fitting exercise into a busy schedule isn't always the easiest thing, but take stock of some of these tips to help you get on track to fitness.

1. **Stretch first.**
2. **Ride your bike.**
3. **Play a sport.**
4. **Head to the gym.**
5. **Take advantage of fitness courses.**
6. **Walk to class.**
7. **Incorporate different kinds of exercise in your routine.**
8. **Make it fun.**
9. **Bring a friend.**
10. **Take advantage of open spaces.**



1. Exercise Will Make You Feel Better
2. Overall Mood Booster
3. Boost Confidence
4. It Helps Your Body To Have A High Pain Tolerance
5. Work To Improve Your Brain Power
6. It Improves Your Character
7. Self-discipline
8. Can Help With Addiction Recovery
9. It Also Helps Combat Depression
10. Fitness Reduces Anxiety
11. Vigorous Exercise Can Make You Feel Great
12. Boost Concentration And Mental Awareness

SLEEP

College students aren't exactly known for their early to bed early to rise attitudes, but getting sleep is an integral part of staying healthy. Check out these tips to help you make sure you're resting enough.

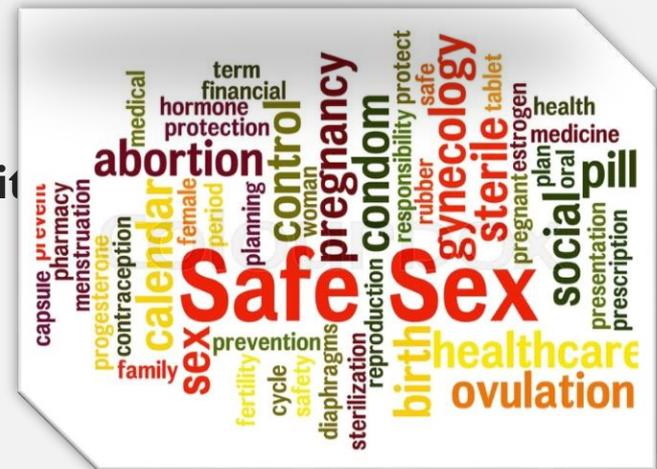
1. **Take a nap.**
2. **Don't work in bed.**
3. **Get a full night's rest whenever possible.**
4. **Stick to a schedule.**
5. **Understand that lack of sleep can have a big impact.**
6. **Work out bedtimes with roommates.**
7. **Avoid all-nighters.**
8. **Create a bedtime routine.**
9. **Avoid caffeine, eating and drinking right before bed.**
10. **Keep your room dark and quiet.**



Sexual Health

College is a place where many students choose to explore their sexuality. Students can do this safely by following these tips.

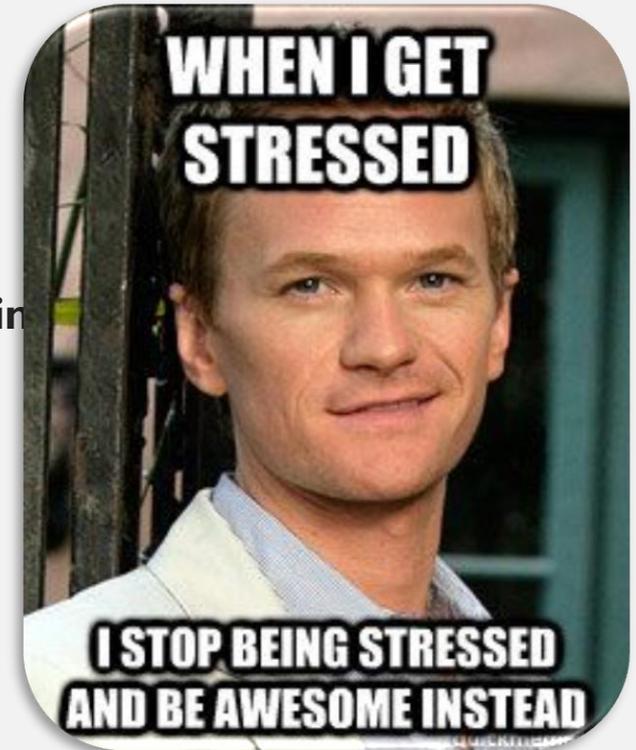
1. **Get tested.**
2. **Always use protection.**
3. **Discuss issues with your partner.**
4. **Get regular exams.**
5. **Take advantage of vaccinations.**
6. **Attend informational classes.**
7. **Find someone to talk to.**
8. **Don't do anything you're not comfortable with.**



Mental Health

College students are in a high risk group for depression, so make sure you keep yourself happy and healthy with these simple tips.

1. **Don't be afraid to ask for help.**
2. **Keep in touch with family and friends.**
3. **Build new friendships.**
4. **Expect things to change.**
5. **Understand that it may take time to fit in**
6. **Don't let stress get the best of you.**
7. **Know the signs of depression.**
8. **Find strength in**
9. **Get involved on campus.**
10. **Set goals.**



DE-STRESSING

- Coloring
- Taking a walk
- Deep Breathing
- Listening to music
- Taking a nap (be careful of durations)
- Talking to a friend or family member
- Journaling
- Playing an instrument
- Watching a movie
- Laugh



THANK YOU FOR YOUR ACTIVE PARTICIPATION TODAY

Feel free to contact our office for additional resources.

Email: asc@valdosta.edu or Phone: 229-333-7570

You may receive an email with a request for feedback
(we greatly appreciate your response)

