

# MENTAL HEALTH COLLEGE PREP

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# BASIS OF HEALTH

**Love**

**Am I Lovable?**

and

**Work**

**Am I good for  
anything?**

# TRACKS OF LIFE

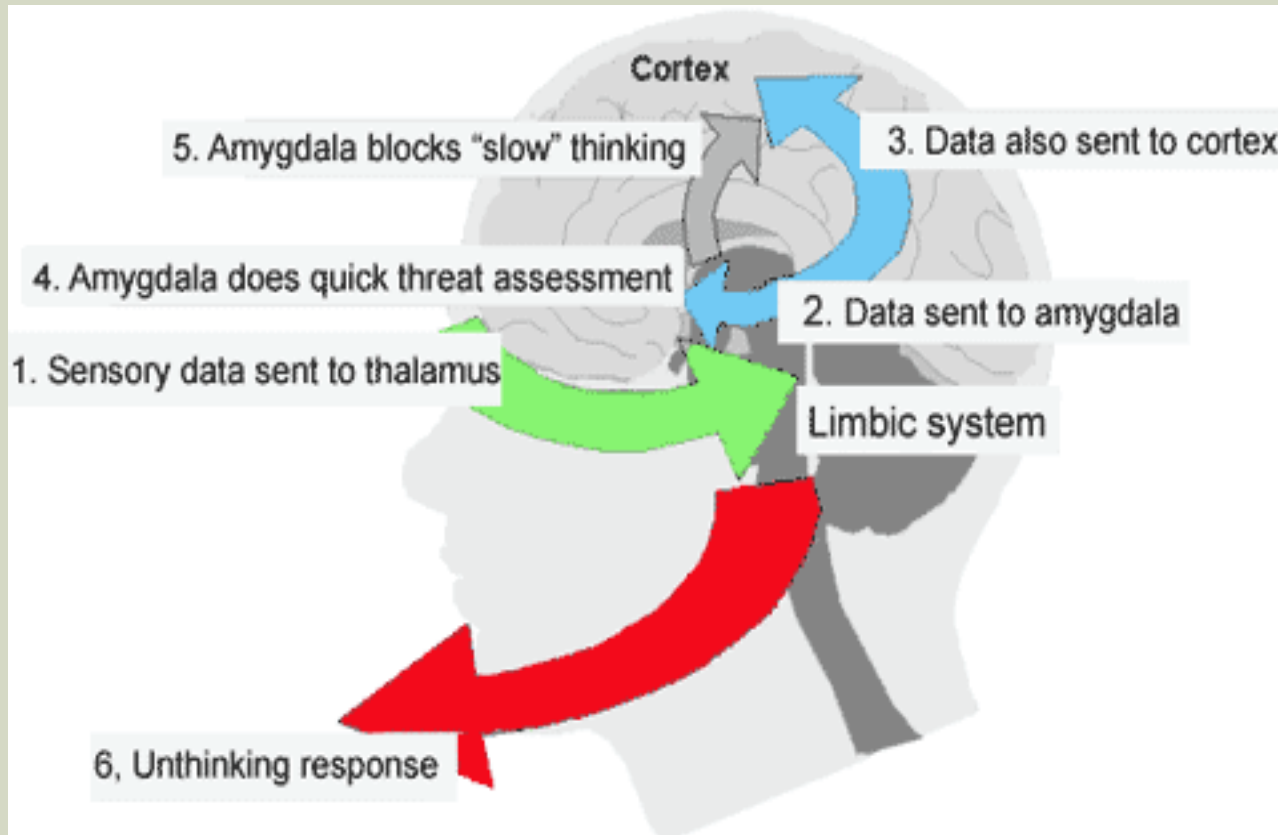


# MINDSET

## CAROL DWECK

Fixed Mindset	Growth Mindset
Intelligence is static.	Intelligence can be developed.
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
<ul style="list-style-type: none"><li>• avoid challenges</li></ul>	<ul style="list-style-type: none"><li>• embrace challenges</li></ul>
<ul style="list-style-type: none"><li>• give up easily due to obstacles</li></ul>	<ul style="list-style-type: none"><li>• persist despite obstacles</li></ul>
<ul style="list-style-type: none"><li>• see effort as fruitless</li></ul>	<ul style="list-style-type: none"><li>• see effort as path to mastery</li></ul>
<ul style="list-style-type: none"><li>• ignore useful feedback</li></ul>	<ul style="list-style-type: none"><li>• learn from criticism</li></ul>
<ul style="list-style-type: none"><li>• be threatened by others' success</li></ul>	<ul style="list-style-type: none"><li>• be inspired by others' success</li></ul>

# FIGHT/FLIGHT MODE AMYGDALA HIJACK



# TIPS TO CONSIDER PARENTS

1. Be aware of your child's needs
2. Consider the fit between the university and your child.  
(academic calendar, campus climate, weather climate, local resources, enrollment, distance from home etc.)
3. Give your child opportunities to master daily life skills before leaving for college i.e. healthy sleep and nutrition, making appointments, laundry, managing money.
4. Be aware that University Counseling Centers are excellent resources, but are not full service mental health clinics

# TIPS TO CONSIDER PARENTS – CONT'D

5. Work in advance – arrange resources and set appointments before the need arises. Register at the Disabilities Services Office.

6. Check insurance benefits – make sure coverage extends to local area of university and the type of provider needed is available through your insurance in the area.

7. Prepare yourselves for the next parenting challenge – parenting the over 18 child. Set realistic expectations for communication. Talk about alcohol and other drugs, sex, Greek life, relating to roommates

# TIPS TO CONSIDER STUDENTS

- Make an intentional decision about which school to attend/ what is the right fit for you.
- Register at your school's disabilities services office as soon as allowable. Do not wait until midterm exams. Same for mental health services if appropriate.
- Prepare for lack of day to day structure
- Academics/social-campus involvement/sleep
- Wherever You Go There You Are: Do not seek to “re-invent” yourself, simply continue to develop yourself.



# TIPS TO CONSIDER STUDENTS – CONT'D

- Make mindful decisions about sex. If sexually active, know how to have healthy and safe sex. Know the definition of consent.
- Make mindful decisions about substances. If you drink alcohol or use any other drugs, know your limits. Understand when substances have begun to interfere or cause consequences in your life. Prevent having social connections based primarily in substance use.
- Stress can be a healthy part of life – develop stress management strategies to enable you to take on new challenges
- Learn, grow, make friends, have fun