


Celebrating 50 years
of Faith, Character and Success!

Dear Parents,

You are about to launch your college bound student. You have gone through the entire college admissions process. You have put time and effort into college visits. You have helped your student submit college applications. But now, the senior year has finally arrived. All of your hard work, time and energy has paid off! High school graduation day is around the corner. What an exciting time for you and your child! Yet, have you thought about the spiritual, and the emotional challenges you and your college bound student will be facing?

Someone once said, when students graduate, and leave the protective walls of their faith-based school environment, their faith-based homes, and their local churches, one of the biggest challenges they will be facing once they go to college is seeking out their faith! It would be important to encourage your college bound student to seek out a local church, and faith-based groups that will be a strong support system, especially when college life gets challenging. **And it will!** Once your student has chosen a college and has been accepted, they can research before they step onto the campus grounds, what church and groups will be a good fit for them. The American Psychiatric Foundation and The Jed Foundation, the nation's leading organization that works to promote emotional health, agree that during the important transition from high school to college, families may often need help with the emotional challenges their students may face. Together these two organizations have partnered to create a 59-page guide, ***Transition Year, Emotional Health and Your College Student: A Guide for Parents***, to help parents and students understand the emotional challenges they may face and to know how to take action to support and encourage healthy and productive college years for their college student.

What's inside this guide? The chapter entitled ***How to Help***, found on page 24, helps parents determine the difference between students who are struggling with the traditional stressors of college life and those who may be dealing with a situation or problem that may require extra help or support. The topics covered in this chapter are: ***When Your Student is Struggling, Teaching Your Child How to ask For Help, Stigma and Help Seeking, If Your Child is Worried About a Friend, Help for Your Child on Campus***. Bottom line, you as a parent need to know what kind of professional help and programs are available to your child. This guide is well worth your time, and can be downloaded by going to: www.TransitionYear.org There is a section for parents and a section for the college student. God bless you, your college bound student and your family as you experience all of God's blessings during this Transition Year.

If I can be of any further assistance to you, please do not hesitate to contact me at 305-226-8152 x251, or email janetm@floridachristian.org

Janet D. Mattern MS, MFTI
Director of Guidance and Counseling