Navigating critical conversations about your student’s success and well-being
Welcome to Western!

Western is a great place to be:

• Quality education
• Personal attention
• Focus on undergrads
• 200+ clubs = lots to do!
• Beautiful surroundings
• Western value: STUDENT SUCCESS!
Goals for This Session

• Discuss perceptions and realities of student life at Western
• Share key messages and tips for having important conversations with your student
• Highlight campus resources to help your student flourish at Western
Prevention and Wellness Services

Our services help students:

• Recognize how their health impacts their personal and academic success
• Become actively involved in their own wellness
• Contribute to creating a safe and healthy campus for all

Find us at pws.wwu.edu
Peer Health Educator Program

• Excellent paraprofessional volunteer opportunity
• Intensive training process
• Experience providing health education programs and support services to their peers
A Time of Change and Growth

College is an exciting and important transition for your student ... and for you! As they embark on their college journey:

• What is one of your greatest hopes?
• What is one of your biggest concerns?
We’re a Team!

• Your influence is powerful!
• Your perspective and opinions matter to your kids!
• Your kids are still listening!  
  AND
• You, your student, and Western are partners in your student’s success!
Expectations of College Life?
Expectations of College Life?
31% of Western students who drink haven’t had alcohol in the past 30 days, and 20% of Western students don’t drink at all.

67% of Western students who have used marijuana haven’t used it in the past 30 days, and 42% of Western students have never used it.

30% of Western students haven’t been sexually active in the past 12 months, and of those who have, 75% only had 1-2 partners in the past year.
Perception vs. Reality: AOD

Perceived peer norms have a powerful influence on students’ behavior ... for better or worse.

2016 NCHA Data
Perception vs. Reality: AOD

Perceived peer norms have a powerful influence on students’ behavior ... for better or worse.

2016 NCHA Data

<table>
<thead>
<tr>
<th>Substance</th>
<th>% Perceived Use Last 30 Days</th>
<th>% Reported Use Last 30 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>98.2</td>
<td>69.4</td>
</tr>
<tr>
<td>Marijuana</td>
<td>96.7</td>
<td>33.3</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>75.7</td>
<td>11.7</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>40.8</td>
<td>1.6</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>40.6</td>
<td>3.6</td>
</tr>
<tr>
<td>Cocaine</td>
<td>34.6</td>
<td>1.8</td>
</tr>
<tr>
<td>Meth</td>
<td>21.2</td>
<td>0</td>
</tr>
<tr>
<td>Opiates</td>
<td>20.2</td>
<td>0</td>
</tr>
</tbody>
</table>

2016 NCHA Data

ADVENTUOUS  ENGAGING  INVITING  COLLABORATIVE  DISTINCTIVE
Top 10 Barriers to Academic Success?

2016 NCHA Data
## Top 10 Barriers to Academic Success

Western students reported these issues caused them to drop a course, receive a lower grade, or receive an incomplete.

<table>
<thead>
<tr>
<th>Issue</th>
<th>% of Western Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stress</td>
<td>45%</td>
</tr>
<tr>
<td>2. Anxiety</td>
<td>35%</td>
</tr>
<tr>
<td>3. Sleep problems</td>
<td>31%</td>
</tr>
<tr>
<td>4. Depression</td>
<td>27%</td>
</tr>
<tr>
<td>5. Cold/flu</td>
<td>23%</td>
</tr>
<tr>
<td>6. Work</td>
<td>17%</td>
</tr>
<tr>
<td>7. Internet/computer games</td>
<td>15%</td>
</tr>
<tr>
<td>8. Concern about friend/family</td>
<td>15%</td>
</tr>
<tr>
<td>9. Relationship difficulties</td>
<td>13%</td>
</tr>
<tr>
<td>10. Roommate problems</td>
<td>12%</td>
</tr>
</tbody>
</table>

2016 NCHA Data
Tips for Encouraging Healthy Choices

• Keep lines of communication open in a way that works for both of you (Daily? Once a week? Text? Call? Skype?)
• Be positive and empowering: I believe in you!
• Provide honest, accurate info
• Discuss their motivation: What are you hoping to get from ____?
• Share strategies and skills
Tips for Encouraging Healthy Choices

• Listen to their successes and support their own efforts to problem-solve
• Ask questions: What are you going to do about that?
• Encourage use of campus resources
• Connect your messages to what’s important to THEM not just what’s important to YOU
• What are your tips?
Critical Conversations: AOD

- Share relevant personal/family issues and your values and expectations
- Share information about laws, safety, and moderation
- AlcoholEdu, a free online training for Western students
- ADCAS, available for individual consultations, pws.wwu.edu/adcas
Critical Conversations: Sex and Relationships

• Share what you **DO** want for them in this part of their life!
• Share info on contraception and STD prevention
• Convey that CONSENT = a clear, sober, enthusiastic YES!
• Discuss how to communicate what you want and don’t want and what your partner wants and doesn’t want
• 1-on-1 free sexual health info sessions and dorm/campus educational programs, pws.wwu.edu/sexual-health-information-sessions
Critical Conversations: Sexual Assault Prevention

• National college data: 23% of females and 5% of males report experiencing sexual assault
• Listen, believe, offer support—victims are never to blame
• All Western students are REQUIRED to take an online sexual assault prevention training
• CASAS, sexual assault support services, 360-650-3700, www.edu/casas
• Greencoats, safety escort services through University Police, www.edu/ps/police
Critical Conversations: Mental Health

- Normalize difficult feelings
- Share any big concerns you have
- Encourage involvement in positive activities
- Encourage getting help when needed
- Remind them you love them no matter what!
- Counseling Center, counseling.wwu.edu
- Suicide Prevention Specialist: QPR training
- Marketing to promote help-seeking behavior
Mental Health Promotion

"I CAN'T REMEMBER THE LAST TIME I FELT CLEAR-HEADED."

No one experiences anxiety in exactly the same way.
But that does not mean you are alone in what you’re feeling.

#ITSOKAY
pws.wwu.edu/itsokay
Encourage Self-Care Practices

- Get enough sleep (6-8 hours)
- Prioritize healthy meals/snacks
- Find physical activities you enjoy (walk, yoga, dance, Rec Center)
- If you get sick, take care of it early!
- Use the buddy system and campus safety resources
- Get involved!
- Reach out for help when you need it
Talk About Health Insurance

Without your explicit permission, your student may be hesitant to seek certain types of healthcare. Share with them:

• What coverage they have
• How to use it
• What you want them to use it for
• Where to go: Student Health Center, studenthealth.wwu.edu
Promote Campus Resources

Resilience is the capacity to navigate our way to and use the resources that sustain our well-being.

Encourage your kids to use campus resources—they’re part of what you pay for!

- Prevention and Wellness Services
- Counseling Center
- Health Center
- Student and Family Handbooks
Questions?

Thank you for being here and supporting your kids, and welcome to Western!