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!
- Enrollment and Student Services mission: Promote the healthy development of the whole self and our communities!
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 cannabis 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.

- Alcohol: 98.2%
- Cannabis: 96.7%
- Cigarettes: 75.7%
- Ecstasy: 40.8%
- Hallucinogens: 40.6%
- Cocaine: 34.6%
- Meth: 21.2%
- Opiates: 20.2%

2016 NCHA Data
Perception vs. Reality: AOD

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2016 NCHA Data
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>
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<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>
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<tr>
<td>6. Work</td>
<td>17%</td>
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<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—maintaining connection and respecting boundaries
• Be positive, empowering, and focused on your student’s strengths
• Share strategies and skills
• Familiarize yourself with campus resources and encourage your kids to use them
• Listen to their successes and support their own efforts to problem-solve
Tips for Encouraging Healthy Choices

- Ask them questions:
  - “What is your plan and how can I help?”
  - “What’s something good that happened this week?”
  - “What are you hoping to get from ____?”

- Connect your messages to what’s important to THEM, not just what’s important to YOU

- Encourage them to ask you and Western resources questions

- What are your tips?
Critical Conversations: AOD

• Share relevant personal/family issues regarding substance use.
• Discuss moderation and safety strategies with your student.
• Make sure your student knows about the Medical Amnesty Law – especially if they are under 21.
• AlcoholEdu and eCheckupToGo are free online trainings for Western students.
• ADCAS, available for free individual consultations, pws.wwu.edu/adcas
Critical Conversations: Sex and Relationships

• Share what you **DO** want for them in this part of their life!
• Info about safe sex, contraception and STD prevention is important
• 1-on-1 free sexual health info sessions and dorm/campus educational programs: pws.wwu.edu/sexinfo
Critical Conversations: Sex & Relationships

• “While the responsibility for domestic violence or sexual assault lies with the perpetrators of these crimes, we all play a role in creating a culture of respect and preventing violence”
  - No More Campaign

• Talk to your student about what it means to have respectful dating and sexual relationships-consent is key.

• Share with them how they deserve to be treated and how you expect them to treat others.

• If any student has a concern related to a relationship/violence they can connect with:

  CASAS: 360-650-3700
Critical Conversations: Mental Health

- Remind them you love them no matter what!
- Difficult feelings happen and are a normal part of life
- Share any big concerns you have
- Encourage involvement in positive activities
- Encourage getting help when needed, including free groups and workshops led by Counseling Center professionals
- Counseling Center, counseling.wwu.edu
Counseling Center Groups & Workshops

Drop-in workshops:
- Happy Hour positive psychology sessions
- Let’s Talk informal drop-in consultations
- Coping Skills, Mindfulness, Managing Test Anxiety...and more!

Support groups:
- First Generation students
- Grief Support
- Understanding Self and Other
- Men’s & Women’s, LGBTQ+ groups....and more!
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!
- Check out the online self-care resources at counseling.wwu.edu/self-help-resources
- Check out the many ways to practice wellness on campus at pws.wwu.edu/bewell
Talk About Health Care and Insurance

Without your explicit permission, your student may be hesitant to seek certain types of health care. 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

Pro Tip: Text them photos of the front & back of their insurance card so they have it on them at all times!
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!
Questions?

Thank you for being here today, and welcome to Western!