TEXAS A&M UNIVERSITY - AGGIE CLASS OF 2023

• Incoming Freshman Class = ~10,500

Fall 2018:
• CS, Qatar, HSC, Law School, McAllen = 69,367
• TAMU College Station = ~64,000
WE ARE THE AGGIES, THE AGGIES ARE WE

- Varied religious beliefs
- Multiple racial and ethnic backgrounds
- Disabilities/special needs
- Different sexual orientations

- Urban, suburban, and rural hometowns
- Varied socioeconomic backgrounds
- Different family situations
- Range of ages
PROGRAM OVERVIEW

• Transitions
• Self-care
• Resiliency
• Academic Success
• Finances/Insurance
• Health & Safety
• Living in Aggieland
TRANSITIONS

“I’m still a part of the family – I just don’t live at home anymore. I still need a place to stay when I come home to visit!” - Kim
TRANSITIONS: REALITIES

Major Differences for Students

• Academics (intensity, expectations)
• Independence (time, health, decisions)
• Multiple changes
  • New experiences
  • Roommates
  • Group work
  • Accountability
• Parents and family members at a distance
TRANSITIONS: COMMUNICATION

• Communications challenges
  • Frequency of communication
  • Nature of communication

• LISTEN to your student!
“Everyone says college is the best time of your life. I think it is the most stressed I have ever been…”
- College Student on Pinterest

Happy, happy, happy!
Crisis, crisis, CRISIS!
SELF-CARE

How does your student engage in their own self-care?
SELF-CARE

Mental Health
• Stress levels
• Anxiety and depression

Physical Health
• Eating, sleeping, exercising
• Vaccinations, check-ups
Self-Care

Other
• Seek healthy outlets
• Create a good support system
• Participate in college life

Send this message to your student:

*How do you engage in self-care?*
RESILIENCE

Resilience is the ability to adjust to circumstances and keep going in the face of adversity, whether it’s a minor hassle or a major life event.

Resilience also helps us take on challenges, form stronger relationships, and embrace new experiences.
RESILIENCE: WHAT BUILDS IT?

• Social support
• Optimism and confidence
• Use of resources
• Problem-solving skills
• Emotional stability
• Humor
• Tenacity
• Keeping things in perspective
ACADEMIC SUCCESS
ACADEMIC SUCCESS: CONNECTIONS

• Developing a commitment to learning
• Making connections
• Texas A&M Community
  • Faculty
  • Academic advisors
  • Student affairs staff
  • Fellow students
ACADEMIC SUCCESS: RESOURCES

• Academic Success Center
• Academic Advisor
• Disability Services
• Libraries
• Tutoring
  • Academic department
  • Peer tutoring
  • On and off-campus
• University Writing Center
• ...and more!
HEALTH & SAFETY: PERSONAL RESPONSIBILITY

- Internet use
  - Twitter
  - Instagram
  - Snapchat
  - Facebook
- Stalking
- Harassment
- Identity theft
HEALTH & SAFETY: HAZING

• Illegal by Texas State Law and violation of Texas A&M Student Rules (student-rules.tamu.edu)
• Not limited to any particular group
• Consent is not a defense
• Some examples of hazing activities:
  • Sleep deprivation
  • Forced consumption of food and/or beverages
  • Mandated tasks (e.g. cleaning, driving, etc.)
  • Blindfolded and made to follow orders
  • Humiliating tasks
HEALTH & SAFETY: ALCOHOL

• Risk factors:
  • Alcohol is available and inexpensive
  • Binge drinking
  • Self-medicating
• Majority of students make good decisions
• Research: Parents and family members who talk to their children have a positive impact – in many cases, the greatest impact.
HEALTH & SAFETY: DRUGS

• Factors associated with drug use:
  • Stress
  • Course load
  • Curiosity
  • Peer pressure
• Prescription drugs
• Emerging trends
HEALTH & SAFETY: SEXUAL MISCONDUCT

• On-going education for the prevention of power-based interpersonal violence at Texas A&M
  Sexual assault, dating violence, domestic violence, stalking, sexual harassment

• Bystander intervention
  To reduce and ultimately end sexual violence, EVERYONE must get involved
HEALTH & SAFETY: RESOURCES

- University Police Department
  - 979.845.2345
- HelpLine
  - 979.845.2700
- Dial-A-Nurse
  - 979.458.8379
- Student Assistance Services
  - 979.845.3113
- Critical Incident Response Team (CIRT)
- tellsomebody.tamu.edu
- stophate.tamu.edu
Get **involved**
(but not over-involved)
and get **connected**!
CONTACT US

Student Counseling Service @ White Creek
(979) 845-4427
scs.tamu.edu

FOLLOW US

Texas A&M Student Counseling Service
@tamuscs
@tamuscs

*NOTE: Student Counseling Service will be renamed Counseling and Psychological Services (CAPS) starting Fall 2019
CONTACT US

📍 Student Services @ White Creek
📞 (979) 845-3111
✉️ studentlife@tamu.edu

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