

Greetings from

BOCA RATON



Atlantic



FIRST-YEAR
BOCA

Real Talk:

***Mental Health &
Leaving the Nest***



Introduction



Dr. Larry Faerman
Vice President Student Affairs

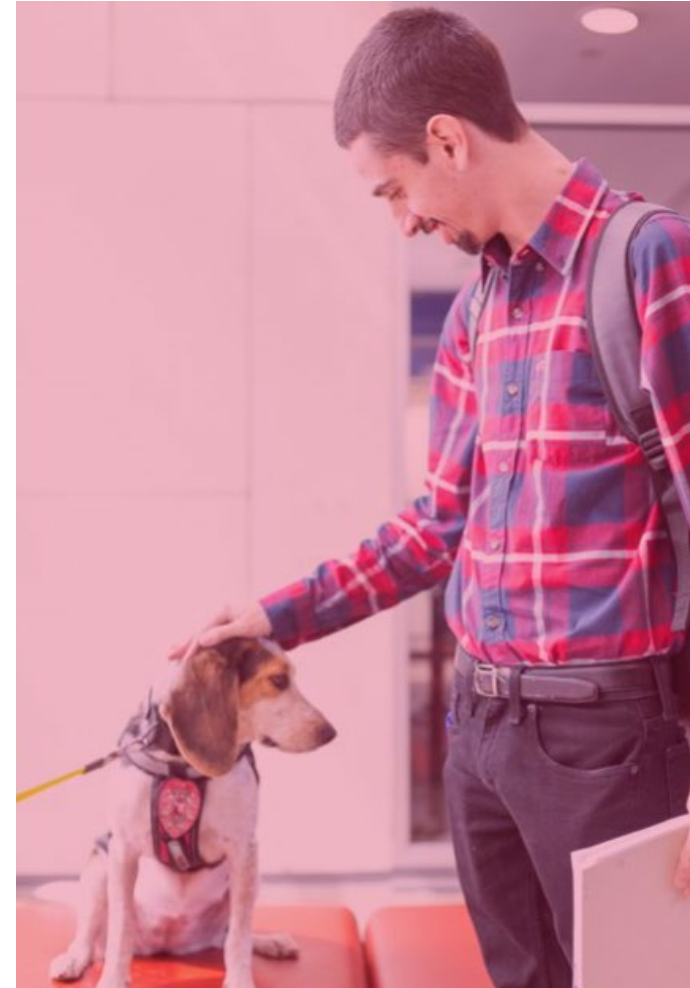


Dr. Laura DiPasquale
Licensed Psychologist & Director
Counseling & Psychological Services



Student's Top Mental Health Concerns

- Stress
- Anxiety/ Depression
- Procrastination & Sleep
- Social Isolation/Loneliness
- Money & Food Insecurity
- Academic & Career Distress



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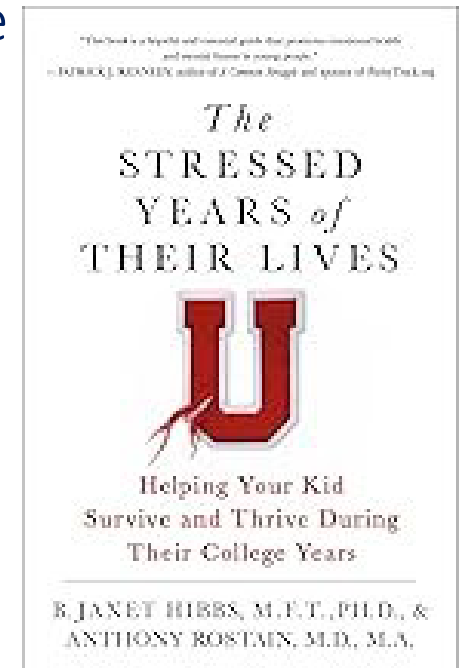


Emotional Prep for College

1. Are they ready to take care of day-to-day activities on their own?
2. Are they ready to take responsibility for consequences of their actions?
Are they able to see failure as an opportunity for growth? Can they cope with disappointment and frustration without feeling guilt or shame?
3. Are they ready to make friends, deal with roommates and find suitable social activities?
4. Can they resist temptations/treats?
5. Are they ready to have fun without taking too many risks or too many substances?
6. Are they ready to ask for help when things aren't going well?



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Possible Points of Connection



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- Talking to people in class/on campus
- Put down phone and look around
- Student Government & Student Organizations: COSO Club House/ Student Union 222
 - Social Fraternities & Sororities
 - Student Media
 - Faith/ Identity based organizations
 - Professional Student Organizations/ Honor Societies & Fraternities
- Find a student mentor: emailing mentoring@fau.edu
- Commuter programs
- Volunteer (
- Athletic Events/ Club Sports/ Intramurals
- Student Employment
 - Student Tour Guide/ Ambassador
 - Orientation Leader
 - Tutoring
 - Campus Recreation/ Student Union
 - Housing (Front Desk/ Resident Assistant)
- Undergraduate Research
- Study groups



Campus Resources



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Office of Family
Engagement



Counseling &
Psychological Services
(CAPS)



Dean of Students Office
deanofstudents@fau.edu

