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Tips for a Healthy Transition to College

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TONIGHT WE WILL ENCOURAGE YOU TO START CONVERSATIONS

about among other things,

- How family relationships change as young adults go to college – local or farther away
 - How to talk about money, communication, travel, storage
- The transition to college (good, bad and ugly)
 - Friends, adulthood, nutrition, exercise, emotions, sleep
- Managing stress, homesickness, school load and staying healthy
- Alcohol, drugs and sex, oh my!
- Understanding consent and preventing sexual assault

Changing relationships

This can be a tough summer ... I strongly suggest a lot of communication, time together and a daily check-in.

You may hear:

- “I cannot wait to get out of this house.
- Please do not make me go.
- I am grown up and do not need to follow the rules.
- I am going to drink at college, why not now?
- Will you do that for me?
- Wash my own laundry, why?”





Part 1

THINGS TO CONSIDER BEFORE YOU LEAVE

How will you get to school?

- Car, bus, train, plane?
- What is the cost? Length of trip?
- Do you want to come home for long weekends, or only major holidays?
- Who pays for transportation?
- Summer storage?



Do you want a car?

- Take into account...
 - Car maintenance
 - Insurance
 - Campus policy
 - Who pays for what?
 - Campus parking and fees (tickets?!)



Banking, budgets, and money?

- Talk about it...
 - Credit cards
 - Debit cards
 - Monthly expenses
 - Allowance
 - Who pays for what?
 - Can parents access?
 - Transfer money in? Joint accounts?
 - See what you are spending money on?





Part 2

TRANSITIONING TO ADULT CARE

Why must you change doctors?

- Pediatricians care for adolescents until age 18
- At age 18, it's time to transition to an adult primary care doctor, such as an internist or family medicine doctor
- If you are a PAMF patient, your pediatrician can help, and you likely have MHO



* There are step-by-step instructions about finding a new doctor in the pdf of this presentation

Healthcare

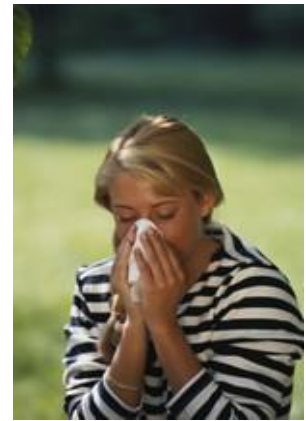


- Does your insurance cover out of state/area costs?
 - Call # on back of insurance card and ask
 - Do you have several copies of your insurance card (school will want one)
- Does your school provide insurance? If so, do you need it?
- What conditions do you have and what medications do you need access to?
 - Who usually orders it? Local pharmacy?
- Do you need to go to the doctor regularly?
 - Do you know how to make an appointment?

Healthcare, continued

- What is the name of your primary care physician?
- Signed release to communicate with parents?
- If you have a chronic disease
 - Do you know the diagnosis?
 - Name and dosage of medications?
 - Medications you should not to be taking with your medications?
- Do you have a copy of your immunization record and medical history?
- Do you have contact info and hours of your school's health center?

MyHealthOnline



- PAMF's free online patient service tool
- Convenient, online, secure access to your doctor and medical records
- Can make appointments, contact doctor, request prescription refills, pay bills, and view test results
- There is a medical consent young adults can sign to give parents permission to make appointments.
- Sign up now!
<https://myhealthonline.sutterhealth.org/mho/>

Confidential care

- You are entitled to confidential care by the state of CA
- Even if on your parents medical insurance. Link below tells you how to stop “EOBS,” Explanation of Benefits
- <http://www.pamf.org/teen/sex/righttoknow.html>
- Reproductive health care can also be discussed with doctor here at PAMF



Part 3

LIVING WITH A ROOMMATE

Discuss sleep habits

- What times do you go to bed and wake up?
- Talk about ways to not disturb the other person



Take turns cleaning

- Figure out early on a schedule for cleaning shared spaces
- May want to make a chart detailing who cleans what in a week



Inviting friends over

- Talk about expectations around having people over
- Can be frustrating to have people over unannounced when roommate wants a quiet space



Decide who buys what

- Decide at the beginning who will bring what, especially if you plan on keeping some of the furniture and accessories



Compromise

- It's okay to not agree on everything
- Communication is key
- Talk about what is bothering you and listen to each other
- Don't hesitate to talk to a Residential Advisor (RA) or the residential life office if you are feeling overwhelmed or have questions



Part 4

CONFLICT MANAGEMENT

General strategies

- Don't apologize for yourself
- Never underestimate nodding and smiling
- Try to stay pleasant and calm
- Interact in a non-combative way



Non-defensive communication

- Our natural reaction is to defend and protect ourselves, but this raises emotional intensity
- Some non-defensive statements:
 - I'm sorry you're upset.
 - I can understand how you might see it that way
 - Let's talk when you're feeling calmer (and leave).

* Always remember to be kind and apologize when appropriate.

Asking for help in finding a solution

- Involve the other person in your problem-solving process
 - Can you help me understand why this is so important to you?
 - Can you help me find things to do to make our relationship better?
 - Can you help me understand why you are so upset?
 - What can we do to solve this problem?
 - I wonder what would happen if...



PART 5

EATING IN COLLEGE

Dining halls



- Tend to be buffet style
- Aim for regular-sized portions
 - Look at all the options and decide what you want before you start filling your plate.
- Aim for a balanced meal
 - Some carbohydrates, fruits, vegetables, protein, and fat

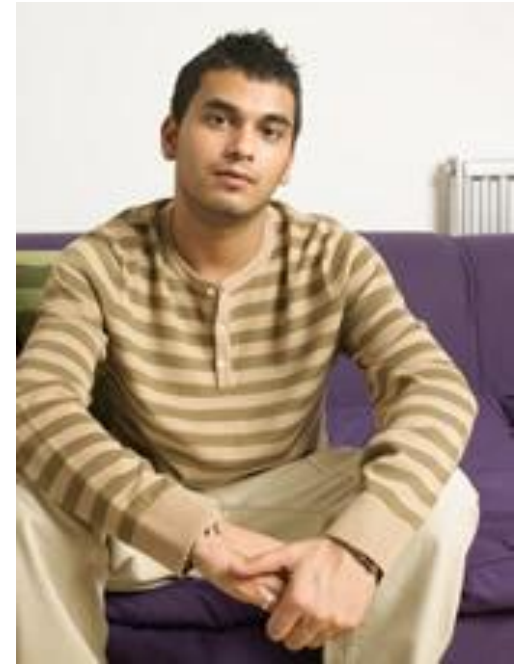
Making meals healthier

- Use only small amounts of sauces and dressings, or put them on the side.
- Use salsa or mustard in the place of mayonnaise.
- Use nonfat or low-fat milk instead of cream.
- Try to eat salad at least once a day.
- Choose baked or broiled rather than fried or deep fried – avoid deep fried anything.
- Choose vegetables rather than fries as a side dish.
- Fill your plate with colorful food. Try to eat a green, orange, and/or yellow vegetable with each meal.

Change up your meals

- If you eat the same thing everyday, you may be missing out on some nutrients and getting too much of others.





Part 6

MAKING NEW FRIENDS



How to make new friends

- Introduce yourself
- Do not sit in your room alone
- Get involved before school starts
 - Some schools host local-meet ups, study abroad, classes, or activities before school starts
 - Helps to recognize a familiar face when classes start
- Join clubs
 - Most schools have club fairs at the beginning of the year

How to make new friends, continued

- Keep yourself busy
 - More time spent doing nothing, more time you have for homesickness
 - Distract yourself and meet new people at the same time
- Talk to your residential advisors (RA)
 - They can help you figure out the ropes



Have realistic expectations

- Don't put pressure on yourself if you haven't met your best friend in two months
- It takes time to meet new people
- Remember that you spent years developing high school friendships
- It's unrealistic to think that your new friendships will be as rewarding as the friendships you've had for years



Part 7

BUDGETING



Things to consider

- Does your school require you to live on campus for a time?
- Are you getting a meal plan?
- Are you cooking for yourself? If so, do you have the right resources?



Living necessities

- Food
- Utilities
- Rent
- Work clothes/shoes
- Rain or snow coat/boots
- Transportation



Mental health necessities

Do parent and young adult definitions match?

- Gym membership
- Going out to dinner
- Going out with friends
- Going to the movies



Figure out your cash flow

- What's a “cash flow?”
 - How much money is coming in vs. how much is going out?
 - What tells you how much you spend and what you spend it on?
 - Who keeps on top of this?



How to figure out your cash flow

- Keep all receipts
- Log spending in a notebook
 - Keep notebook on you at all times so you will not forget to log any spending cash
- Do this for a month, then sort expenses into categories
- Use the amount you spend in each category to create your spending plan for next month.



* There are step-by-step instructions about budgeting in the pdf of this presentation



PART 8

SEXUAL HEALTH

Am I Ready for Sex?



What is consent?

Ask yourself these questions

1. What do you know about sexually transmitted infections (STIs)?
2. What do you know about pregnancy?
3. Do you know how to lower the chance of pregnancy and STIs?
4. Can you and your partner talk openly about sex and the prevention of pregnancy, STIs, and HIV?

5. How does having sex fit in with your personal values?
6. How does sex fit in with the values of your culture, family, and religion?
7. Do you trust and respect your partner?
8. Does your partner trust and respect you?
9. Do you or your partner feel pressured about sex?
10. What will you and your partner do if sex results in pregnancy and/or disease?

Peer pressure

- The majority of college Freshman are virgins
- Don't feel like you are “weird” or “behind” if you haven't had sex yet



Preventing pregnancy and STIs

- Talk to your doctor about birth control now, have a plan
- Make decisions about using condoms and stick to those decisions



Be safe: Buddy system

- Avoid being a victim
 - stay aware of surroundings
 - do not drink in excess
- Before leaving for a party, decide whether you want to get physical with another person
- Tell your friend/buddy your plan, and he/she can look out for you and keep you accountable if you have too much to drink





Part 9

ALCOHOL & DRUGS

Mind your perceptions, talk early, make a plan, stick to it.

- Not everyone is doing it,
- Nobody will pressure you,
- Binge drinking is risky.
 - Drinking in a strange environment or with strangers is riskier
 - Not knowing your own limit is riskiest





Part 10

WHAT TO TAKE

Do you drive it, ship it, pick up at a local Wal-Mart or Bed, Bath & Beyond?

Kitchen items

- Plastic bowl and cup
- Coffee cup
- Fork, knife, spoon
- Can/bottle opener
- Chip clips
- Favorite tea?
- Need an electric kettle?



Room needs/storage

- Bedside lamp/desk lamp
- Alarm clock
- Trash can
- Sturdy storage cubes
- Fan
- Adhesive hooks, tacky adhesive, and mounting tape
- Bulletin board and push pins
- Toolkit
- Dry erase wall calendar/board
- Tape measure
- Umbrella



Electronics

- Computer and printer
- Find out if you need an Ethernet cord
- Headphones
- Surge protector
- Extension cord
- Chargers
- 3-2 prong adapters
- Flashlight



Linens/laundry supplies

- Set of sheets and pillowcases (usually XL twin)
- Towels (~2 each of bath, hand, and face)
- Pillows (~2) and pillowcases
- Hangers
- Laundry basket/bag
- Sewing kit
- Mattress pad (usually XL twin)
- Blankets (~1)
- Comforter and duvet cover
- Sleeping bag?



? How often do you change your sheets and wash your towels?

Toiletries

- Shower tote/basket
- Shampoo and conditioner
- Traveling-soap container
- Toothpaste and toothbrush
- Floss
- Brush
- Tweezers
- Razor and shaving cream
- Lotion/moisturizer
- Q tips
- Curling and/or straightening iron
- Hair dryer
- Cosmetics
- Nail clippers
- Hair dryer

Self-Care

- Talk about it this summer
 - How to avoid constipation
 - How to treat sore muscles vs. headache
- How do I treat a cold or a sore throat?
- When should I
 - Go to wellness center?
 - Call/email doctor?
 - Take a pill?
 - Take my temperature?



Medicine/First aid

- Pepto-Bismol®
- Imodium®
- Aspirin or ibuprofen
- Vitamin C
- Neosporin®
- Polysporin
- Band-Aid® bandages
- Cough drops
- Thermometer
- First Aid kit



Desk supplies



- Planner/Calendar
- Stapler and staple
- Printer paper/ink
- Pens and pencils
- Notebooks
- Pocket folders
- 3x5 flash cards
- Post-it® notes
- Paper clips
- Scissors
- Highlighter pens (multiple colors)
- Ruler
- Stamps/envelops
- Addresses?

Things that can be purchased upon arrival

- Paper towels
- Trash bags
- Light bulbs
- Ziploc® bags
- Plastic food containers
- Laundry detergent (tablets are easiest to manage)
- Fabric softener (sheets are easiest to manage)
- Wet wipes
- Tissues
- Stain remover
- Paper plates
- Earplugs

Clothing guidelines

- 14 pairs of underwear
- 14 pairs of socks (more if you play sports)
- 7 pairs of pants/jeans
- 14 shirts/blouses
- 2 sets of sweats
- At least 2 sets of pajamas
- Workout clothes
- Slippers and flip flops
- Robe
- 2 sweaters
- Light/heavy jackets
- Gloves/scarf/hat (if appropriate)
- 1 pair of boots
- 2 pairs of sneakers or comfortable/walking shoes
- 1 pair of dress shoes
- 1 set of business attire
- 1 set of semi-formal attire (optional)

Shared items

- Audio equipment
- TV and VCR/DVD player
- Coffee maker/hot pot
- Microwave/toaster oven
- Small refrigerator
- Area rug
- Posters/art



Check with roommate to avoid duplication

Important documents

- Bank info/checks (for direct deposit if working)
- Car registration (if you have a car)
- License
- Financial aid forms
- Emergency contacts
- Medical & car insurance cards
- Social security number
- Student ID
- Passport





Part 11

MANAGING STRESS

Tips for handling stress

- Remember your family is always with you.
- Allow yourself plenty of **time** to accomplish things. Being too busy is stressful
- **Exercise [60 minutes a day]!**
- Get plenty of **sleep** and **eat well**
- **Talk** to others about your problems
- Take a **time-out**. A few min away from the stressor can help
- **Breathe** deeply and slowly
- **Ask** for help
- If you see a counselor now, please set up an appointment or pick a new one closer to school before leaving.



Mindfulness



- Knowing how to meditate or breathe when you are stressed are great skills.
- Take a class this summer – Riekes Center (Wendy Figone) or Insight Meditation Center, Redwood City
- Have an app?
 - Mindfulness-Based Stress Reduction apps for teens/families:
 - [Calm](#) : there is a free version or paid version (\$39.99 annual subscription)
 - [Headspace](#) (free)
 - [Smiling Mind](#) (free)
 - [Take a Chill](#) (\$1.99)

Resources

- **College: Where do you start?**
 - <http://www.pamf.org/teen/life/school/leavingforcollege.html>
- **Managing your prescriptions in college:**
 - <http://www.pamf.org/youngadults/health/manage/managingprescriptions.html>
- **Making medical appointments**
 - <http://www.pamf.org/youngadults/health/manage/makingappointments.html>
- **Living with a roommate**
 - <http://www.pamf.org/youngadults/adultskills/college/roommates.html>
- **How to make new friends**
 - <http://www.pamf.org/youngadults/relationships/friends/newfriends.html>
- **Dealing with difficult people**
 - <http://www.pamf.org/youngadults/relationships/difficult-people/>
- **What to Bring**
 - <http://www.pamf.org/teen/life/school/packingforcollege.html>

Resources

- **Eating in college**
 - <http://www.pamf.org/youngadults/health/nutrition/eatingincollege.html>
- **Eating smart**
 - <http://www.pamf.org/teen/health/nutrition/nutrition.html>
- **Homesickness and transition to college**
 - <http://www.pamf.org/youngadults/adultskills/college/homesickness.html>
- **Laundry 101**
 - <http://www.pamf.org/teen/life/school/leavingforcollege.html>
- **Sexual health**
 - <http://www.pamf.org/youngadults/sex/>
- **Am I ready for sex?**
 - <http://www.pamf.org/teen/sex/virginity/readyornot.html>
- **Seven stress tips**
 - <http://www.pamf.org/teen/life/stress/7stresstips.html>
- **Stress**
 - <http://www.pamf.org/teen/life/stress/>

Community Health Resource Centers

<http://www.pamf.org/healtheducation/hrc/>

Dublin CHRC

4050 Dublin Boulevard
First Floor
Dublin, CA 94568-3112
Phone: (925) 875-6150

Fremont CHRC

3200 Kearney Street
Building 2, First Floor
Fremont, CA 94538
Phone: (510) 623-2231

Mountain View CHRC

701 E. El Camino Real
Mountain View, CA 94040
Phone: (650) 934-7380

Palo Alto CHRC

795 El Camino Real
Jamplis Building, Second Floor
Palo Alto, CA 94301
Phone: (650) 614-3200

Sunnyvale CHRC

301 Old San Francisco Rd., 2nd Floor
Sunnyvale, CA 94086
(408) 730-2810