

Resource Booklet

*Essential Information for Supporting Your
Child's College Journey*



**Be prepared with this integral component of the
COLLEGE UNCOVERED Toolkit, developed by:**



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Resource Booklet
COLLEGE UNCOVERED Toolkit

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Disclaimer and Trigger Warning: Dr. Stephen shares resources. She does not receive compensation from individuals or businesses for sharing their products. Dr. Stephen is not a safety expert and cannot endorse or recommend resources or safety strategies. She is not responsible for any actions taken from the use or review of these resources. Some of the topics and resources shared may be unexpected or triggering, depending on your personal experience and situation.

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This document includes all webinar references and offers additional resources. It can help you learn more about what to expect and how to cope with the challenges of college years. This resource booklet is by no means exhaustive, and you are encouraged to use it as a starting point to build on for your own specific needs. There are so many great resources out there; Google is your friend!

Be sure to ask questions of your child's college and scour their website, but remember, they are only providing the information that they want you to know! As you reflect on what you learned in the "10 Things Moms Need to Know About College Life" webinar, use this resource book to help you dive deeper into topics relevant to your child. From there, use the "COLLEGE UNCOVERED Mom Cheat Sheet" to create your roadmap for supporting your child's health and wellness during the college years.

BYSTANDER GUILT & SECONDARY TRAUMA

Unfortunately, most college students will witness something traumatic while they're at school. Often, we forget that seeing disturbing things can be harmful to the observer. These sources are good places to learn more.

- [The Hidden Emotional Toll of College: What Moms Need to Know](#)
- [Bystander Interventions for Sexual Assault and Dating Violence on College Campuses: Are We Putting Bystanders in Harm's Way?](#)
- [College Students' Responses to Their Sexually Assaulted Friends: Impact of Rape Myth Acceptance, Prior Victimization, and Social Relationships](#)
- [Resident Assistant Secondary Trauma and Burnout Associated with Student Nonsuicidal Self-Injury](#)
- [Defining Trauma: How Level of Exposure and Proximity Affect Risk for Posttraumatic Stress Disorder](#)
- [Secondary Victims of Rape](#)
- [Vicarious Trauma: Signs and Strategies for Coping](#)

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CAMPUS SAFETY

Colleges advertise their campus safety. Of course, the truth is that nowhere in the world is entirely safe, and college campuses pose some significant risks. These resources provide in-depth descriptions of the common problems college students face, as well as some less likely but horrific things that can and do happen. You'll also find information about crime reporting, relevant legal information, and a college safety guide for students and parents.

- [Students Frustrated with NYU's Communication Following Brooklyn Shooting](#)
- [Inside NYU's Troubled Campus Safety Department](#)
- [College Campus Safety: Questions to Ask](#)
- [Her Friends Warned Dorm Staff; She Kept Calling Police. But Risks Went Unrecognized Before the Slaying of Utah Student Lauren McCluskey](#)
- [Rein in Campus Police](#)
- [The Jeanne Clery Act](#)
- [9 Ways to Stay Safe on Your College Campus](#)
- [Are Campus Police the Same as 'Real' Police?](#)
- [College 911.net Medical Emergency Information](#)
- [U.S. Department of Education Campus Safety and Security Tools](#)
- [Staying Safe on Campus](#)
- [How to Stay Safe in Rideshares](#)

COLLEGE MARKETING

Ultimately, colleges are selling you a (very expensive) product. There's a lot they share, but there's also a lot that they don't share. These resources can help you learn more.

- [The Three Biggest Lies in College Admission](#)
- [Selling Diversity. Promoting Racism: How Universities Pushing a Consumerist Form of Diversity Empowers Oppression](#)
- [It's Not Just Corruption. Entrance Into Elite US Colleges is Rigged in Every Way](#)
- [U.S. Colleges: Where Does The Money Go?](#)
- [Universities are Big Brands \(So Why Don't We Treat Them as Such?\)](#)

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DEVELOPMENT IN LATE ADOLESCENCE & EARLY ADULthood

Our college kids may seem like fully grown adults, but their brains are actually still developing. In fact, adolescence is considered one of the most sensitive periods of brain development. These resources can tell you more about the “college-aged brain” and this stage of life.

- [Inventing Ourselves: The Secret Life of the Teenage Brain](#)
- [Young Adult Development Project](#)
- [The Big Challenge: Jumping From Adolescence Into Adulthood](#)
- [College Student Development](#)
- [Find Your Passion or Grow It?](#)
- [Dartmouth: Student Development](#)
- [College Student Development – Educational Psychology](#)
- [What Neuroscience Tells Us About the Teenage Brain](#)
- [Teen Behavior, Explained by a Neuroscientist](#)
- [The Teen Brain: 7 Things to Know](#)

EQUITY, DIVERSITY, & INCLUSION

College should be accessible to everyone, but we know that students with a variety of identities can experience lots of obstacles. When thinking about your child’s individual needs, you might want to consider their college’s resources and more general support to help them along.

- Learn more about campus pride with resources like [these](#), including a ‘Campus Pride Index’ tool you can use to look up your child’s college’s resources and inclusion considerations
- Look for LGBTQIA+-specific crisis support and mental health resources, such as [The Trevor Project](#)
- If your child will be using accessibility accommodations, check their college website for an Office of Accessibility/Disability, such as [this one](#)
- [College Resources for Minority Students](#)
- [I’mFirst.Org](#)
- [Center for First-Generation Student Success](#)
- [Confessions of a First-Generation College Student](#)
- [11 Ways to Advocate for Diversity on College Campuses](#)

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- [Title IX and Sex Discrimination \(Department of Education\)](#)
- Look up information about Title IX on school websites

FINDING THERAPISTS & EXTRA SUPPORT

Therapists are a wonderful resource for helping you and your child navigate the college transition and everything that comes with it. Be sure the therapist you choose has education and expertise in working with college-aged students. These resources can help you find specialized therapists and other types of support for you, your child, or both! You can also contact your insurance company for a list of approved providers.

- Use online therapist locators, such as [this one](#)
- In the event of trauma, you can find online locators for trauma-specific services, such as [this](#)
- Parenting programs connected with research institutions, such as [this one](#)
- Online support, such as [this organization](#)
- Coaches like me who focus on helping moms [prepare for the college years](#) while [supporting their children](#) and also [specialize in working with college students](#)
- [A Step-by-Step Guide to Finding a Therapist](#)

HAZING

Most colleges won't talk to you about the prevalence and severity of hazing. These resources discuss what hazing is, how to recognize it, why it's a problem, and how to talk with your child about this important issue. Hazing is always harmful.

- [StopHazing.org](#)
- [We Don't Haze Documentary](#)
- [States with Anti-Hazing Laws](#)
- [Parents of Student Who Died in Hazing Incident Speak Out, File Lawsuit Against the School](#)
- [Federal Anti-Hazing Law: Stop Campus Hazing Act](#)
- [HazingInfo.org](#)
- [Houses of Horror: Secrets of College Greek Life – Reflections from A&E's Series](#)
- [How Hazing Led to the Death of Fraternity Pledge Sam Martinez](#)
- [Help Prevent Hazing: 10 Easy Tips for Talking with Your Teen](#)
- [Navigating College Hazing Webinar](#)

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- [The Dangers of Hazing and How to Protect Your Kids: Experts Weigh In](#)

HOMESICKNESS

Most college students feel homesick at some point. (And it's kind of a good thing. It means they miss you!) These resources can help you be ready to respond when you get that tearful phone call.

- [Helping with Homesickness](#)
- [How to Handle Being Homesick at College](#)
- [Undergraduate Student Reference Group](#)

JUST FOR MOM

When your kids are growing and changing in college, you're also going through a lot of change as a mom! You can become so focused on helping and supporting them that you forget about taking care of yourself in the process.

COACHING

- Individual Coaching

I offer individual coaching for moms and specialize in the following areas:

- [Being the Mom of a Gifted Child](#)
- [Embarking on the Empty Nest Adventure](#)
- [Sport Moms](#)
- [Supporting Your 'Big Kid'](#)
- [Surviving the College Transition](#)
- [Rediscover Your Identity in Motherhood](#)
- [The Mental Load](#)
- [Health and Wellness for Women and Mothers](#)

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- Group Coaching

I offer a variety of IGNITE Over Coffee groups for moms, such as:

- IGNITE Over Coffee: COLLEGE UNCOVERED Community for Moms
- IGNITE Over Coffee: Career-Driven Moms Planning for the Empty Nest
- IGNITE Over Coffee: A Self-Care Community for Moms of Gifted Kids
- IGNITE Over Coffee: Sports Moms Navigating the Transition to College Athletics
- Special topics as requested

SELECTED BLOGS

Moms need to focus on taking care of themselves! I have lots of [blogs](#) on my website to help. Check out these selected blogs below and click around my website to see what else might interest you.

- [Empty Nesting](#)
- [Career Planning For the Empty Nest](#)
- [The 'Incapable' Empty Nester](#)
- [It's All About Choice](#)
- [Reflections on Back to School](#)
- [Open Letter to Moms of College Students](#)
- [Carrying the Mental Load](#)
- [Motherhood and Your Career: Can Coaching Help?](#)
- [Winter Olympians & Mothers](#)
- [Coping With Snowballing Stress](#)
- [No "Right Way" to be a Woman](#)
- [Your First Child's Move-In Day](#)
- [How Can I Find Time for Myself as a Mom Without Feeling Guilty?](#)

RESOURCES

There are many great resources to support your self-care and wellness. You can make a plan that fits with your timing, even if you practice self-care just a few minutes a week. I am including a few of my favorite ideas below.

- [Breath Work](#)
- [Headspace](#)

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- [Self Hypnosis](#)
- [EFT Tapping](#)
- Reading - Choose enjoyable, easy-to-read books
- Walking - You can integrate walking meditations or other things that might help you
- [Enjoy Nature](#)
- Spending Time with Loved Ones - Be intentional and choose people who enhance your sense of well-being
- Exercise

LEGAL RESOURCES

Although your child is considered an “adult” at 18 years old, they’re only just beginning to transition to adulthood. You might want to consider speaking with an attorney for recommendations about how to be prepared and involved should there be an emergency.

- [Mama Bear Legal Forms](#)
- [What is FERPA?](#)
- [FERPA: What Parents of College Students Should Know](#)
- [What Rights Do Parents Have Under FERPA?](#)
- [Baylie's Wish Foundation](#)

NUTRITION

Colleges will probably tell you that their food is great, but there are deeper questions to consider. These resources can help give you a sense of the issues related to good nutrition on campus.

- [The Five Most Significant Barriers to Healthy Eating in Collegiate Student-Athletes](#)
- [Addressing Nutritional Issues and Eating Behaviors Among College Students: A Narrative Review](#)
- [Food Insecurity Common Across US Higher Education Campuses](#)
- [College Food Needs to Get Better, This PHA Initiative Is Helping](#)
- [Tips for Eating Well at College](#)

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PREPARING STUDENTS FOR THE FIRST YEAR

The first year of college is a huge transition for you, your child, and the rest of the family. These resources give you some tips on how to prepare.

- [6 Study Tips for College-Bound Teens](#)
- [18 Ways to Prepare for Your Freshman Year of College](#)
- [Your First Year of College: 25 Tips to Help You Survive and Thrive in Your Freshman Year](#)
- [Preparing for College](#)

RETENTION

Most colleges don't give you the full picture of what college dropout looks like or how common it is. These resources can give you a sense of reality. You may also consider taking a look at the admissions versus graduation rates of the schools your child is considering to get a better idea of their retention.

- [College Dropout Rates](#)
- [Persistence and Retention](#)
- [Rate of College Freshmen Who Returned for Their Second Year Is Highest in a Decade](#)
- [First-Year Retention Rate National Universities](#)

RISK-TAKING

It is important to understand what is behind your child's risk-taking tendencies so that you can talk with them in a meaningful way.

- [The Importance of Belonging and the Avoidance of Social Risk Taking in Adolescence](#)
- [Judgments About Risk and Perceived Invulnerability in Adolescents and Young Adults](#)
- [Born to Be Wild: Why Teens Take Risks and How We Can Help Keep Them Safe](#)
- [University Leaders Seem to be Unaware of Studies on College Students' Risky Behavior](#)

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SEXUAL ASSAULT & HARASSMENT

The prevalence of sexual assault during the college years is a profoundly disturbing reality. Take a look at these resources for ideas of trainings and programs to look for, news stories, and ideas about how colleges and parents can respond.

- Search your child's college website for self-defense training, most schools offer this
- Search for national programs, such as [this one](#)
- Online self-defense programs, such as [this one](#)
- Look in your local community for smaller programs like [this one](#)
- [Critics Say Campus Sex Assault Rules Fall Short and Need an Overhaul](#)
- [In Survivors' Words: How Colleges Should Better Respond to Sexual Misconduct](#)
- [Making Campuses Safer](#)
- [San Jose State Students Demand Protection After Sex Abuse Scandal](#)
- [UCLA to Pay Record of Nearly \\$700M in Doctor Abuse Lawsuits](#)
- [USC Agrees To \\$852 Million Settlement To End Sex Abuse Litigation](#)
- [Most Sexual Assault Prevention Programs are Victim Focused and Lack Rigorous Evaluation](#)
- [Sexual Citizens: A Landmark Study of Sex, Power, and Assault on Campus](#)
- [Sexual Misconduct in Schools](#)
- [Professor's Relationship with a Student - Is It Sexual Harassment?](#)
- [Villanova Student Demands Man Who Recorded Her Sexual Assault Not Walk at Graduation](#)

STUDENT MENTAL HEALTH

Yes, the college years can be full of fun, but we also know that mental health issues are frequently a challenge as well. These resources include academic articles about barriers to mental health treatment and tips about how to discuss the topic with your child.

- [Talking to Your College Student About Mental Health](#)
- [Starting the Conversation](#)
- [Barriers of Mental Health Treatment Utilization Among First-Year College Students: First Cross-National Results From the WHO World Mental Health International College Student Initiative](#)

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- [Young Adult Mental Health: A Prospective Examination of Service Utilization, Perceived Unmet Service Needs, Attitudes, and Barriers to Service Use](#)
- [The Clay Center for Young Healthy Minds](#)
- [Student Mental Health is in Crisis. Campuses are Rethinking their Approach](#)
- [Mental Health on College Campuses: Challenges and Solutions](#)
- [College Students: Mental Health Problems and Treatment Considerations](#)

SUBSTANCE USE

Most college students will use alcohol and/or drugs. They will certainly be exposed to substance use over and over again. There are lots of ways you can be prepared.

- [Why Colleges Haven't Stopped Binge Drinking](#)
- [Behavioral Health Among College Students: Information & Resource Kit](#)
- [Drinking, Drugs, and the College Transition](#)
- [Substance Use Among College Students](#)
- [Prevalence and Incidence of Drug Use Among College Students](#)

NOTES

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Loved this Resource Booklet?
Dig deeper and support smarter with the entire [COLLEGE UNCOVERED Toolkit](#).
Be the prepared mom.

ABOUT LISA



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