

# 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**

**Table of Contents**

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<b>BYSTANDER GUILT &amp; SECONDARY TRAUMA</b>	<b>3</b>
<b>CAMPUS SAFETY</b>	<b>3</b>
<b>COLLEGE MARKETING</b>	<b>4</b>
<b>DEVELOPMENT IN LATE ADOLESCENCE &amp; EARLY ADULTHOOD</b>	<b>4</b>
<b>EQUITY, DIVERSITY &amp; INCLUSION</b>	<b>5</b>
<b>FINDING THERAPISTS &amp; EXTRA SUPPORT</b>	<b>5</b>
<b>HAZING</b>	<b>6</b>
<b>HOMESICKNESS</b>	<b>6</b>
<b>JUST FOR MOM</b>	<b>6</b>
<b>LEGAL RESOURCES</b>	<b>7</b>
<b>NUTRITION</b>	<b>7</b>
<b>PREPARING STUDENTS FOR THE FIRST YEAR</b>	<b>8</b>
<b>RETENTION</b>	<b>8</b>
<b>RISK TAKING</b>	<b>8</b>
<b>SEXUAL ASSAULT &amp; HARASSMENT</b>	<b>9</b>
<b>STUDENT MENTAL HEALTH</b>	<b>9</b>
<b>SUBSTANCE USE</b>	<b>10</b>
<b>NOTES</b>	<b>10</b>

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 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.

## Resource Booklet

# COLLEGE UNCOVERED Toolkit

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. Be sure to ask questions of your child's college and scour their website!

This 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!

## BYSTANDER GUILT & SECONDARY TRAUMA

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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 a good place to learn more.

- [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](#)

## CAMPUS SAFETY

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Colleges advertise their campus safety. The truth is, nowhere in the world is entirely safe. These resources provide in-depth descriptions of the common problems college students face and some of the 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](#)
- [What to Consider About Campus Safety, Wellness](#)
- [Her Friends Warned Dorm Staff: She Kept Calling Police. But Risks Went Unrecognized Before the Slaying of Utah Student Lauren McCluskey](#)

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- [Rein in Campus Police](#)
- [Crimes a CSA Must Report](#)
- [Summary of the Jeanne Clery Act](#)
- [College Safety: Complete Guide for Students and Parents](#)
- [Are Campus Police the Same as 'Real' Police?](#)
- [Campus Safety and Security Data Resource](#)

## COLLEGE MARKETING

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

- [The 3 Biggest Higher Education Controversies of 2021](#)
- [The 3 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?](#)

## DEVELOPMENT IN LATE ADOLESCENCE & EARLY ADULTHOOD

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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](#)
- [Getting Into College was the Easy Part. Staying There is Becoming Harder Than Ever, Experts Say.](#)
- [Find Your Passion or Grow It?](#)

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### COLLEGE UNCOVERED Toolkit

## EQUITY, DIVERSITY & INCLUSION

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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](#)
- [The Privileged Poor: How Elite Colleges Are Failing Disadvantaged Students](#)

## FINDING THERAPISTS & EXTRA SUPPORT

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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 or 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 [specialize in working with college students](#) can support your child's career and personal development

## Resource Booklet

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## HAZING

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Many colleges won't talk to you about the prevalence and extremity 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.

- [Stop Hazing](#)
- [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](#)
- [The Reach Act](#)
- [The Dangers of Fraternities on Campus Heavily Outweigh Their Benefits](#)
- [Tips for Talking with Your Teen About Hazing](#)
- [The Dangers of Hazing and How to Protect Your Kids: Experts Weigh In](#)

## HOMESICKNESS

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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

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When your kids are growing and changing in college, you're also going through a lot of change as a mom! This is one of my specialty areas as [a coach](#). Check out some of my blogs related to this topic.

- [Empty Nesting](#)
- [Career Planning For the Empty Nest](#)
- [The 'Incapable' Empty Nester](#)
- [It's All About Choice](#)

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- [Reflections on Back to School](#)
- [Open Letter to Moms of College Students](#)
- [Carrying the Mental Load](#)
- [Coaching, Motherhood, and Careers](#)
- [Winter Olympians & Mothers](#)
- [Gendered Attention in Classrooms](#)
- [Coping With Snowballing Stress](#)
- [Deconstructing Gendered Messages](#)
- [No “Right Way” to be a Woman](#)

## LEGAL RESOURCES

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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.

- [What Rights Do Parents Have Under FERPA?](#)
- [Mama Bear Legal Forms](#)

## NUTRITION

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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](#)
- [Assessment of Weight Status, Dietary Habits and Beliefs, Physical Activity, and Nutritional Knowledge Among University Students](#)
- [Identifying Perceived Barriers and Enablers of Healthy Eating in College Students in Hawai‘i: A Qualitative Study Using Focus Groups](#)
- [Food Insecurity Common Across US Higher Education Campuses](#)
- [College Food Needs to Get Better, This PHA Initiative Is Helping](#)

**Resource Booklet**  
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## PREPARING STUDENTS FOR THE FIRST YEAR

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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 for how to prepare.

- [10 Study Methods for College-Bound Teens](#)
- [12 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](#)

## RETENTION

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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.

- [College Dropout Rates](#)
- [Persistence and Retention](#)
- [Why White Students are 250% More Likely to Graduate Than Black Students at Public Universities](#)

## RISK TAKING

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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](#)
- [Expecting Students to Play It Safe if Colleges Reopen Is a Fantasy](#)

## Resource Booklet

### COLLEGE UNCOVERED Toolkit

## SEXUAL ASSAULT & HARASSMENT

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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, like [this one](#)
- Search for national 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](#)
- [An Underreported Problem: Campus Sexual Misconduct](#)
- [Professor's Relationship with a Student - Is It Sexual Harassment?](#)

## STUDENT MENTAL HEALTH

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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](#)
- [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](#)

