

Wabash College Counseling Service

Opportunities of Change

Welcome Class of 2013! You are engaged now on a four year journey towards learning more about yourself, life and your future direction. You have celebrated your high school graduation- a major milestone and we celebrate your arrival here at Wabash College. You are separated from family and friends and learning about the academic demands and opportunities of college life. Sometimes change can be difficult- it takes time to get used to for everyone. It is something to be faced and dealt with as it happens. However, you are not alone. You have the support of your family and friends back home as well as on campus through your academic advisor, professors and the college administration- not to forget the upperclassmen who have walked in your very steps- some just one year ago. You are taking on new responsibilities as well and so a few quick reminders to help you get your college year off to a good start. The first and foremost thing to keep in mind is to take care of yourself. A few simple things to keep in mind for a good drive off the first tee (if you like golf).

- 1) Give yourself sometime to get adjusted. Allow yourself time to get settled in and don't expect too much of yourself at first.
- 2) Make sure that you keep yourself organized- both in your daily as well as academic life.
- 3) Reach out to others to make new friends, but also keep in touch with family and friends from back home.
- 4) Involve yourself in campus activities- clubs, service organizations, sports, etc. This will allow you to experience life and growth outside the classroom and build relationships with others.
- 5) Express yourself thru journaling or blogging as it helps to do so and be able to reflect on your thoughts and feelings.
- 6) Exercise daily and eat three balanced meals every day.
- 7) Get enough sleep- all nighters are not effective in getting your work done; in fact quite the opposite.
- 8) Access the campus services available to help with academic issues through the Academic Support Services and its director Ms. Julia Rosenberg.
- 9) Stay healthy! If you feel ill, contact the Student Health Services in the Allen Center for assistance.
- 10) If you feel down, anxious or in emotional distress, contact the Student Counseling Service for Assistance at 765-361-6252 and leave a VM message or contact the counselor Scott Cavins, M.A., LMFT, LMHC at (317) 840-6096 directly to set up an appointment.

-Scott A. Cavins, M.A., LMFT, LMHC '84
Wabash College Counseling Service