

COLLEGE ADJUSTMENT CHALLENGES

- Beginning college can bring about a mix of emotions, sometimes several simultaneously!
- Many students are away from home for the first time, and miss friends and family.
- You may feel like you are alone and without your support people.
- More choices and less guidance can bring pressure to do uncharacteristic things.
- Rigorous academics, commitments, finances, and living with roommates can be overwhelming.
- Your brain will continue to develop into your mid-20s.
- The pre-frontal cortex, responsible for focusing attention, impulse control, managing emotional reactions, prioritizing, and decision-making, is one of the last parts to mature.
- Decisions made now have the potential to affect your future.
- Some stress provides energy and motivation to solve problems and reach goals.
- Too much stress or overreacting to situations can contribute to physical and emotional problems, chemical abuse, and difficulty with school, work, and relationships.

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Help is available. If you would rather talk to someone outside of your circle, a counselor can talk to you about your concerns and try to help you find coping skills and solutions.

The SMSU Counseling and Testing Center has mental health professionals who can meet with you to talk about concerns ranging from adjustment difficulties to major mental health challenges. Services are confidential and free to students. We are open year round, Monday through Friday, 8:00am to 4:30pm.

After hours crisis services are available through:

- Western Mental Health Center at 507-532-3236
- Avera Marshall Emergency Room and/or 911
- 988 Suicide & Crisis Lifeline (call 988)
- Crisis Text Line (Text HOME to 741741)

MENTAL HEALTH COUNSELING CENTER

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