

Emotional Readiness and Resilience:

Fundamentals You May Be Forgetting From Your College Checklist



We are pleased to offer a new opportunity for parents/guardians to emotionally prepare themselves and their children for the transition to college.

This **three-part series** will discuss the **building blocks for emotional readiness, resilience, and adjustment**. A positive college launch enables a mutually rewarding shift into an adult relationship for parents/guardians and their children.

Sessions are in January, February, and March 2024 at Clayton Behavioral

Session 1: EMOTIONAL READINESS

Explore the foundations of emotional readiness and its importance to academic and mental health success. Gain an understanding of emotion regulation, self-awareness, confidence, and self-identity.

Learn how to foster emotional readiness in the home prior to college.

Session 2: INTELLIGENT EXPECTATIONS

Examine parents'/guardians' and seniors' expectations of the college experience and how to ensure alignment. Ascertain the significance of emotional competence and adaptability, resilience, boundaries, and independence.

Session 3: NAVIGATING THE FIRST FEW MONTHS

Prepare for challenges such as homesickness, academics, finances, and appropriate frequency of contact. Delve into emotional adjustments and changes in family dynamics. Finally, learn how to identify normal sadness and anxiety and how to know when further intervention is appropriate.

Please Register by January 8, 2024

To Register:

Use your phone's camera or QR scanner below to go directly to our website or type <https://empoweredmind.softr.app/> into your browser.

Presented by

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