

# #ADULTING

Tips for Juniors to  
Transition Successfully



MindPeaceCincinnati.com  
513.803.0844

# WHAT ARE YOUR PLANS AFTER HIGH SCHOOL?



By now you may have decided which colleges to apply to, whether or not to go into the military, or whether to start working. While this is an exciting time in your life, this may also be quite stressful. Try to identify your feelings and fears, and talk about what you're going through. The sooner you deal with these issues, the sooner you'll feel better.

## UNIVERSITIES

Most schools offer a range of admissions options. Investigate which of these your favorite schools offer:

- **Regular admissions** means that schools mail their decisions in April.
- **Rolling admissions** means that a school processes applications as they come in; you can apply at any time, but it's best to be early because spots fill up.
- The **early-decision** option is for students who are really sure about the school they want to attend, and who want to know earlier than April if they have been admitted. There's a drawback to applying under an early-decision option, though: You are promising that school that you'll attend if you're admitted.
- Most schools offer an **early-action** option, which means that students can be admitted early, but don't have to commit to a decision until spring, typically.

**FACT:** School counselors say that 75% of students change their majors after they enter college.

Application costs may vary and sometimes application costs can be waived if you qualify financially.

Don't cross a school off your list just because the tuition is steep. Ask your school counselor about possible community scholarships. Ask the school's financial-aid office about scholarships, grants, work-study programs, and loans. See if your family's employers offer scholarships. And check out organizations within your community. An amazing number of college funding sources are out there for students with specific career goals in mind.

To apply for federal aid in the United States, you must fill out the Free Application for Federal Student Aid (FAFSA) form, although some schools use their own forms. Visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov) for more information.

**TIP:** Ask the school's financial-aid office about scholarships, grants, work-study programs, and loans.

## COMMUNITY COLLEGES

Benefits of attending a community college:

- Tuition is offered at a lower cost.
- You are able to complete core courses and then transfer your credits to a university.
- Classes are smaller which allows for more one-on-one interactions.
- Flexible scheduling and night courses are readily available.
- Some community colleges offer on-campus living.
- STEM programs are also available.

Try to visit a campus when school is in session so you can get a good idea of what life is really like on campus.

Disadvantages of attending a community college:

- Most only offer an Associate's Degree, which is a 2-year program.
- Less of a campus lifestyle is provided.
- Limited degrees may be offered.

Community College Myths:

There are myths associated with community college. These include: low quality professors, students had low high school GPA's, and students will not get a good job in the workforce. This is not the case. Some people who've attended community college include:

- *Walt Disney: Founder of Disney World and Disneyland*
- *Fred Haise: Apollo 13 Astronaut*
- *Calvin Kline: Fashion Designer*
- *Clint Eastwood: Actor and Oscar-winning director*

## MILITARY

Entering the military can be an excellent choice for students. Discipline, earning money, saving for college, learning a trade — all of this is possible in the armed forces. Veterans are also entitled to many benefits both while in the service and after.

You should carefully explore all of the pros and cons of a military career. After all, if don't like the service or if the thought of going to war seems too scary, you can't easily drop out. If you want specific training through the military, make sure the contract you sign includes that training. Explore your options at <http://todaysmilitary.com>.

## JOB OPTIONS

Getting a job immediately after high school remains a good choice. Students who go this route benefit from training on how to search for employment, write a resume, and develop interviewing skills. Many companies reimburse employees for continuing education in areas related to their employment. You should ask about this benefit through the human resources departments of potential employers.

Another option is an internship. Over the course of a year, you could potentially participate in two or three internships to explore career choices. Most internships are unpaid, so planning ahead is crucial if you need to save money for living expenses. Internships provide participants with the opportunity to learn about many facets of a particular career. They're also a great way to make contacts and develop mentoring relationships.

Don't overlook trade opportunities. Careers involving a trade or technical skill allow you to specialize in a particular occupation which typically involves working with your hands. Jobs may include carpentry, masonry, electrical work, mechanics and more. Apprenticeships provide an affordable way to enter these in-demand careers. They provide a combination of on-the-job training and related classroom instruction under supervision. Over 90% of apprentices turn in to employment after the program completion. To understand what opportunities are available visit [www.Apprenticeship.gov](http://www.Apprenticeship.gov).

## TAKING TIME OFF

For some students, taking a year off between high school and the "real world" can be beneficial. This can be a good time to travel, do community service, or even live in a foreign country before the responsibilities of life make it harder to do so.

Community service organizations offer a wide variety of choices where students can match with their skills and interests. Americorps ([www.nationalservice.gov](http://www.nationalservice.gov)), for example, offers hundreds of programs across the United States with a small stipend, plus a chance to obtain money for college or vocational training. Many religious organizations provide community service programs as well.

You should keep in mind that a brochure may look different from reality, such as some work and service camps in developing countries. You should expect difficulties, but know that the rewards of community service often outweigh the hardships — and can actually change the direction of a person's life. Speaking with previous participants should give a more realistic view than promotional material.

Remember: taking time off doesn't necessarily put you at a disadvantage for college admission. For many young adults — especially those who choose an internship or international service — it can actually be an advantage.

While researching colleges, find out if they have delayed admissions programs. If not, ask the colleges what their position is on students who take time off, and how that might impact your chances of getting in if you reapply.

## WHERE TO GET HELP

Your school counselors are a good starting point for helping you research information on your interests. You may have access to Naviance or other online services that can also help steer you in the right direction.

There are many associations, both local and national, for thousands of occupations. Find out where they're located and get information on how to pursue particular career paths.

You may also be able to attend meetings or arrange for an informational interview where you can meet one-on-one with people at their workplaces to find out more about what they do. Ask friends, relatives, or others you know in different industries to assist you in your search. After all, there's often nothing more flattering than having someone ask about what you do.

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**Whatever you choose to do now does not have to be what you do forever. You can always go back to school or change a career path — lots of people do this every day and with great success!**

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# BRAIN HEALTH TIPS



## SELF-CARE

Self-care refers to the activities and routines practiced to benefit your psychological, physical, and spiritual well-being. Self-care activities should be practiced on a regular basis to promote mental well-being. Self-care activities help reduce stress, increase productivity, improve health, help achieve work-life balance and prevent burnout.

### PHYSICAL

- Surround yourself with nature.
- Drink water! The current Institute of Medicine recommendation is 13 cups for men and 9 cups for women per day (NASEM 2015). Dehydration is one of the major causes of headaches.
- Exercise or dance to get out extra energy and relax. This helps to release endorphins (chemical in your brain) that makes a person feel good.
- Spend time with quality friends and family and share how your days are going. Don't be afraid to seek support from others, and to ask for help.
- Eat well-balanced meals.

### PSYCHOLOGICAL

- Keep a journal to clarify thoughts. Evidence shows that writing about stressful events helps come to terms with them, reducing the impact they have on your life (Psych Central, 2016).
- Take a break from television, social media, and the internet to avoid exposure to negative information.
- Be an active member of the community by joining an organization or helping with community service at the local foodbanks, recreation centers, schools, etc.
- See a therapist or participate in support groups during times of high stress.
- Express emotional healing practices of crying, laughing or story-telling.
- Read books or listen to podcasts.
- Participate in activities that make you happy, feel good and are empowering.
- Plan ahead, stay organized, and set time to relax. Set realistic goals for yourself.

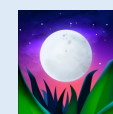
### CHECK OUT THESE APPS



- Calm- for mindful meditation



- Sleep Cycle- alarm clock



- Relax Melodies- integrating mindfulness into sleep



- \*Glo- yoga classes

## **SPIRITUAL**

Spiritual self-care involves caring for your soul. Spiritual wellness involves seeking a purpose and meaning in our life. Practicing spiritual self-care can help you find peace between your inner feelings and emotions and the stressors of your life.

- Practice meditation or yoga.
- Pray or attend a church service.
- Express gratitude. Think of 3 different things you're grateful for every day.
- Complete a mindfulness exercise.

## **RESILIENCY**

Resiliency is the ability to adjust to circumstances and keep going in the face of adversity, whether it's a minor hassle or a major life event. Resilience also helps you take on challenges, form stronger relationships and embrace new experiences. A lack of resilience can lead to anxiety, poor self-care, depression and risky behaviors, such as substance abuse. We can't always control events, but we can control our responses.

## **MANAGE STRESS**

Identify your sources of stress and how they affect you. Once you understand how your behavior changes in response to stress (e.g., your health suffers, you isolate yourself from others), you can modify unhealthy or unproductive reactions and develop coping strategies for your vulnerable areas. Self-Care kits can aid in immediate relief when you're feeling overwhelmed (see examples on the next page).

## **EXAMINE YOUR THOUGHTS**

Negative or inaccurate thoughts about ourselves, others, or the future can produce unhelpful emotions and behaviors. Increase your awareness of how you interpret events, so you can challenge and alter counterproductive thoughts and develop a more adaptive thinking style.

## **BUILD A SUPPORT NETWORK**

Positive social connections provide assistance, guidance, and comfort during difficult times. Strengthen your relationships with family, friends and trusted others to form a support network. The quality of these relationships is more important than the quantity.



Self-care kits should contain some of your favorite ways to de-stress. Suggested items to include could be a stress ball, journal, blanket, earbuds, essential oils, or a favorite book. See examples below.



Kit Contents: Comfortable shoes, shower gel, sweat band, buff puff, deodorant, and your favorite snacks.



Kit Contents: journal, pens, comfortable clothing, blanket, snacks, candles, books, tea, knitting supplies, and a favorite movie or show.

## **TEST TAKING**

Staying up all night has adverse effects on a person's cognitive thinking and processing skills. The hippocampus controls the brain's memory, and when you experience sleep deprivation your memory also suffers. All the information you think you've retained—vanished. The most important thing you can do if you want to do well is get good sleep. Young adults need 7+ hours of sleep every night.

### **KNOW THE TRIGGERS. ARE YOU**

- Worried when others finish first?
- Focused on whether the classroom is too quiet or noisy?
- Worried about your having enough time to do your best?
- Unable to formulate an answer to a question?
- Overwhelmed with the amount of information presented?
- Having difficulty with reading directions or understanding the test's instructions?

### **WHAT CAN YOU DO?**

1. Don't give a test the power to define you. An exam won't tell you whether you're the most brilliant (or least brilliant) student in your class. Your performance on an exam mostly depends on how effectively you studied for the test, the quality of your prior education, and the test-taking strategies you use.
2. Visualize completing the test successfully despite your anxiety. Using vivid images, play the entire "tape" in your mind – from the moment you wake up on the day of the exam to the moment you finish the exam.
3. High anxiety can increase the impact of caffeine, so on test days reduce your intake.
4. Take deep breaths. Breathe in slowly to the count of seven and exhale to the count of seven.
5. Open your eyes and give yourself a positive, very specific self-talk (i.e., "You're sure to do well. You studied hard. You're doing the best you can.") This whole procedure should take only about a minute and it is well worth the time.

### **PICTURE IT:**

- Try this activity- Close your eyes and picture yourself doing well on the test from start to finish.
- Close your eyes and imagine your teacher passing out the test. Make sure your pencil is sharpened. Take your time and read each question. Picture yourself completing the test. Go over each item to make sure the answers are correct. Envision yourself getting the test back. You got the best grade ever. Congratulations!

## **STUDY TIPS**

- Pick a place and time
  - A place that makes you happy and inspired and that is quiet, comfortable and distraction-free. Examples: home, library, or a coffee shop
  - Find a time that's best for you. Is it in the morning or do you work better at night?
- Study every day
  - Prioritize studying so the information is always being renewed in your mind. Then you won't feel overwhelmed with last-minute cramming.
- Plan your time
  - Make a to-do list

- Set alarms for study plans
- Discover your learning style. Are you a:
  - Visual learner: prefer learning by seeing
  - Auditory learner: prefer learning by listening
  - Tactile learner: prefer learning by doing
- Review and revise
  - Quiz yourself or ask a friend to quiz you
- Take breaks
  - Working too long on one task can lower your performance
- Ask for help
  - Reach out to professors, family, friends or teaching assistants
- Stay motivated
  - You could decorate your study space with inspirational quotes or photos of people you admire and family members you want to make proud of you
- App it up
  - Study apps such as Quizlet can help you on the move
- Look after yourself
  - Make sure you eat well and get enough sleep and physical exercise. It's also a good idea to make sure you drink lots of water when you're studying. You'll study better if you take care of yourself.

## **PARTICIPATING IN PARTIES OR SCHOOL EVENTS**

Social situations can be a rough time for some people, and that's normal! For those who experience social anxieties, it's best to understand your personal triggers and learn how to cope with them. The goal is to reach a level of calmness.

### **KNOW THE TRIGGERS:**

- Struggles with changes in routine
- Sensitive to increased noise levels
- May be nervous around unexpected happenings/activities
- Does not like the smell or taste of special treats
- Unfamiliar with parent volunteers
- Unable to perform special activities

Prior to the party, focus on your breathing to calm yourself.

### **TIPS TO OVERCOME SOCIAL ANXIETY:**

- Challenge negative thoughts
  - Identify the automatic negative thoughts. Then analyze them and challenge them.
- Focus on others, not yourself
  - Remember that anxiety isn't as visible as you think.
- Learn to control your breathing
  - Follow a YouTube breathing exercise video.
- Face your fears
  - Be patient and don't try to face your biggest fear right away.
- Make an effort to be more social
  - Volunteer, take a social skills class.



- Adopt an anti-anxiety lifestyle
  - Avoid caffeine. Get quality sleep. Eat more omega-3 fats.

## **EXPRESSING GRATITUDE:**

Try this activity- By focusing at least one minute on a grateful experience, our thinking can be shifted to calmness, which is uplifting and comforting.

## **SLEEP**

Staying up all night has adverse effects on a person's cognitive thinking and processing skills. The hippocampus controls the brain's memory, and when you experience sleep deprivation your memory also suffers. All the information you think you've retained—vanished. The most important thing you can do if you want to do well is get good sleep. Young adults need 7+ hours of sleep every night.

## **TIPS FOR GETTING GOOD SLEEP**

A lack of sleep can have physical consequences. Not enough sleep can make you sick, leading to more colds, flu, coughs, and sniffles, and can be associated with weight gain.

- Avoid caffeine at night, and limit it during the day.
- Create a sleep schedule, and stick to it.
- Don't sleep in on weekends or days when you have time off. Wake up close to the same time every day.
- Put books and technology away at least 30 minutes to an hour before bedtime.
- Don't work on your computer in bed.
- Exercise earlier in the day, never just before bed.
- Sleep with earplugs and use an eye pillow to drown out any bright lights and loud noise.
- Turn out the lights when it's time to go to bed; a bright room will keep you awake.

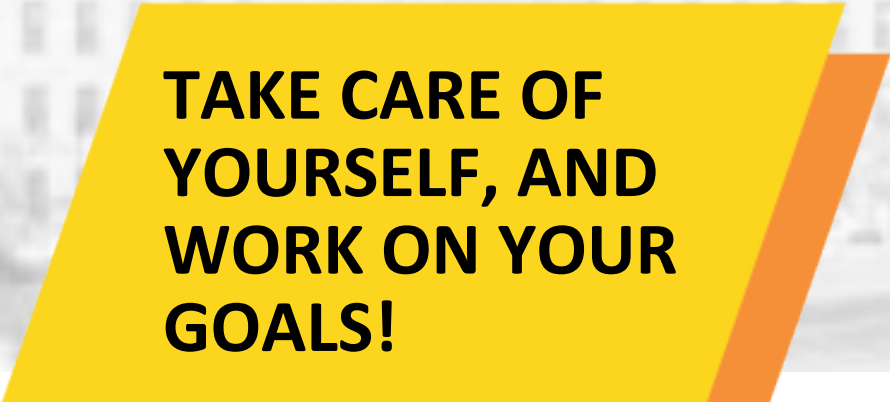
Establishing healthy sleep habits will do wonders for your long-term health.

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**TAKE CARE OF  
YOURSELF, AND  
WORK ON YOUR  
GOALS!**

# JUNIOR YEAR - STEPS TO COLLEGE

Investigate  
College choices  
with your  
Guidance  
Counselor

Register and  
take ACT and  
SAT

See Guidance  
Counselor to  
confirm  
graduation  
requirements

Complete  
college essay for  
applications  
before Senior  
Year starts

Get excited for  
Senior Year of  
High School!

Use resources such  
as Naviance  
([www.naviance.com](http://www.naviance.com))  
to decide on  
what careers  
and colleges  
best suit you

Create a list of 10  
to 15 colleges that  
meet your needs /  
criteria

Go on college  
visits including  
meeting with the  
Disability or  
Counseling Offices

Finish and refine  
resume

Retake ACT/SAT

# SENIOR YEAR- STEPS TO ADULTING

- Complete final edits for college essay
- Decide on colleges to apply for
- Ask teachers/ guidance counselors for two letters of recommendation

- Work on and submit FASFA form: October 1
- Consider going to college fairs
- Work on college applications

- Take SAT/ACT if needed for the last time
- Work on completing financial aid and scholarships



- Complete college applications for regular decision
- Watch for Student Financial Aid Report
- Confirm final applications

- Notify all other colleges of final decisions
- Make final decision on a college

- Take AP Exams
- Send final transcripts to colleges
- Send 'thank you' letters to teachers and counselors

## AUG & SEPT

- Understand and review your 504 Plan with high school, if needed
- Confirm transitional plan on your IEP with mental health provider and school
- Go on college visits including meeting with the disability or counseling office

## OCTOBER



IEP– Individualized Education Program

## NOVEMBER

- Apply for benefits if needed (i.e. SSI or Medicaid) SSI go to ssa.gov or call 1-800-772-1213. Medicaid contact HCJFS at 946-1000 or [www.hcjfs.hamilton-co.org](http://www.hcjfs.hamilton-co.org)

FASFA– Free Application for Federal Student Aid

## DEC & JAN

- Submit college applications for early access
- Watch for early acceptance letters
- Use Naviance ([www.naviance.com](http://www.naviance.com)) to decide on what careers and colleges best suit you.

## FEB& MAR



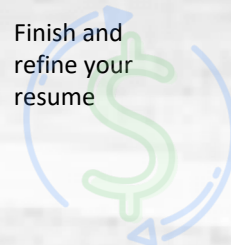
HCJFS– Hamilton Country Job and Family Services

## APRIL

- Meet with your mental health team to go over fears and coping strategies

## MAY

- Pay college admission deposit
- Finish and refine your resume



# WHAT IS A 504 PLAN AND HOW CAN IT HELP?



You may have heard the term 504 Plan or Section 504 before, but not really understood what it means and how it can help. Section 504 is a civil rights federal law that public school districts are required to follow.<sup>1</sup> In this tip sheet, we offer some information on 504 plans.

## A 504 PLAN IS...

- Based on Section 504 of the Rehabilitation Act of 1973. This federal act prohibits the discrimination of students with disabilities in public school systems and ensures these students receive the educational supports they need to succeed in school.
- An **education plan** which:
  1. Identifies the modifications and/or accommodations needed to remove learning barriers for a student within mainstream education.
  2. Outlines the responsibilities of all stakeholders (e.g. parents, student and school) in removing these learning barriers.
- Not just for academic purposes and can be used for extracurricular activities and athletics.

## TO QUALIFY FOR A 504 PLAN, A STUDENT MUST...

- Generally, be between the ages of 3 and 22 (which can vary by program and state/federal laws).
- Have an enduring, documented health-related, learning or behavioral disability which has been evaluated as substantially limiting one or more major life activities (e.g. reading, concentrating, thinking, communicating, etc.).<sup>2</sup>

## WHAT ARE THE BENEFITS OF A 504 PLAN?

- Legally requires public schools to provide accommodations and modifications to qualified students with disabilities (including mental health conditions or learning disabilities).
  - Examples: Counseling, preferential seating, adjusted class schedules, assistive technology like “smart pens”, voice recorders or computers for taking notes, extended time for assignments, quiet space for test taking, etc.

## WHAT IS THE DIFFERENCE BETWEEN A 504 PLAN AND AN INDIVIDUALIZED EDUCATION PLAN (IEP)?

504 PLAN	IEP
Students who do not qualify for special education services under IDEA, but who have an ongoing, documented disability that have been evaluated as requiring accommodations to succeed in school, as provided by the Rehab. Act of 1973. <sup>3</sup>	Students with one or more disabilities outlined within the Individuals with Disabilities Education Act (IDEA) who have been evaluated as needing special education services. <sup>4</sup>
A 504 plan does not have to be a written document and is less comprehensive than an IEP. No due process is outlined in Section 504 legislation – school districts are left to define this for themselves. <sup>5</sup>	An IEP must be a formal, written document. It must meet many due process requirements by law (i.e. detailed plans and timelines for the evaluation, specialized instruction, and educational services of a student, etc.). An IEP has many procedural safeguards and rights.
Students with 504 plans receive accommodations and/or modifications to curricula in a mainstream classroom. <sup>6</sup>	Students with IEPs may receive specialized instruction and other educational services in a mainstream classroom or special education classroom depending on their needs. <sup>6</sup>



- Can be helpful throughout a student's lifetime as evidence of having a disability in order to qualify for some disability services (e.g. housing, transportation, vocational rehabilitation, Social Security determination).

## **SHOULD A STUDENT EVER GET A 504 PLAN INSTEAD OF AN IEP PLAN, OR GET BOTH?**

- If a student's disability does not impair them enough to need specialized education services, then a 504 may be obtained (if the student is qualified) instead of an IEP.
- In most cases it is not necessary to have both an IEP and a 504 plan while in school. Get a 504 plan if a student doesn't qualify for, or doesn't want, special education services.
- Because some students may perceive special education services as stigmatizing, getting a 504 plan is an alternate way to acquire necessary accommodations.

## **HOW CAN A STUDENT GET A 504 PLAN IN HIGH SCHOOL (OR EARLIER)?**

- A 504 plan evaluation process may be started by a parent/guardian or the school. If you believe you qualify, you should ask the school to provide a 504 plan.
- To get a 504 plan, the student must be evaluated to see if he or she is deemed to have a qualified disability.<sup>7</sup> This evaluation process includes:
  - Documentation of the disability (such as a doctor's diagnosis),
  - Evaluation results (if the student was recently evaluated for an IEP),
  - Observations by the student's parents and teachers,
  - Academic record, and
  - Any independent evaluations (if available).<sup>7</sup>
- If a student has a qualified disability, a 504 plan can be created and implemented by a 504 committee. This committee may include the student, their parents, teachers, and school administrators.
- Parents and students should check in with the school about the 504 plan as updates are not required by law.

## **CAN A STUDENT USE THEIR 504 PLAN IN COLLEGE?**

- Neither a 504 plan nor a high school IEP apply directly to college; but either can be helpful.
- To get accommodations in college, students must apply to student disability services. The accommodations described in a high school 504 plan can help a student advocate for their needs with student disability services in college.
- It is important to note that colleges are not required to provide accommodations just because a student had a high school 504 plan or an IEP.
- A student can still apply for and receive accommodations in college even if they didn't have an IEP or 504 Plan in high school. Colleges are required to provide accommodations to students with a disability who qualify for them under the Americans with Disabilities Act.



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This publication can be made available in alternative formats upon request



The Transitions RTC is part of the Systems & Psychosocial Advances Research Center (SPARC), A Massachusetts Department of Mental Health Research Center of Excellence



# COLLEGE COUNSELING SYSTEMS



## CONTACT INFORMATION

Community providers are also available in Greater Cincinnati.  
Search the database at: [www.MindPeaceCincinnati.com/search](http://www.MindPeaceCincinnati.com/search)

An important consideration when choosing a college is how their mental health system works. Each school has a slightly different system, processes and specifications for care. Be sure to contact the mental health or counseling services at your school of choice during the summer, before heading to campus. It is ideal to meet face-to-face with the counseling services employees to begin establishing a relationship before classes begin. Developing a relationship, taking care of paperwork (such as filling out disability forms), and understanding their school system of support are all things that should be accomplished before classes begin. By doing so, you will alleviate stress and establish a safety net of support if a crisis should arise.



COLLEGE OR UNIVERSITY	OFFICE OF COUNSELING SERVICES	WEBSITE
Bowling Green State University	(419) 372-2081	<a href="https://www.bgsu.edu/counseling-center.html">https://www.bgsu.edu/counseling-center.html</a>
Cincinnati State	(513) 569-5779 (Clifton) (513) 217-3700 (Middletown)	<a href="http://www.cincinnati-state.edu/real-world-academics/student-services/counseling-center">www.cincinnati-state.edu/real-world-academics/student-services/counseling-center</a>
College of Mount St. Joseph	(513) 244-4949	<a href="http://www.ms-j.edu/student-life/wellness-health-services">www.ms-j.edu/student-life/wellness-health-services</a>
Indiana University	(812) 941-2244	<a href="https://www.iu.edu/personal-counseling/index.php">https://www.iu.edu/personal-counseling/index.php</a>
Miami University	(513) 529-4634	<a href="http://miamioh.edu/student-life/student-counseling-service">http://miamioh.edu/student-life/student-counseling-service</a>
Northern Kentucky University	(859) 572-5650	<a href="https://hcs.w.nku.edu/counseling/counseling-services-available">https://hcs.w.nku.edu/counseling/counseling-services-available</a>
Ohio State University	(614) 292-5766	<a href="https://ccs.osu.edu/">https://ccs.osu.edu/</a>
Ohio University	(740) 593-1616	<a href="https://www.ohio.edu/student-affairs/counseling">https://www.ohio.edu/student-affairs/counseling</a>
University of Cincinnati- Blue Ash	(513) 745-5670	<a href="http://www.ucblueash.edu/students/services/counseling-services">www.ucblueash.edu/students/services/counseling-services</a>
University of Cincinnati – Main Campus	(513) 556-0648	<a href="http://www.uc.edu/counseling">www.uc.edu/counseling</a>
University of Dayton	(937) 229-3141	<a href="https://udayton.edu/studev/health_wellness/counselingcenter/index.php">https://udayton.edu/studev/health_wellness/counselingcenter/index.php</a>
University of Kentucky	(859) 257-8701	<a href="https://www.uky.edu/counselingcenter/">https://www.uky.edu/counselingcenter/</a>
University of Louisville	(502) 852-6585	<a href="http://louisville.edu/counseling">http://louisville.edu/counseling</a>
Wright State University	(937) 775-3407	<a href="http://www.wright.edu/counseling">www.wright.edu/counseling</a>
Xavier University	(513) 745-3022	<a href="http://www.xavier.edu/health-wellness/counseling">www.xavier.edu/health-wellness/counseling</a>

## SYSTEM OVERVIEW

UNIVERSITY/COLLEGE	INITIAL VISIT FEE	ONGOING SESSION CHARGE	SHORT TERM SERVICES AVAILABLE*	MEDICATION MANAGEMENT*	WALK IN HOURS	SUPPORT NETWORK	CAMPUS CRISIS SUPPORT*
Bowling Green State University	No Charge	No Charge	Yes (no session limit)	Yes, through Falcon Health Center	Mon.-Fri. 1:30-4	Refer out	(419) 502-4673 Wood County Crisis Line
Cincinnati State	No Charge	No Charge	Yes (up to 10 sessions per semester)	Refer out	None	Behavioral intervention team in the counseling service office	(513) 569-1558 Campus Police
College of Mount St. Joseph	No Charge	No Charge	Yes (by appt.)	Some meds can be prescribed by Internal Medicine	Mon.-Fri. 8-5	None	(513) 244-4226 Campus Police
Indiana University	No Charge	No Charge	Yes (no session limit)	Refer out	Mon.-Fri. 9-5	Refer out	(800) 273-8255 New Albany Crisis Line
Miami University	No Charge (for first 3 visits)	\$25/therapist or psychiatrist	Yes (no session limit)	Yes, through the student health center	None	Refer out	741-741 Crisis Text Line
Northern Kentucky University	No Charge (Initially to schedule first appointment)	\$15/therapist	Yes- 15 sessions/year	Nurse can prescribe some medications	Mon.-Fri. 8:30-4	Yes (through counselors on campus)	(859) 572-7777 On-Call Counselor
Ohio State University	No Charge	No Charge	Yes- about 10 sessions	Yes	No	Refer Out	(614) 292-5766 After Hours
Ohio University	No Charge	No Charge	Yes (no session limit)	Yes	Mon.-Fri. 9:45-3:15	Yes (through counselors on campus)	(740) 593-1616 24/7 University Crisis Line
University of Cincinnati – Blue Ash	No Charge	No Charge	Yes (no session limit)	Refer out	None	BSN www.ucincybsn.org	(513) 281-CARE Hamilton Co.
University of Cincinnati – Main Campus	No Charge (for first 4 visits)	\$7-35/therapist	Yes	Yes, through University Health Services	None	BSN www.ucincybsn.org	(513) 556-0648 Crisis Council 24/7

UNIVERSITY/COLLEGE	INITIAL VISIT FEE	ONGOING SESSION CHARGE	SHORT TERM SERVICES AVAILABLE*	MEDICATION MANAGEMENT*	WALK IN HOURS	SUPPORT NETWORK	CAMPUS CRISIS SUPPORT*
University of Dayton	No Charge	No Charge (no-show fee \$25)	Yes (no session limit)	Yes (has to see the psychiatrist first)	Mon.-Fri. 12:45-2:15	Refer out	(937) 229-2121 Public Safety 24/7
University of Kentucky	No Charge	No Charge (no-show fee \$20)	Yes (no session limit, unless 3 no shows)	No	Mon.-Fri. 8-4:30	Refer out	(859) 257-8701 24/7 University Crisis Line
Wright State University	No Charge (for first 10 visits)	\$15/therapist Fee waivers are available	Yes -about 10 sessions	No	Mon. 10-3 Tues. 11-3 Wed. 10-2 Thurs. 11-3 Fri. 10-3	Yes (through counselors on campus)	(833) 848-1765 Raider Cares Line
Xavier University	No Charge	No Charge	Yes	Yes	Mon. 2-4	None	(513) 745-1000 Public Safety

\*Short-term: counseling is limited to a few visits or until an ongoing therapist can be established

\*Medication Management: school can provide on-site medication services with a psychiatrist

\*Campus Crisis Support: therapist on-call or a 24/7 hotline to call in case of a crisis





# THE STRUGGLE IS REAL!



If you're overwhelmed or having difficulty coping, who will you seek out for support? Consider establishing a support team, in addition to professional assistance you may already have. Depending on the severity of your symptoms, you may need periodic or ongoing help.

## MILD SYMPTOMS

- Talk with a trusted friend or advisor
- Review your self-help or coping strategies (page 4)
- Reach out to your support team
- Consider speaking with a school based therapist

## MODERATE SYMPTOMS

- Assess severity and contact the community crisis line, mobile crisis unit, or call 911 if needed
- Consult with your care team (medical/primary care and psychiatric)
- Schedule an appointment to be seen for therapy (visit [www.MindPeaceCincinnati.com](http://www.MindPeaceCincinnati.com) or your local college service for help finding a provider)
- Contact your family or a trusted friend for support

## SEVERE SYMPTOMS

- Call 911 or go to the nearest emergency department
- Contact the National Suicide Prevention Lifeline at (800) 273-8255 or text home to 741741