



**Moving  
Forward:  
A Mental  
Wellness  
Guide for  
Seniors**



[MindPeaceCincinnati.com](https://www.MindPeaceCincinnati.com)

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Transitioning into your next stage of life is a big change and can cause a lot of feelings to surface, like feelings of loss, excitement, and uncertainty. If these feelings become intense it is important to reach out for help. Remember that therapists are available.

# Self Care, Resiliency, & Sleep Tips

Self-care refers to the activities and routines practiced to benefit your mental, physical, spiritual, and social well-being. Self-care activities should be practiced on a regular basis. These activities help reduce stress, increase productivity, improve health, achieve work-life balance, and prevent burnout. For more details and information about self-care, visit the [MindPeace Self-Care Toolkit](#).

## PHYSICAL SELF-CARE

- Spending time in nature can lower stress. As little as 10 minutes of sitting or walking in a natural setting can lower your heart rate and blood pressure while also increasing feelings of calmness and comfort.
- Drink water! Dehydration is one of the major causes of headaches.
- Exercise or dance to get out extra energy and relax. This helps to release endorphins (a chemical in your brain) that makes a person feel good.
- Eat three well-balanced meals containing protein, fruits, and vegetables.

## MENTAL SELF-CARE

- Keep a journal. 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 overexposure to negative information.
- Express emotional healing practices of crying, laughing, or story-telling.
- Read books or listen to podcasts. Check out the *Eternal Sunshine* app for ideas.
- Participate in activities that make you happy, feel good, and are empowering.
- Plan ahead, stay organized, and set time to relax. Consider using a planner or scheduling app like *TickTick*.
- Set realistic goals for yourself.
- See a therapist or participate in support groups during times of high stress.

## SPIRITUAL SELF-CARE

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

- Consider finding a sacred space of silence and solitude.
- Try meditation, mindfulness, or yoga.
- Pray or attend a religious service.
- Express gratitude and positive affirmations. Think of 3 different things you're grateful for every day.
- Reflect on personal growth and set intentions. Consider writing them down in a journal.
- Express yourself with art, music, writing, or connecting with like-minded people.

### Mindfulness Exercise Example: "5-4-3-2-1"

Focus on the world around you.

What are:

- 5 Things you see
- 4 Things you hear
- 3 Things you can touch
- 2 Things you can smell
- 1 Thing you can taste

### Check out these apps:



Better Sleep



Fabulous



Mindshift CBT



My Fitness Pal

## SOCIAL SELF-CARE

Social self-care is having fun with the people you love. It could mean making time to meet for lunch or simply having a video call. Socializing and connecting with people lift up our emotional mental health with feelings of love, empathy, and acceptance.

- Spend quality time with friends and family and share how your days are going. Don't be afraid to seek support from others, and to ask for help.
- Be an active member of the community by joining an organization or volunteering at the local food banks, recreation centers, schools, etc.



Young Adults

### Open the Virtual Door to Self-Care!

For calming, refocusing, exercise, self-awareness and mindfulness tools to help in your self-care process, visit our Virtual MindPeace Room™.

<https://mindpeacecincinnati.com/virtual-mindpeace-rooms/>

## RESILIENCY

Resiliency is the ability to adjust to circumstances and keep going during tough times, whether it's a minor hassle or a major life event. Resilience 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 reactions and develop coping strategies for your vulnerable areas. Self-Care kits can aid in immediate relief when you're feeling overwhelmed (see example on the next page).

**Examine your thoughts.** Negative 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 quantity. Consider scheduling a weekly or monthly chat or call with people.

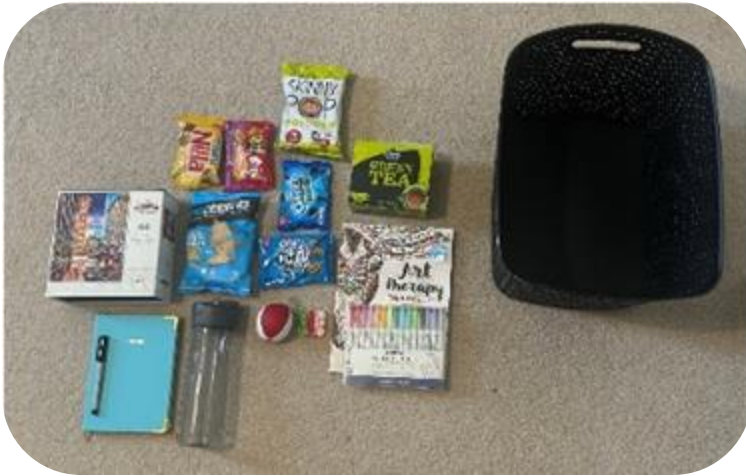
Reach out to people you trust for help during this time of transition.

Rising Leaders is a local organization that helps young adults with financial, emotional, spiritual, vocational, and physical needs. Visit their website at [www.RisingLeadersCincy.org](http://www.RisingLeadersCincy.org).



## SELF-CARE KIT EXAMPLES

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: Various snacks, a puzzle, refillable water bottle, tea, stress ball, a fidget, a journal and pen, and a coloring book with fun markers.

Put together a self-care kit with items in your home. Think about these questions and fill an empty shopping bag or box with your favorite items.

- What do you do to distract yourself? Is there a craft you do, a show you watch, or an activity you enjoy?
- What makes your body feel good? Do you have a favorite pair of sweatpants or a cozy t-shirt?
- Think about your five senses (taste, smell, touch, sight and sound). What can you do to appeal to all these senses?
- What's a way you can express yourself? Art, journaling poetry, music, or something else? Consider creating a playlist of songs that make you happy.

## SCREENS

Did you know that youth ages 8-18 spend an average of 7.5 hours a day in front of a screen? Whether it's scrolling through your phone, tablet, or sitting in front of the TV, too much screen time has been linked to sleep problems, poor grades, and a greater risk of obesity. Being in front of screens for long amounts of time can also lead to mood problems, a lack of physical activity, and poor self-image (aacap.org, 2020). What can you do in place of screens? Read a book, journal, exercise, get outdoors, cook or bake, meditate, draw, or play a board game or puzzle.

### Tips

- Turn off notifications.
- Set a timer to turn off your technology.
- Turn your phone on do not disturb.
- Set screen time limits under your phone settings.

**FACT:** Light from televisions, cell phones, and other electronics negatively impacts your sleep. This type of light is often called "blue light" and can impact your circadian rhythm which helps our body and mind know what time of day you're supposed to be awake or sleeping.

# SLEEP

**Young adults need 7+ hours of sleep every night.** Not getting enough sleep has adverse effects on a person's cognitive thinking and processing skills. Sleep deprivation has a big impact on the hippocampus which controls the brain's memory. When the amount and quality of sleep is impacted your memory also suffers. A lack of sleep can also 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.

## Tips

- 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.
- 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. If you fall asleep to a TV, put it on a sleep timer!
- Stop eating 3 hours before you plan to go to bed.
- Create a sleep environment and only use your bed for sleep. Don't use a computer or phone in bed.
- Still having trouble sleeping? Try watching a YouTube bedtime story or listen to sounds on an app like *Better Sleep*.

## TIP:

Try blue light glasses! Blue light has a high energy frequency that can delay the body's release of melatonin, which can result in having a hard time falling asleep. Wearing these glasses can reduce the impact of blue light which can result in improved sleeping patterns. (Barnes, 2020).

## RESOURCES

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## TRANSITIONING HEALTHCARE

For some, turning 18 and graduating from high school means finding your own medical coverage. Young adults have many healthcare coverage options, including:

- **Short Term Medical Insurance:** temporary benefits that can be available as soon as the next day
- **A Parent's Health Insurance Plan:** coverage lasts until you're 26
- **Individual Major Medical:** an option that may cover most medical expenses but may have a high deductible
- **Job-Based Coverage:** medical insurance offered through an employer
- **Medicaid:** a low-cost or no-cost option for those who qualify financially

For more information about your health care transition, visit Got Transition, a non-profit whose aim is to help youth and young adults move from pediatric to adult healthcare <https://www.gottransition.org/>.

To find health insurance visit <http://www.healthinsurance.org/>.

## INSURANCE PLANS AT COLLEGE

Some schools require all students have non-emergency health care insurance. In these cases, the school usually offers a low-cost insurance plan that can be paid for at the time of registration and used worldwide. These plans often cover basic health care and injuries including intercollegiate or club sports.

At other schools, however, health insurance is optional, and not necessary to receive treatment at the school health center. There may be a charge for medical services. Before you go to school, look into whether your school requires health insurance and discuss with your family what kind of health insurance you have.

## SUPPLEMENTAL SECURITY INCOME (SSI)

Supplemental Security Income (SSI) is a federal program administered by the Social Security Administration (SSA) that provides Medicaid coverage and monthly cash payments to eligible individuals who meet both income and disability criteria.

- At 18, your income and assets, not those of your parents, are used to determine income eligibility. You must meet the adult criteria for disability as defined by SSA. Disability is defined as having a medically determinable physical or mental impairment that results in the inability to do any substantial gainful activity that has lasted or can be expected to last for at least 12 months. If you are found eligible, SSA starts paying your benefit amount and you are eligible to receive Medicaid coverage. If you are found ineligible, you can file an appeal.
- You can work while receiving SSI. If you are under 22 and attending school or a training/vocational program, SSI will not count some of your earnings. As a result, your SSI payment may not be reduced at all, or it may be slightly reduced.

## Applying For SSI Benefits

- Call SSA's toll-free number (800) 772-1213.
- Text/Telephone (TTY): If you're deaf or hard of hearing, you may dial SSA's toll-free TTY number, (800) 325-0778, between 7 a.m. and 7 p.m. Monday through Friday.
- You can apply online through the Social Security Administration <https://www.ssa.gov/>.

## FOOD

Just like in many aspects of your life now, you're starting to make your own decisions about your body and what you put into it. Making healthy decisions about what you eat and drink is important. Your body needs energy from food to function. Considering what you eat, how much, and how often are all part of it.

### Tips

- **Eat at regular intervals.** Try to eat three well-balanced meals and maybe one or two healthy snacks during the same time each day.
- **Pay attention to your inner signals.** Eat when you're hungry and stop when you feel full.
- **Eat foods from each group every day.** If your meals include too many items from one food group, it's at the cost of nutrients from another.
- **Avoid overusing caffeine.** Too much caffeine can cause anxiety, dizziness, headaches, and the jitters. Caffeine can even interfere with your sleep. Watch out for it in energy drinks, soft drinks, teas, and over-the-counter medications.
- **Try new recipes.** Cooking three meals a day for yourself might be something new. Without parents or guardians, it can feel overwhelming at times. Local grocery stores have recipes available to everyone online, so you can easily access hundreds of healthy recipes and see all the ingredients you will need. There are also apps available to download that show step-by-step instructions with photos and videos, like SideChef.
- **Try dorm-friendly recipes.** Living in a dorm can make cooking challenging, but it's entirely possible to prepare quick, nutritious, and affordable meals with minimal equipment.
  - Review these practical tips and creative ideas for dorm-friendly cooking, focusing on making the most of limited space and equipment: <https://www.self.com/story/cooking-in-dorm-tips>
  - Try some dorm-friendly recipes that can be whipped up in little time! <https://www.allrecipes.com/article/easy-dorm-room-meals-ready-in-minutes/>

Cooking for yourself can be fun! Try the app, SideChef, to learn how to meal plan and follow recipes.



## Managing Compulsive Eating

- Remind yourself that a certain body type or weight will not automatically lead to happiness.
- Avoid negative self-talk.
- Make sure you are eating enough to fuel your body for exercise.
- Tell a trusted friend or family member about your struggles.
- Know when to seek help. Contact the National Alliance for Eating Disorders at (866) 662-1235.



## FITNESS

Young adults should aim to get 60 minutes of moderate-to-vigorous exercise every day. Get started by checking out what's offered at your campus recreation center or local community center. Many facilities have equipment and offer classes in everything from aerobics, to yoga, to self-defense, and may have a pool or a track.

Some colleges and universities offer excursions within the area like horseback riding, yoga at sunrise, or even a snowboard or white-water rafting trip. Plus, this is a great way to make new friends.

**Signs of Compulsive Exercise or "Exercise Addiction".** If you or a friend have these symptoms it's a good idea to reach out to a trusted adult or therapist for help.

- Often miss essential social or professional obligations so they can work out.
- Feel extremely sad or guilty when they do not exercise.
- Do not give their body time to fully recover.
- Continue to exercise despite illness or injury.



## ALCOHOL & DRUG USE

Graduation from high school brings a new sense of independence and ability to make your own decisions. Periods of wanting to experiment with new ideas and experiences are normal. This is also often a time of self-discovery and vulnerability to peer influence. Around 45% of college students will experiment with drugs at least once (Mosel, 2024).

### Underage Drinking

Underage drinking can have some serious consequences. If you ever find yourself in a situation where you are presented alcohol underage, consider the following information.

- You can always say no! It's common to feel pressure to drink in social situations but always know you have a choice.
- Some schools have a 'Medical Amnesty Law' that is used to prevent overdoses or alcohol poisoning. This law allows underage drinkers to call for medical help without fear of legal implications.
- Underage drinking and using fake identification are illegal and could have legal consequences such as fines, misdemeanor charges, or jail time.

## Statistics to Consider

- Research shows that young people's brains keep developing well into their 20s. Alcohol can alter this development, potentially affecting both brain structure and function. This may cause cognitive or learning problems and/or increase vulnerability for alcohol use disorder, especially when people start drinking at a young age and drink heavily.
- Alcohol is a significant factor in the deaths of people younger than age 21 in the United States each year. This includes deaths from motor vehicle crashes, homicides, alcohol overdoses, falls, burns, drowning, and suicides.
- More than 90 percent of all alcoholic drinks consumed by young people are consumed through binge drinking. Binge drinking often can lead to alcohol dependence, addiction, and internal damage, especially to the liver.

If staying sober is important to you, check out local Alcoholics Anonymous, Narcotics Anonymous, or on-campus support designed to promote a substance-free lifestyle!

**Addiction is considered a chronic brain disease and changes in the body or mind can last a lifetime.** Certain factors make you more likely to become addicted to drugs, including:

- **Trouble in school or with making friends.** Using drugs as a way to cope with stress is a maladaptive strategy and not recommended.
- **Hanging around other people who use drugs.** They might encourage you to try drugs.
- **Starting drug use when you're young.** The younger you start using drugs the more it can affect your body and mind while your brain is still developing. This increases your chances of becoming addicted as an adult.
- **Your body.** Everyone reacts to drugs differently. Some people hate how it makes them feel and never try it again. Others like the feeling the first time and want more.
- **Mental health.** Individuals with mental health problems such as anxiety, depression and ADHD are at a higher risk of becoming addicted.

## Long and Short-term Impact of Drug Use

- **Decreased academic performance.** Drug use can lead to a lower GPA, less time spent studying or going to class, missing classes, getting behind on assignments, dropping out of school, or being expelled.
- **Poor health.** Drugs can lead to physical health consequences, including nausea, injury, negative effects on your immune system, and a risk of overdose or death. It can also lead to mental health consequences including poor mental health, short-term memory loss, addiction, or an increased risk of suicide.
- **Social consequences.** Drug use can lead to increased social isolation or loss of friendships and relationships.
- **Dangerous behavior.** This can include behaving in ways you normally wouldn't, like getting into fights, stealing, engaging in risky sexual behavior, driving under the influence, or participating in potentially lethal behavior.

## Peer Pressure

Peer pressure is present when an individual feels it's important to be accepted by their peers. In late childhood and young adulthood, peers become more important in people's lives. You're trying to build your own identity and gain independence and acceptance in the world. Peer pressure can look different in certain social situations.

- **Environmental norms.** Feeling the need to act like everyone else around you because it is considered "normal".
- **Direct pressure.** Peers directly urging you to do something by either threatening, saying it will be fun, or telling you to do it because you can.
- **Indirect pressure.** When peers indirectly influence your behavior, maybe just by association.

### How to resist peer pressure

- Choose peers that share the same values and opinions as you.
- Practice saying no to peers.
- Seek help with certain issues.

## SEXUAL CONSENT

Consent (permission for something to happen) is never implied. It is always clear and fully communicated.

### What Does Consent Look Like?

- Saying "yes" and confirming reciprocal interest in physicality.
- Letting them know they can stop at any time.
- Checking in with your partner.

### Sexual Consent is Not Found:

- Under coercion.
- Under the influence.
- When underage in power dynamics.

If you have been sexually assaulted know that it is NEVER Your Fault. Call the National Sexual Assault Hotline at (800) 656-HOPE (4673). You'll be connected to a trained staff member from a local sexual assault service provider in your area.

### Check out the Meetup App



Connect with groups and people based on shared interests. Find people who share the same hobbies and values as you. Use Meetup to meet new people, learn new things, find support, get out of your comfort zone, and pursue your passions, together.

\* When meeting people for the first time always meet in a public place or a group setting. Tell a friend where you are going and be aware of your surroundings.

**\*Tip:** Notice where emergency phones are located!

## SAFETY

Familiar places can give you a sense of security—a feeling that everyone knows each other and watches out for one another. However, there can be perpetrators who take advantage of this feeling. It's possible to relax and have a good time while still making safety a priority. Consider these tips for staying safe and looking out for your friends in social settings.

- **Make a plan.** If you're going to a party, go with people you trust. Have a talk before you go out, agree to watch out for each other and plan to leave together. If your plans change, make sure to touch base with the other people in your group. Discuss things like having a designated driver or taking a rideshare. Many campuses also offer shuttle bus services or provide night ride for free. Do NOT drink and drive. Don't leave someone stranded in an unfamiliar or unsafe situation.
- **Protect your drink.** Don't leave your drink unattended and watch out for your friends' drinks if you can. If you go to the bathroom or step outside, take the drink with you or toss it out. Drink from unopened containers or drinks you watched being made and poured. Do not drink from something that seems foggy or cloudy in appearance or has excessive bubbles. It's not always possible to know if something has been added to someone's drink.
- **Trust your gut.** You are never obligated to remain in a situation that makes you feel uncomfortable, pressured, or threatened. Help a friend leave a situation that you think may be dangerous. If you notice something that doesn't feel right, it probably isn't.
- **Be aware of your surroundings.** Avoid distractions such as being on your phone or wearing headphones, especially at night. Stick to well-lit, populated paths, and avoid isolated areas. Carry safety tools like pepper spray.
- **Notice and listen to others.** Respect others wishes and speak up if something isn't right.
- **Share your location.** Let someone know where you're going for the evening. If using a rideshare, use the notifications settings to share it with a friend.

### Resources

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# Mental Health Support

Feeling overwhelmed, experiencing stress, or having difficulty coping can be normal. When symptoms begin to impact functioning in daily life (school, home, social life) getting help as early as possible is the BEST thing that can be done!

## **DO I HAVE MILD SYMPTOMS THAT HAVE LASTED FOR LESS THAN 2 WEEKS?**

**Symptoms may include: Feeling a little down; feeling down, but still able to do job, schoolwork, or housework; some trouble sleeping; feeling down, but still able to take care of yourself or take care of others.**

- Talk with family or a trusted adult.
- Review self-help or coping strategies such as exercising, mindfulness, and journaling.
- Reach out to your support team.
- Speak with your therapist (if one is in place). If a therapist is needed see *Finding Care* on the next page.
- Review resources at <https://mindpeacecincinnati.com/resources-for-families>.

## **DO I HAVE SEVERE SYMPTOMS THAT HAVE LASTED FOR 2 WEEKS OR MORE?**

**Symptoms may include: Difficulty sleeping, appetite changes that result in unwanted weight changes, struggling to get out of bed in the morning because of my mood, difficulty concentrating, loss of interest in things you usually find enjoyable, unable to perform usual daily functions, thoughts of death or self-harm.**

- Seek professional help.
- Discuss symptoms with family or a trusted adult.
- Contact your care team (medical/primary care and/or psychiatric).
- Schedule an appointment to be seen earlier for therapy. If a therapist is needed see *Finding Care* on the next page.
- Assess severity and contact the National Suicide Prevention Lifeline at 988 as needed.

## **IF SYMPTOMS ARE NOW UNCONTROLLABLE, INCLUDING SELF-HARM, THREATS TO OTHERS, ESCALATIONS OF SUICIDAL OR HOMICIDAL THOUGHTS, OR MAKING A PLAN TO DIE ,**

**Consider which of these services are best based on your needs:**

- Contact your therapist if connected (use the after-hours number if needed).
- Contact the National Suicide Prevention Lifeline at 988 for 24/7 support.
- If life threatening, call 911 or go to the nearest emergency department.
- If in Greater Cincinnati contact your local mobile crisis unit, or crisis stabilization service:
  - Butler County (844) 427-4747, Clermont County (513) 528-7283, Clinton and Warren County (877) 695-NEED (6333), Hamilton County (513) 584-5098, Northern Kentucky (859)331-3292.
- Visit the Mental Health Urgent Care by Best Point (513) 527-3040 (ages 3-21). Open Monday-Friday 3-10 p.m. 5051 Duck Creek Road, Cincinnati, Ohio 45227.
- Contact UC Psychiatric Emergency Services at (513) 584-8577 or your local hospital depending on your location.

### Reference

U.S. Department of Health and Human Services. (n.d.). *My Mental Health: Do I Need Help?*. National Institute of Mental Health.

<https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help>



## FINDING CARE

Finding care can seem difficult and overwhelming but know you're taking your first step into a journey of healing. There are several factors to consider when looking for care including cost/insurance acceptance, commonalities with the provider, location of services and more. Below are places to start your search.

### Searching for a Provider in Greater Cincinnati

- Search a provider database based upon your ideal criteria at [www.MindPeaceCincinnati.com/search](http://www.MindPeaceCincinnati.com/search) (up to age 25) or [www.PsychologyToday.com](http://www.PsychologyToday.com). For assistance, call MindPeace at (513) 803-0844.
- Contact the Mental Health Access Point, MHAP, at (513) 558-8888 for help with starting treatment and identifying appropriate providers.

### Additional Places to Search for a Provider

- Learn about counseling services located on your college campus. See [page 33-37](#) for additional information.
- If working, contact Human Resources to see if your employer offers an Employee Assistance Plan, or EAP. Often the EAP offers a limited number of free mental health sessions provided at no cost to you. Simply call your EAP and request a list of the providers.
- Search for a provider based upon your ideal criteria at [www.PsychologyToday.com](http://www.PsychologyToday.com).
- Contact the number on the back of your insurance card to ask for recommendations.

The screenshot shows the 'Search For Community Providers' page on the MindPeace website. On the left is a navigation menu with links for Families, School Professionals, Medical Professionals, Suicide/Crisis Support, Brighter Outcomes, MindPeace Rooms™, General Resources, Events, About MindPeace, Donate, Job Opportunities, and Contact Us. The main content area has a search bar at the top right. Below it, there are buttons for 'Specialty Search', 'Advanced Search', 'Add/Edit Listing', and 'Print Page Button'. A 'Print' button is also visible. The 'Search' section includes a 'Provider Name' input field and a 'Specialty Area' list with radio buttons for Abuse, Academic Issues, ADHD, Adjustment Issues, Adoption Issues, Anger Management, Anxiety Disorders, and Attachment Disorders. A 'Location Search' section includes a 'Zip' input field and radio buttons for 'Only this ZIP' and 'Distance search' (selected), with a 'miles' input field. A 'Specialty Area / Therapy' label is at the bottom right.

The above image is the MindPeace Provider Database where you can search for a provider by specialty, insurance, age accepted, ethnicity, gender, and location. [View this at www.mindpeacecincinnati.com/search!](http://www.mindpeacecincinnati.com/search!)

# Medication & Care Team Contact List

Use this page as a reference for information regarding your medication and health care providers. Write down your provider's information and name(s) of medication so that they are easily available.

<b>Medication Name</b> (Consider purchasing a medication lock box to keep your medication safe.)	<b>Dosage</b>	<b>Frequency</b>
<b>Medical Physician(s)</b>	<b>Specialty</b>	<b>Contact Information</b>
<b>Mental Health Provider(s)</b>	<b>Title (Psychologist, Therapist, Psychiatrist)</b>	<b>Contact Information</b>
<b>Pharmacy Name</b>	<b>Pharmacy Phone Number</b>	
<b>National Crisis Line- Available 24/7</b>	<b>School Crisis Line</b>	
<b>Call or text 988</b>		

# Preparing for the Workforce

## JOINING THE WORKFORCE

Many graduating seniors opt to join the workforce after high school.

This is an exciting time to start a career. A job pays the bills, but a career is something you are passionate about, enjoy doing, and have room for advancement.

Here's a local organization that helps youth with this transition.

**Ikron Transitional Youth Program**- provides a curriculum designed to assist youth in planning a career, completing trial work experience, and obtaining and maintaining employment. Call (513) 621-1117 or go to <https://cincinnati.ikron.org> for more information.

**REMEMBER:** Whatever you choose 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.

## 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.

Speak to a current or former service member if you are unsure if the military is the right choice for you. You should carefully explore all of the pros and cons of a military career. After all, if you don't like the service you can't easily drop out. Those who enlist in the military, whether it's for active duty (full-time) or National Guard/Reserves (part-time) have a minimum service obligation.

The federal government as well as other non-profit organizations offer money for schooling to veterans, future military personnel, active-duty military personnel, or those related to veterans or active-duty personnel. The Military's Tuition Assistance program provides service members the chance to enroll in courses at accredited colleges, universities, junior colleges, and vocational-technical schools.

Each Service branch has different programs that can assist with tuition payments. To qualify, there are typically conditional requirements. These may include having a minimum amount of time remaining on your service contract and a cap on credit hours per year.

Explore your options at <http://todaysmilitary.com>.

## TIME OFF

Another route that could be taken post-graduation is time off from school. You may consider taking a year off to pause and regroup. This practice is common in some countries, like the United Kingdom, and is called a "gap year", or "growth year". However, make sure you plan out a budget and living situation ahead of time. If you have already applied for college and been accepted, ask for a deferred admission. It can be a great idea to take a year off to try something you may not have an opportunity to do again.

Community service organizations offer a wide variety of choices where students can match their skills and interests. AmeriCorps (<https://americorps.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.



## ON-THE-JOB TRAINING

Careers in a trade or technical skill allow you to specialize in a particular occupation that 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 into employment after the program completion. To understand what opportunities are available visit [www.Apprenticeship.gov](http://www.Apprenticeship.gov).

Training for a career is also needed in the field of cosmetology, dental assistance, police enforcement, and more. Most of these jobs require enrollment in a program and licensure testing. Certain retail or hospitality industry organizations also offer training programs for high school grads. You may want to consider career options in computing, bookkeeping, and payroll, or sales. Talk to your school counselor or a favorite teacher about the job market in your area and be sure your family and friends know you're looking. Additionally, these websites are a great place to start with your search:

- **Cincinnati Job Corps Center-** <https://cincinnati.jobcorps.gov/>
- **Great Oaks Career Campuses-** <https://adults.greatoaks.com/>
- **Ohio Means Jobs-** <https://ohiomeansjobs.ohio.gov>, for Hamilton County visit: <https://www.omj-cinham.org/>, for Butler County visit: <https://ohiomeansjobs.bcohoio.gov/>
- **Workforce Development Center at Cincinnati State-** <https://www.cincinnati.state.edu/wdc/>

## INTERNSHIPS

Another option is an internship. Over the course of a year, you could potentially participate in two or three internships to explore career choices. Internships are short-term work experiences to learn about many areas of a particular career. These could be in-person or virtual. Most often, this is offered to students.

This helps get entry-level experience in particular jobs or industries. They're also a great way to make contacts and develop mentoring relationships. If you have a business in mind contact them to see if they offer internships. Internships may be unpaid, so planning ahead is crucial if you need to save money for living expenses.

## DECIDING WHAT'S NEXT

### Talk to Your Family

What if your post-graduation plans differ from what your family has in mind? Talk openly with your family about your plans — both for the short term (what you want to do next year) and the long term (what you think you'd like to do in life). If your family wants you to go to college, but you don't feel you're ready or that college isn't right for you, explain why.

### Get Advice

Having multiple opinions can be helpful. For school and career guidance, visit your school counselor and talk with adult friends (for example, godparents or friends of the family). Make an effort to talk to people in the fields that interest you. If you think you want to be an accountant, call some accountants and ask them about their work and/or ask to shadow them for a day. Most people are flattered to get calls like this, and they'll usually take the time to talk.

Still don't know what you want to do after graduation? Consider taking a career aptitude test to help you understand what job might be best for you.

- **Meyers-Briggs**- a personality test that measures psychological preferences in how people perceive the world and make decisions. ([www.16personalities.com](http://www.16personalities.com))
- **MAPP Career Assessment Test** measures your temperament, aptitude, how you get along with people, and the top careers that match your needs. (<http://www.assessment.com/TakeMAPP>)
- **Care Fitter**- designed to help identify the strengths of your work personality and the jobs that will fit you best. (<https://www.careerfitter.com/>)
- **Truity**- Find a job you'll love by matching your personality and interests to real-world careers. This free 15-minute career test measures key personality factors to show you the exact careers that suit your strengths. (<https://www.truity.com/>)

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# Getting & Starting the Job

Students who choose to get a job after high school benefit from training on how to write a resume and develop interviewing skills.

## APPLYING FOR JOBS

### Questions to Consider

- Do you have all the skills required for the position?
- Have you prepared a resume?

If you don't have experience, use school projects, extracurricular activities, or even team sports as examples of teamwork, organization skills, problem solving and persistence!

### Helpful Websites for Job Listings and Applications

- **Indeed** <https://www.indeed.com/>
- **LinkedIn** <https://www.linkedin.com/>
- **Glassdoor** <https://www.glassdoor.com/>

### Suggestions & Tips to Include in a Resume

- Include your contact information.
- Add an objective.
- List work experience and achievements.
- Mention your top 5 skills.
- Include additional sections such as certificates and volunteer hours.
- Add references.
- Ask for help from your school counselor.
- Proofread!
- Keep your resume 1-2 pages.

High school counselors and college career services are a great place to visit for help with a resume, interview tips, and more.

Be sure to clean up your social media account(s) before sending in applications. Employers will check these!

## Resume Example

<p style="text-align: center;"><b>John Smith</b> jsmith@email.com 123 Main St., Cincinnati, OH 45000</p> <p><b>OBJECTIVE</b></p> <p>To obtain an administrative assistant position.</p> <p><b>SKILLS</b></p> <p>Proficient in Microsoft Office.</p> <p><b>EDUCATION</b></p> <p>Cincinnati High School—(2020-Present)</p> <p><b>EXTRACURRICULAR ACTIVITIES</b></p> <p>Varsity Swim Team (2020-Present)</p> <p>Relay for Life- Organized events for 2 years (2020-2022)</p> <p>Big Brother/ Big Sister- Coordinated after school activities (2020-Present)</p> <p><b>WORK EXPERIENCE</b></p> <p>Swim Club—(2024)</p> <p>Assisted in providing proper pool safety through lifeguarding.</p>
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## INTERVIEWS

- Research the company you're interested in applying. Look at their website and social media accounts.
- If you know someone who works for the company, ask for their help.
- Get to know the industry you're interested in by looking at the news and recent events. Google News is a good place to start.
- [Glassdoor.com](https://www.glassdoor.com) is a good website to look at anonymous company reviews, interview tips, and compare pay. Some examples of things to know about the company would be:
  - Its product(s) and what makes it stand out.
  - The history of the company.

Nerves are common when interviewing. Here's a tip to keep you calm.

- Slowly breathe in through your nose for 4 seconds.
- Next hold your breath for 4 seconds (if comfortable).
- Breathe out through your mouth for 4 seconds.
- Hold your breath for 4 seconds
- Repeat this process twice more.

For in-person interviews, bring water, copies of your resume and a pen and paper for note-taking. Be aware of body language, provide a firm handshake, make good eye contact, and smile!

Many interviews start with the question "So, tell me a little about yourself." This might seem like a simple question, but it can be quite difficult to answer. You want to showcase your skills and personality in a professional way. If this is your first interview for a job after high school you can discuss volunteer experiences, student organization involvement, special or unique projects, or relevant coursework.

So, tell me about yourself (example answer): *"I just graduated from X High School. I was on the women's volleyball team and was treasurer of a club. Being on the volleyball team allowed me to learn how to work on a team as well as time management skills. In my role as treasurer, I learned how to manage and budget our organization's funds. I really enjoyed being involved in these activities and value everything I learned."*

Prior to your interview, brush up on basic interview questions that will likely be asked. This will help you feel prepared and confident in your answers. Try having a friend ask you these questions so you can practice for your interview!

- How do you deal with pressure or stressful situations?
- What are your strengths and weaknesses?
- Why do you think you would be a good fit for this position?
- Tell me about a time you failed and how you overcame it?
- What are three words your friends would use to describe you?
- Do you have any questions for me?



## Dress

Look professional for all interviews whether or not they are in person or by video call.

### Attire

- Dress in a manner that is appropriate for the job which you are applying for. This may mean wearing a suit, a dress or at minimum dress pants and a button-down shirt.
- For suits, wear a matching jacket and pants, dress shirt, tie, coordinating socks, and dress shoes. A dark-colored suit with a light-colored shirt is your best option.
- For feminine attire, generally wearing a knee-length skirt or dress pants is your best option.
- Anything tight, bright, or sheer should be avoided.
- Avoid loud colors and flashy ties.
- Conservative, close-toed, and low-heeled shoes.
- Clothing should be neat, clean, and ironed.

### Appearance/Hygiene

- Hair should be neat and facial hair trimmed.
- Use light makeup.
- Keep your jewelry, nails, and hair accessories to a minimum, and stick to those that are not flashy, distracting, or shiny.
- Make sure you have fresh breath and don't eat before the interview.

**Looking for affordable and professional clothes?** Check out local Goodwill stores for suit jackets. You can also reach out to the local non-profit, Dress for Success, to get assistance. Contact their Styling Services at (513) 651-3372.

Resale (or consignment) shops like Clothes Mentor, Snooty Fox, and Plato's Closet have a lot of affordable options.

**Remember to dress for the job, and the life you want!**

Taking the time to interview with a company allows you to ask yourself, is this the right culture for me? Know what your needs and wants are in a job before stepping into an interview.

### Interview the interviewer

Prepare some questions to ask. Examples would be:

- "What is your favorite part of working here?"
- "What type of training is offered at this job?"
- "What is the most difficult part of this job?"
- "What's a typical day like?"

## After the Interview

- Shake hands with the person you interviewed with if in person.
- Thank them for giving you the time to interview.
- Send a follow-up email and/or handwritten note card thanking them and reiterate your interest or kindly decline the offer if disinterested.

## VIDEO INTERVIEW TIPS

Many companies are now using phones, Zoom or other video platforms in place of in-person interviews before bringing you onsite (Vivian, 2019).

- Test your technology and make sure it's working, making sure the camera is positioned correctly, and lighting is fixed so your face is illuminated.
- Prepare your space. Make sure that the room you're in is quiet, clutter-free, and the background looks professional.
- Look at the camera, not the screen.
- Close all other programs on your computer.
- Dress as if the interview was face to face.
- Keep your resume and a pen and paper handy.
- Keep a glass of water available in case your mouth gets dry.

### Example follow up thank you email

Dear Mr. Smith,

Thank you so much for meeting with me today. It was such a pleasure to learn more about the (insert name of position/role) position, and I'm very excited about the opportunity to join (insert company name).

I look forward to hearing from you about next steps, but please don't hesitate to contact me if I can provide any additional information.

All the best,

Alex Smith  
(513) 555-5555  
Emailaddress@gmail.com

## WORKING REMOTELY

Working remotely has become a very popular option for many employers. Working from home can provide its own unique set of stressors, which is why it is important to practice self-care and have boundaries when working from home.

- **Have a designated workstation.** This will help you separate your work from home life, stay organized and focused, and can help limit distractions.
- **Schedule breaks.** Get up and stretch once an hour or so to keep your body moving. Eat your lunch in a separate area to give your brain a break and to have a change of scenery. Breaking up your day helps to keep you refreshed and motivated to complete your work.
- **Protect your time.** It can be harder to “leave” work when you are already home. Set boundaries and communicate your “in-office” hours with family members and colleagues.
- **Utilize a morning routine.** Going to work in your PJs sounds nice; however, don't make a habit of this. Dress and groom professionally for your work day. This will help to increase productivity and help to distinguish between work and home life.
- **Collaborate and build connections with your co-workers.** Working remotely can feel lonely, but it is crucial to remember you have a full team of co-workers and managers there to support you. Reach out to co-workers or managers with questions or to chat about work. This will help to build a professional relationship with your peers.

Set yourself up for success by having a tidy workspace with all the materials you may need! Working remotely often means video calls, so be sure your background is appropriate and uncluttered. If you are unsure, use a virtual background that is provided with most video services.

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# Preparing for College Life

## ROOMMATES

Everyone wants to be friends with their college roommate, but this does not always happen. It is important to make efforts to befriend your new roommate but also set boundaries and understand that things may not work out. That's why it helps to start with the idea that you'll respect differences no matter what.

### Tips for Getting Along with Roommates

- If you don't know your roommate, reach out to them before school starts.
- Try some of these ideas to get to know your roommate:
  - Go to the dining hall together for a meal.
  - Participate in campus welcome week activities together.
  - Walk class schedules with each other.
  - Ask questions about their life like:
    - Why did you choose this school?
    - Why did you choose your major?
    - What are your favorite movies/books/tv shows?
- Discuss expectations of one another while living together when you first move in. This could include things such as:
  - When you would like lights out.
  - Who does what chores?
  - When guests can come over and how late.
  - Who pays what bills, and which items will be shared? (if that applies)
  - Communicate. Be clear with your message but listening as well will help solve problems.
  - Respect. Have mutual respect for each other's privacy and property.



## MAKING FRIENDS

Try to get involved. Many schools have student organization fairs where all of the campus clubs gather and promote their organizations, so you can meet people with the same interests. You'll also meet people in your classes or dorm. Don't be afraid to reach out to people. It may take a little while to find the people you fit in with. Everyone feels anxiety making new friends and it is normal to feel lonely at times when meeting new people or being independent for the first time.

Search for social media groups associated with your college. These are often larger networks including alumni, which may also include other students from your area. Creating a network of people from your hometown at an out-of-state school is incredibly useful when it comes to making friends, carpooling on school breaks, and much more.

### Greek Life

Are you thinking about joining a fraternity or sorority? Greek life can provide you with various opportunities and experiences, great friends, and help improve your life skills! On the other hand, it can become expensive and time consuming. Make sure to check out the fraternities and sororities on your campus to see if Greek life is a fit for you!

## Hazing

“Hazing is any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them, regardless of a person’s willingness to participate”(Stop Hazing Research Lab, 2020). Hazing can happen in different places such as clubs, organizations, and teams but is most commonly associated with college fraternities and sororities. If you or someone you know has experienced hazing, please contact any of the resources listed below.

Non-emergent cases	In cases of emergency
Your University's Student Affairs Office (Dean of Students, Student Life, etc.)	Contact Local Law Enforcement
Campus Security or Campus Police	Call the Anti-Hazing hotline (888) NOT-HAZE or (888) 668-4293
Your University's Student Health or Wellness Center	Call or Text 911

## FINANCES

### Loans

A loan is money you borrow and must pay back with interest. Loans are the most common type of financial aid used by students attending college or career schools. Loans are offered by both the federal government and private institutions. Loans can be used to help pay for tuition, room and board, meal plans, books, school supplies, and other living expenses such as rent, utilities, groceries and more. Sixty-five percent of graduating college seniors have student loan debt (The Institute for College Access and Success, n.d.). Loans are very common and can be stressful for college students, but also makes college a reality for many that otherwise couldn’t afford it. For help or questions reach out to your university’s financial aid department.

### FAFSA (Free Application for Federal Student Aid)

FAFSA is a free application and is used when applying for federal student aid, such as grants, work-study, and loans. Every year over 13 million students apply for aid with FAFSA and over \$120 billion in grants, work-study, and loans are administered from the U.S. Department of Education.

**Federal Student Loans.** Loans that are funded by the government. Federal loans are often preferred as they have lower interest rates, more payment flexibility, and provide other benefits such as loan consolidation and deferred payments.

- **Direct Subsidized Loans.** Type of federal loan in which the borrower generally isn't required to pay interest while in school (in-school grace period).
  - Eligible for undergraduate students who demonstrate financial need to help cover the cost of higher education.
- **Direct Unsubsidized Loans.** Type of federal loan in which the borrower is required to pay interest while in school.
  - Eligible for undergraduate, graduate, or professional students, not based on financial need.
- **Direct PLUS Loans (for parents).** Loans for graduate or professional students and parents of dependent undergraduate students to help pay for education expenses not covered by other financial aid.
  - Eligibility is not based on financial need.

- **Private Student Loans.** Loans made by a lender such as a bank, credit union, state agency or a school. Private loans have terms and conditions that are determined by the lender and not protected by the same laws that federal loans are. Because of this, private loans tend to have higher interest rates, are more costly, and have less benefits and flexibility.

### Tuition Payment Plans

Tuition payment plans split college costs into equal monthly payments. This makes budgeting for college costs more manageable. Tuition installment plans are designed to help you manage college expenses. Instead of paying for a semester or quarter all at once, you pay in monthly installments. Most plans do not charge interest if you pay by check or direct deposit.

### ROTC (Reserve Officers Training Corps)

The ROTC programs are offered at over 1,700 U.S. colleges and universities. These programs prepare students to become officers in the U.S. Military. In exchange for covering costs of education, students commit to serve in the military after graduation. Each Service branch has different requirements and programs regarding ROTC.

### Grants

Grants are money given to a student to help them pay for college or career school. Typically, grants are given to students who have a financial need. Grants may come from the federal government, state government, your college or career school, or a private or nonprofit organization. Unlike loans, most grants are a type of financial aid that does not have to be repaid. The major government-funded grants include Teach Education Assistance for College and Higher Education Grants (TEACH), Pell Grants, and Federal Supplemental Educational Opportunity Grants (FSEOG).

### Scholarships

Scholarships are another free source of money for students that are offered by many schools, companies, nonprofits, and other organizations. Scholarships are based on more than just financial need. There are a wide variety of scholarship opportunities available based on several scenarios:

- Academic excellence
- Students studying an in-demand field
- Athletics
- Students of a specific ethnicity or group
- Scholarship competitions
- The Arts

If you haven't applied this year, remember you can apply each year!



## CONSIDER MAJORS

- **Will I be able to pay back my student loans with the salary I receive?** Research the projected salary of the profession you are interested in. If the job requires loans or advanced education, make sure you can pay off those loans and not overload yourself with debt. On average 8- 10% of your salary each month should go towards your student loan.
  - Research the salary of your future profession here: <https://www.bls.gov/oes/home>

- **What is the projected growth of this profession?** Research the profession you are interested in. This will give you the full picture of what your career will look like in the next couple years and also if there will be job openings.
  - Research the projected growth of your profession here: <https://data.bls.gov/projections/occupationProj>
- **What are my talents and strengths?** Identifying your talents can be a valuable asset in your career search because you can search for jobs that highlight your strengths (Career Profiles, n.d.).
- **What's the lifestyle I want to live?** Money is not the main factor in choosing a career. However, your salary can play a role in your quality of life and where you live.

## STAYING HEALTHY

Universities have created health centers staffed with doctors, nurses, dentists, nutritionists, and counselors, ready to tend to your needs. Check out your student orientation packet or your school's website to find out more information about the health center and where it's located.

**Make a stop at the school counseling center before starting school.** Most universities have one, and first-year fears are something the counselors know well. The counselors will either talk to you one-on-one or if there is a peer group for students who are feeling like you, you can choose to join. Talking to others who are in the same situation can be comforting. You can also talk to your resident advisor (RA) about any adjustment or roommate problems.

See your primary care physician prior to starting college to ensure your wellness and update any necessary vaccines.

**TIP:** Make a stop at your school counseling center before school starts! If you have a mental health diagnosis, see if they can provide treatment. It's a good idea to have a care team at home and at school.

## EMERGENCY CARE

Knowing about the health insurance you carry, or the location of the health center is not all you need to know to stay well. You might need to get a prescription filled, or you might become injured and need emergency treatment. When you get to school, check to see if your health center offers 24-hour medical attention. If not, make a point to learn how to access emergency medical care through a local emergency department or urgent care clinic. Put these emergency numbers into your phone or write them in a place where you can easily find them.

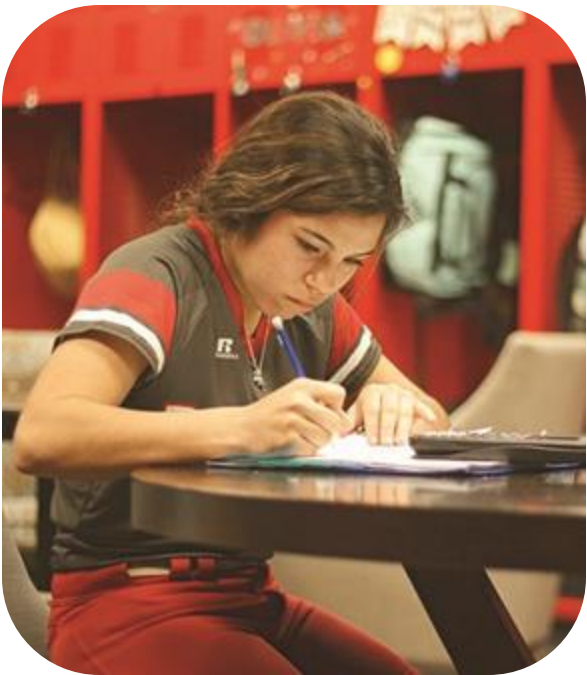
You should also find a pharmacy. Although some schools offer a pharmacy on campus, other students may need to venture off campus to find one. It's no fun to go hunting around for these things when you're sick!

# ATHLETICS

Playing sports in college can be a great way to earn scholarships, make friends, and pursue something you love. However, it can be stressful to balance school, athletics, and personal life. Always remember YOU come first, then school, and then athletics.

## Tips for Student Athletes

- **Identify your goals.** Identify your goals at the start of the semester to help keep you on track and motivated. Set a goal to achieve a certain GPA, make the dean's list, or to win a departmental award.
- **Sort out your priorities.** Being a student athlete comes with a lot of responsibilities to manage. Sit down each week and organize your priorities and remember, you as a person come first.
- **Schedule study time.** Utilize a planner to set aside specific times for assignments to be completed as well as study time. Practices and games are typically planned out far in advance allowing for you to plan ahead.
- **Get to know your professors.** It is crucial your professors know and understand your athletic commitment. This will help them plan for your absences as well as help you excel as a student in their class.
- **Have someone hold you accountable.** Find another student-athlete to be your study buddy. Studying with someone who understands your schedule and commitments can help to hold you accountable as they are going through the same thing.
- **Prioritize self-care.** As a student and an athlete, you need to take care of your mind and body. You will likely be up early and going to bed late while completing workouts and schoolwork. Practice self-care by taking breaks and doing things you enjoy. See pages [3-4](#) for more information.



## Additional Resources:

- [NCAA Mental Health for Athletes](#)
- [NCAA Balancing Your Schedule](#)
- [Sports Psychology Student Athlete Resources](#)

# VIRTUAL CLASSES

As you begin your college career you will likely participate in some virtual classes. Virtual courses will be either synchronous or asynchronous. **Synchronous** courses require students to meet virtually at scheduled times for meetings or lectures. You will attend class at the same time each week on a virtual platform. **Asynchronous** courses do not require weekly meetings or lectures, rather they run a more relaxed schedule. There will still be deadlines; however, students work at their own pace and can connect with peers or professors on their own schedule

## How to be Successful in Virtual Classes

- **Create a productive learning environment.** Create a designated workspace to complete assignments and attend classes. This will minimize distractions and increase productivity.
- **Create a schedule.** Create a detailed schedule carving out specific times to work on assignments. A college course load can be overwhelming, so planning out specific times to work on assignments and to study can help ease stress levels. Utilize a planner, digital calendar, or app (like *TickTick*) to remain organized.
- **Interact with your professors.** Creating connections and relationships with professors will help you be successful in the future. Professors want to help in any way they can and having that relationship where you can talk to them and reach out with questions will improve your education.
- **Interact with your peers virtually.** Creating relationships with classmates is crucial as they can be a support system. Set up virtual study groups to meet with classmates and go over material.
- **Actively participate.** It can be difficult to be engaged during a virtual lecture, so it is important that you participate in discussions, ask questions, and treat the virtual lecture like an in-person course.
- **Practice self-care.** Adjusting to virtual college learning can take time and it may take a little while to discover what works best for you. Take breaks when you are feeling overwhelmed.

Pros of Virtual Learning	Cons of Virtual Learning
Allows for more flexibility	Can be difficult to limit distractions
Encourages development of time management skills	Limited hands-on learning opportunities
Provides immediate virtual access to peers and faculty	Decreased social interaction
Offers more self-paced learning	Technical difficulties

Check out the podcast "[College Info Geek](#)" for tips and strategies while in college.



## STUDY TIPS

- **Pick a place and time.** This should be a place that makes you happy and inspired and that is quiet, comfortable and tidy, and distraction-free. 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. Try the *TickTick* app for help. Use a planner. Set alarms for study plans.
- **Review and revise.** Quiz yourself or ask a friend to quiz you. Quizlet also helps you study on the go by providing tools and games to get you ready for your test(s). Consider downloading the app!
- **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.
- **Consider whether you need learning supports.** Contact the college office of disability for more information.
- **Discover your learning style.** Are you a:

**TIP:** Look out for emails from professors over the summer. These emails will likely inform you on whether or not a textbook will be required.

Visual Learner	Auditory Learner	Tactile Learner
<p>Prefer learning through visuals such as images, diagrams, and written materials.</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>● Use mind maps, diagrams, and charts to organize ideas visually</li> <li>● Color-code your notes with highlighters</li> <li>● Turn concepts into infographics or sketches</li> <li>● Use tools like flashcards for studying</li> </ul> <p>*Tip: When reviewing textbooks, try to recreate illustrations and graphs in your own words.</p>	<p>Learn best through listening and verbal communication</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>● Record and review class lectures or study notes</li> <li>● Create/listen to rhymes, jingles, or songs related to key topics</li> <li>● Study with a partner/group to discuss and verbalize concepts</li> <li>● Teach concepts from class to someone by explaining topics out loud</li> </ul> <p>*Tip: Examine illustrations in textbooks and convert them into verbal descriptions.</p>	<p>Learn through hands-on experiences and physical activities</p> <p>*Also known as Kinesthetic Learners*</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>● Engage in simulations to understand concepts</li> <li>● Use study tools like 3D models, puzzles, or building kits for complex ideas</li> <li>● Incorporate movement into your study routine, like pacing when reviewing flashcards</li> <li>● Write down key ideas multiple times to reinforce memory</li> </ul> <p>*Tip: Try combining physical activities with studying (ex: listening to recorded notes while walking)</p>

# Important Reminders Before Starting College!

After thoroughly researching your school and finalizing your decision on what is best for you, provided for you are the next set of steps to ensure a prepared freshman year at college.



## Complete Paperwork

- Request housing and/or academic accommodation if necessary. This will require documentation which may include a letter from a doctor.
- Visit the doctor to ensure that you are caught up with vaccines and receive a signed immunization form.
- Consider if you need to establish a Health Care Power of Attorney. This could be helpful in situations where you need someone trusted to speak on your behalf in an emergency. (More information is available at <https://mindpeacecincinnati.com/resources-for-families/transitions/>.)
- Make tuition and housing payments.

## Prior to Move In

- Become familiar with the school's website and its resources such as orientation, housing, and student health and disabilities.
- Register for Fall classes as early as possible and review the textbooks that are required. Check if textbooks are available for rent or purchase a used book.
- Register for orientation.
- Clean up social media sites.
- Change your mailing address.
- Reach out to your roommate(s).

## Arriving on Campus

- Schedule a meeting with your freshman advisor.
- Familiarize yourself with campus, its resources, and where each of your classes will be held.
- Visit the counseling and the disabilities office if needed. Also, visit the health center and learn what is available.
- Check out community life on campus which could include Greek life, clubs, volunteering organizations, etc.

## RESOURCES

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# College Counseling Services

**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 going to college is understanding how their mental health system works. Each school has a slightly different system, with differing processes and specifications for care. Be sure to contact the mental health or counseling services at your college of choice during the summer, before heading to campus. Here are some questions to consider asking:

- Can the school counseling office offer ongoing therapy? If not, do you have transportation to get to appointments?
- Is there an on-site psychiatric nurse practitioner or psychiatrist available to help with medication management?
- What support is available to students in crisis?
- Are mental health services included with tuition or are they an additional charge?

It's important to meet face-to-face with the counseling department and their therapists 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 relieve stress and establish a safety net of support if a crisis should arise.



Scan the QR Code or go to <https://www.mhanational.org/preparing-appointments> to help understand and prepare for mental health therapy. Remember, all treatment and therapy services are confidential under HIPAA Law.

COLLEGE OR UNIVERSITY OFFICE OF COUNSELING SERVICES	WEBSITE	REQUESTING APPOINTMENTS
Bowling Green State University	<a href="https://www.bgsu.edu/counseling-center.html">https://www.bgsu.edu/counseling-center.html</a>	Call (419) 372-2081 Mon-Fri 8-5
Cincinnati State	<a href="https://www.cincinnati-state.edu/counseling/">https://www.cincinnati-state.edu/counseling/</a>	Call (513) 569-5779 Mon-Fri 9-5
College of Mount St. Joseph	<a href="https://www.msj.edu/student-life/wellness-health-resources/index.html">https://www.msj.edu/student-life/wellness-health-resources/index.html</a>	Call (513) 244-4949 Mon-Fri 8-5
Indiana University Southeast	<a href="https://www.ius.edu/personal-counseling/index.php">https://www.ius.edu/personal-counseling/index.php</a>	call (812) 941-2244 or email <a href="mailto:sepersco@ius.edu">sepersco@ius.edu</a>
Miami University	<a href="http://miamioh.edu/student-life/student-counseling-service">http://miamioh.edu/student-life/student-counseling-service</a>	Call (513) 529-4634 Mon-Fri 8-5
Northern Kentucky University	<a href="https://inside.nku.edu/studentaffairs/departments/counseling-services.html">https://inside.nku.edu/studentaffairs/departments/counseling-services.html</a>	Call (859) 572-5650 Mon- Fri 8:15-4:30
Ohio State University	<a href="https://ccs.osu.edu/">https://ccs.osu.edu/</a>	Call (614) 292-5766 Mon-Fri 8-5
Ohio University	<a href="https://www.ohio.edu/student-affairs/counseling">https://www.ohio.edu/student-affairs/counseling</a>	Call (740) 593-1616 Mon-Fri 8-5
University of Cincinnati – Blue Ash	<a href="https://www.ucblueash.edu/students/services/counseling-services">https://www.ucblueash.edu/students/services/counseling-services</a>	Call (513) 556-0648 and indicate you are a Blue Ash student Mon-Fri 8:30-5
University of Cincinnati – Main Campus	<a href="http://www.uc.edu/counseling">www.uc.edu/counseling</a>	Call (513) 556-0648 Mon-Fri 8:30-5
University of Dayton	<a href="https://udayton.edu/studev/health_wellness/counselingcenter/index.php">https://udayton.edu/studev/health_wellness/counselingcenter/index.php</a>	Call (937) 229-3141 Mon-Fri 8:30-4:30
University of Kentucky	<a href="https://www.uky.edu/counselingcenter/">https://www.uky.edu/counselingcenter/</a>	Call (859) 257-8701 Mon-Fri 8-4:30
University of Louisville	<a href="http://louisville.edu/counseling">http://louisville.edu/counseling</a>	Call (502) 852-6585 or email <a href="mailto:coping@louisville.edu">coping@louisville.edu</a> Mon-Fri 9-5
Wright State University	<a href="http://www.wright.edu/counseling">www.wright.edu/counseling</a>	Call (937) 775-3407 Mon-Fri 8:30-5
Xavier University	<a href="http://www.xavier.edu/health-wellness/counseling">www.xavier.edu/health-wellness/counseling</a>	Call (513) 745-3022 Mon-Fri 8:30-5

COLLEGE OR UNIVERSITY	SESSION CHARGE	SESSION LIMIT	MEDICATION MANAGEMENT*	HOURS	SUPPORT NETWORK	CAMPUS CRISIS SUPPORT*
Bowling Green State University	No Charge	May refer out	Refer Out	Mon-Fri 8-5	Yes (through counselors on campus)	(419) 502-4673 Wood County Crisis Line
Cincinnati State - Clifton Campus Only	No Charge	No session limit	Refer out	Mon-Fri 8-5	Cincinnati State Recovery Community	Call or Text 988
College of Mount St. Joseph	No Charge	No session limit	Refer out	Mon-Fri 8-5	None	(833) 646-1526 UWill Mental Health Crisis Line
Indiana University Southeast	No Charge	No session limit	Refer out	Mon-Fri 9-5	Yes (through counselors on campus)	(800) 221-0446 Regional Crisis Line
Miami University	3 free sessions per year, \$25/therapist. Group therapy at no charge	No session limit, free sessions reset every year. May refer out.	Yes, through the student health center	Mon-Fri 8-5	Yes, many offered <a href="#">here</a>	(855) 249-5649 HOPE Line that can contact On-Call Counselor
Northern Kentucky University	No Charge	10 free sessions per academic year	Refer to St.Elizabeth Healthcare	Mon-Fri 8:15-4:30	Yes (through counselors on campus)	(859) 572-7777 Campus Police, ask for On-Call Counselor
Ohio State University	No Charge	10 sessions per calendar year, may refer out after	Yes	Mon-Fri 8-5	Yes (through counselors on campus)	(614) 292-5766 After Hours
Ohio University	No Charge	No session limit	Yes	Drop-in Mon-Fri 9:45-3:15	Yes (through counselors on campus)	(740) 593-1616 24/7 University Crisis Line
University of Cincinnati– Blue Ash	3 free sessions per semester, \$35/therapist. No charge for group therapy	May refer out after so many sessions	Refer out	Mon-Fri 8:30-5	Bearcat Support Network <a href="http://www.ucincybsn.org">www.ucincybsn.org</a>	(513) 556-0648 Crisis Counseling 24/7



COLLEGE OR UNIVERSITY	SESSION CHARGE	SESSION LIMIT	MEDICATION MANAGEMENT*	HOURS	SUPPORT NETWORK	CAMPUS CRISIS SUPPORT*
University of Cincinnati– Main Campus	3 Free sessions, \$35/therapist. Or no charge for group therapy	May refer out after many sessions	Refer Out	Mon - Fri 8:30 - 5:00	Bearcat Support Network www.ucincybsn.org	(513)- 556-0648 Crisis Counseling 24/7
University of Dayton	No Charge	Will create action plan and may be referred out.	Yes, will refer to psychiatrist	Mon - Fri 8:30 - 4:30 Drop in hours: Mon, Tues, Wed, Fri 9:45-2 Thurs 10:45-2	Yes (through counselors on campus)	(937) 229-3134 On-call Therapist
University of Kentucky	No Charge	Typically 10 sessions over the course of a year, based of needs assessment	Refer Out	Mon-Fri 8-4:30	Yes (through school and counselors)	(859) 257-8701 27/4 University Crisis Line
University of Louisville	No Charge	Typically 10 sessions, then refer out	Refer to Campus Health Services	Mon-Fri 9-5	Yes (through counselors on campus)	(502) 589-4313 24/7 Adult Crisis Line
Wright State University	No charge for students who pay \$20 semester fee; \$20/appt for students who waive fee	No session limit	Yes, psychiatrist on staff	Mon-Fri 8:30-5 Walk In Hours: Mon-Fri 11-3	Yes (through counselors on campus)	(937) 775-4567 Raider Cares 24/7 Line
Xavier University	No Charge	No session limit	Yes (works with Tricare and is able to refer)	Mon-Fri 8:30-5 Walk In Hours Mon-Fri 10-12, 2-4	Yes (through counselors on campus)	(513) 745-3022 Therapist On-Call Crisis hotline: contact XUPD (513) 745-1000

# Housing Options

## LIVING AT HOME

### PROS

- Cost- Living at home could allow you to cut down on costs of meals and other expenses like water and electricity.
- Family support- Living at home will give you the opportunity to rely on your family for emotional and financial support while transitioning to adult life.

### CONS

- Limited freedom- You may not enjoy the freedom your peers have who are living in a house/apartment.
- Commuting- Because of travel time, you may have to get up extra early in order to make it to class or work on time.

## INDEPENDENT HOUSING

### PROS

- Life skills- This helps you gain real life experience, such as understanding rental contracts, budgeting bills, cleaning, and grocery shopping.
- Freedom- This gives you more choice to make your space your own, i.e. using your own furniture, not having to follow other's rules.

### CONS

- Less involvement- You won't spend as much time with your family. If attending college, you may not be as likely to hear about events or be as involved as your peers.
- Expenses- In addition to rent, gas/electric, and internet are things to consider when thinking about living independently.

## LIVING AT SCHOOL ON CAMPUS

### PROS

- Freedom- Living in a dorm or school housing will give you freedom to discover yourself outside your family.
- Proximity- Your dorm is within walking distance of class, the library, other students, and food in the cafeteria. This means no worries about getting up extra early in the morning and driving to class.
- Meeting new people- Living on campus is a great opportunity to meet new people in your dorm outside of just your classes.

### CONS

- Expenses- Living on campus can cost around \$13,000 for room and board (meals).
- Lack of privacy- Living on campus in most cases means you'll be sharing a room with a roommate. If this poses an issue for you, you may want to explore other options.
- Dorm rules - Living on campus could mean adhering to dorm regulations such as curfew, guests and quiet hours.

# Emergency Family Contact List

This page is for family and relatives to keep on hand in case of emergency.

This information is for: \_\_\_\_\_

CONTACTS	NAME	PHONE	EMAIL
Resident Advisor			
Counseling Services			
Crisis Hotline			
Roommate(s)			
Friend			
Health Center or Urgent Care			
Nearest Hospital			