

# Moving Forward:

A Mental Wellness Guide for Seniors

2024



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

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# INTRODUCTION



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.

Visit [www.mindpeacecincinnati.com](http://www.mindpeacecincinnati.com) to search for a provider. Whatever your path is, it's important to take care of yourself. There are also many resources out there, and this is your guide to help.

This guide and additional resources are available at <https://mindpeacecincinnati.com/seniors> for graduating seniors.

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# SELF-CARE, RESILIENCY, AND 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, help achieve work-life balance, and prevent burnout.

## 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 help 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.

### 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!



**ETERNAL  
SUNSHINE**  
Inspirations,  
meditations  
& podcasts



**ALOE BUD**  
A self-care  
companion



**TICKTICK**  
To-Do List &  
Calendar- planner,  
reminders and  
habits

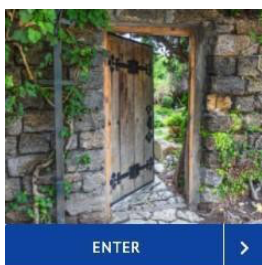


**BETTER SLEEP**  
Relax and Sleep  
Sounds -integrating  
mindfulness into  
sleep

## SPIRITUAL SELF-CARE

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

- Try meditation, mindfulness, or yoga.
- Pray or attend a religious service.
- Express gratitude. Think of 3 different things you're grateful for every day.



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/>

## 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.

## 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.

**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)

**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.

## 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: Cotton balls, nail polish remover, bottle of nail polish, tea, socks, facial wipes, a candle, and a favorite book.

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).

### Tips

- Turn off notifications.
- Set a timer to turn off your technology.
- Try something new.
- Read a book, color, work out, hang out with friends!
- 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.

### **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).

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



Try the Calm App!

### **RESOURCES:**

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# HEALTH & WELLNESS



## 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, iced 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* or *Epicurious*.

Cooking for yourself can be fun! Try these apps 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.

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.

### 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.

### Drug Use

**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 certain mental health problems such as anxiety, depression, and ADHD are at a higher risk of becoming addicted.

## Long and Short-term Impacts of Drug Use

Drug use can cause many consequences for young adults, such as:

- **Decreased academic performance.** Drug use can lead to 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 hangovers, nausea, injury, negative effects on your immune system, and a risk of overdose or death. It can also lead to mental health consequences including decreased 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.

### 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.

### 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.

## 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. 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. 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. 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. You can help a friend leave a situation that you think may be dangerous.
- **Trust your instincts.** If you notice something that doesn't feel right, it probably isn't.
- **Notice and listen to others.** Respect other's 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 ride share, use the notifications settings to share it with a friend.

**TIP:** Notice where emergency phones are located!

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# MENTAL HEALTH SUPPORT



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 occasional or ongoing help.

## MILD SYMPTOMS

- Talk with a trusted friend or advisor
- Review your self-help or coping strategies
- Reach out to your support team
- Consider speaking with a therapist in your community or at your university (visit [www.MindPeaceCincinnati.com](http://www.MindPeaceCincinnati.com) or your college counseling office for help finding a provider)

## MODERATE SYMPTOMS

- Assess severity and contact the crisis line at 988, 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 college counseling office for help finding a provider)
- Contact your family or a trusted friend for support

## SEVERE SYMPTOMS

- If in Greater Cincinnati and age 21 or younger, visit the Mental Health Urgent Care by Best Point (513) 527-3040, 5051 Duck Creek Road, Cincinnati, Ohio 45227. Open Monday through Friday 3:00 to 10:00pm.
- Call 911 or go to the nearest emergency department.
- Call or text the National Suicide Prevention Lifeline at **988**.
- Contact your local mobile crisis unit. If in Greater Cincinnati: Butler County (844) 427-4747, Clermont County (513) 528-7283, Clinton and Warren County (877) 695-NEED (6333), and Hamilton County (513) 584-5098

If you have a friend who has one or more of the signs below, support and listen to them. Express your concern for their wellbeing and ask how you can support them at this time. Also, tell a trusted adult or ask if you can help them find mental health services and support (MentalHealth.gov, 2020).

### SIGNS OF MENTAL HEALTH ISSUES:

- Withdrawing from social activities
- Thinking of harming yourself or others
- Low or no energy
- Feeling numb, hopeless or like nothing matters
- Suicidal thoughts
- Risk-taking behaviors
- Severe mood swings
- Change in eating habits
- Repeated use of drugs or alcohol
- Drastic changes in behavior, hygiene, personality, or sleeping habits

#### References:

MentalHealth.gov. (2020, May 28). *What is Mental Health: Early Warning Signs*. Retrieved from <https://www.mentalhealth.gov/basics/what-is-mental-health>

National Alliance on Mental Illness. (n.d). *How to Help a Friend*. Retrieved from <https://www.nami.org/Find-Support/Teens-Young-Adults/How-to-Help-a-Friend>

# MEDICATION AND CARE TEAM CONTACT LIST



<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>		



# HOUSING OPTIONS



## LIVING AT HOME

Pros	Cons
<ul style="list-style-type: none"> <li>• Cost- Living at home could allow you to cut down on costs of meals and other expenses like water and electricity.</li> </ul>	<ul style="list-style-type: none"> <li>• Limited freedom- You may not enjoy the freedom your peers have who are living in a house/apartment.</li> </ul>
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Commuting- Because of travel time, you may have to get up extra early in order to make it to class or work on time.</li> </ul>

## INDEPENDENT HOUSING

Pros	Cons
<ul style="list-style-type: none"> <li>• Life skills- This helps you gain real life experience, such as understanding rental contracts, budgeting bills, cleaning, and grocery shopping.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Expenses- In addition to rent, gas/electric, cable, and internet are things to consider when thinking about living independently.</li> </ul>

## LIVING AT SCHOOL ON CAMPUS

Pros	Cons
<ul style="list-style-type: none"> <li>• Freedom- Living in a dorm or school housing will give you freedom to discover yourself outside your family.</li> </ul>	<ul style="list-style-type: none"> <li>• Expenses- Living on campus can cost around \$13,000 for room and board (meals).</li> </ul>
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<ul style="list-style-type: none"> <li>• Meeting new people- Living on campus is a great opportunity to meet new people in your dorm outside of just your classes.</li> </ul>	<p><i>"All our dreams come true if we have the courage to pursue them."</i></p> <p>-Walt Disney</p>

# EMERGENCY CONTACT LIST FOR FAMILY MEMBERS



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

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

# 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.

## 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.

**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.

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." 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: <http://www.workforceoneofbutlercounty.com/>
- **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.

## 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/>)

### RESOURCES:

CareerOneStop. (n.d.). Retrieved from <http://www.careeronestop.org/FindTraining/Types/apprenticeships.aspx?frd=true>

Chen, G. (2008, February 08). The Top 7 Community College Myths. Retrieved February 11, 2019, from <https://www.communitycollegereview.com/blog/the-top-7-community-college-myths>

The Best Health Insurance for Young Adults - [7 Options to Consider]. (2018, September 5). Retrieved from <https://www.healthdeals.com/blog/save/young-adult-health-insurance/>





# 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. Here are a few suggestions for both along with starting work.

## 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.

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

### Resume Example:

#### **John Smith**

123 Main St., Cincinnati, OH 45000  
jsmith@email.com

#### **OBJECTIVE**

To obtain an administrative assistant position.

#### **SKILLS**

Proficient in Microsoft Office.

#### **EDUCATION**

Cincinnati High School—(2020-Present)

#### **EXTRACURRICULAR ACTIVITIES**

Varsity Swim Team (2020-Present)

Relay for Life- Organized events for 2 years (2020-2022)

Big Brother/ Big Sister- Coordinated afterschool activities (2020-Present)

#### **WORK EXPERIENCE**

Swim Club—(2024)

Assisted in providing proper pool safety through lifeguarding.

## 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! Interview question examples:

- 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?

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

## DRESS

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

### Men

- Dress in a manner that is appropriate for the job which you are applying for. This may mean wearing a suit 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.
- Avoid loud colors and flashy ties.

- Clothing should be neat, clean, and ironed. Make sure you have fresh breath and don't eat or smoke before the interview.
- Hair should be neat and facial hair trimmed.



### Women

- Generally, wearing a knee-length skirt or dress pants is your best option.
- Interview suits should be simple and dark in color. Anything tight, bright, or sheer should be avoided.
- Use light makeup and hair should be neat and clean.
- Keep your jewelry, nails, and hair accessories to a minimum, and stick to those that are not flashy, distracting, or shiny.
- Conservative, close-toed, and low-heeled shoes.

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?"

### 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.

### 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 notecard thanking them, and reiterate your interest or kindly decline the offer if disinterested.

### Example follow up thank you email:

Hi 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*), 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

## WORKING REMOTELY

Our world has changed over the last two years and 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 work 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.

### RESOURCES:

Bockanic, William N. "Making the job interview work for you: here are some tips to help you distinguish yourself from the competition." Strategic Finance, Dec. 2012, p. 47+. Gale Academic OneFile

DeCarlo, Laura. "How to Succeed in Your Phone Interviews (A.K.A. Phone Screens)." Job Hunt, Job Hunt, 10 Mar. 2019, [www.job-hunt.org/job\\_interviews/telephone-interviews.shtml](http://www.job-hunt.org/job_interviews/telephone-interviews.shtml).

Hannon, Kerry. "Personality Tests, Myers-Briggs Test, DISC, MAPP." AARP, [www.aarp.org/work/job-hunting/info-2015/take-these-tests-to-find-your-new-job.html](http://www.aarp.org/work/job-hunting/info-2015/take-these-tests-to-find-your-new-job.html).

How to stop shaking voice and hands during public speaking. (2018, September 10). Simply Amazing Training. <http://simplyamazingtraining.co.uk/blog/shaking-public-speaking>

Parker, Yana, and Beth Brown. The damn good resume guide: A Crash course in resume writing. Ten Speed Press, 2012.

Vivian. "10 Useful Tips for a Skype Interview That Lands the Job." University of the People, 2 July 2019, [www.uopeople.edu/blog/10-useful-tips-for-a-skype-interview-that-lands-the-job/](http://www.uopeople.edu/blog/10-useful-tips-for-a-skype-interview-that-lands-the-job/).

# 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 YOUR ROOMMATE

- 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/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 right 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 (888) 668-4293
Your University’s Student Health or Wellness Center	

## FINANCES

### STUDENT LOANS

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. For further 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.

### 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.

**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 are able to 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.

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

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.

## EMERGENCY CARE

Knowing about the health insurance you carry, or the location of the health center is not all you need 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.

**TIP:** Make a stop at your school counseling center early! 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.

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!

**TIP:** Add emergency numbers to your phone or write them in a place where you can easily find them.

## 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.



## 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 study can help ease stress levels. Utilize a planner and/or digital calendar 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.

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

### Pros of Virtual Learning

Allows for more flexibility.
Encourages development of time management skills.
Provides immediate virtual accessibility to peers and faculty.
Offers more self-paced learning.

### Cons of Virtual Learning

Can be difficult to limit distractions.
Limited hands-on learning opportunities.
Decreased social interaction.
Technical difficulties.

## 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.
- **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.

### TRY QUIZLET:

Quizlet helps you study on the go by providing tools and games to get you ready for your test(s).





Visual Learner	Auditory Learner	Tactile Learner
<p>Use visual association, visual imagery, written repetition, flashcards, and clustering strategies for improved memory.</p> <p>Use organizational format outlining for recording notes. Use underlining, and highlighting in different colors, symbols, flow charts, graphs, or pictures in your notes.</p>	<p>Use mnemonics, rhymes, jingles, and auditory repetition through recording to improve memory.</p> <p>Read your notes aloud.</p> <p>Examine illustrations in textbooks and convert them into verbal descriptions.</p>	<p>Use direct involvement, physical manipulation, imagery, and "hands-on" activities to improve motivation, interest, and memory.</p> <p>Teach the material to someone else.</p> <p>Use case studies and applications to help with principles and abstract concepts.</p>

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# STEPS TO TAKE BEFORE LEAVING FOR COLLEGE

Get familiar with the school's website: orientation, housing, and student health and disabilities offices.

If needed, request housing and/or academic accommodations. You will need documentation which may include a letter or form signed by a doctor.

Register for orientation! Go as early as possible. If class scheduling happens then, you will have more choices.

Register for fall classes as early as possible. Buy textbooks for your classes. You may be able to rent an on-line version or buy used.

Reach out to your roommate(s). If you are interested in Greek life, check out rush guidelines.

Be aware of move-in dates and times.

Clean up social media sites and change mailing addresses before move-in.

Consider establishing a Health Care Power of Attorney. This can be helpful in situations where you need a trusted friend or family member to speak on your behalf in emergencies. More information can be found at <http://mindpeacecincinnati.com/help-for-families/transitions/>.

Make tuition and housing payments.

Register for housing as soon as you can. There will be more choices.

Go to the doctor to get a checkup, vaccines, your medication list and a signed immunization form. This may be required to attend orientation and register for classes.

Check health insurance policy and pharmacy benefits along with insurance requirements by your school.

During orientation, visit the health center to know what is available. If you need therapy, set up your provider in advance. If you have accommodations, visit the Disabilities Office to introduce yourself.

Get a calendar and mark important dates for the semester.

When you arrive on campus, meet with your freshman advisor.

# 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 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 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 ideal 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 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.ms-j.edu/student-life/wellness-health-resources/index.html">https://www.ms-j.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 8:30-4:30
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
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
University of Cincinnati – Main Campus	<a href="http://www.uc.edu/counseling">www.uc.edu/counseling</a>	Call (513) 556-0648
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>
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

## SYSTEM OVERVIEW

COLLEGE OR UNIVERSITY	SESSION CHARGE	SESSION LIMIT	MEDICATION MANAGEMENT*	HOURS	SUPPORT NETWORK	CAMPUS CRISIS SUPPORT*
Bowling Green State University	No Charge	Determined by therapist	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	10 sessions per semester	Refer out	Mon-Fri 9-5	Anxiety support group on campus	After hours: Call or text 988
College of Mount St. Joseph	No Charge	No session limit	Refer out	Mon-Fri 8-4	None	(513) 807-2516 On-Call Counselor
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 (through counselors on campus)	(855) 249-5649 HOPE Line that can contact On-Call Counselor
Northern Kentucky University	No Charge	15 sessions per academic year	Nurse practitioner at St. Elizabeth's can prescribe some medications	Mon-Fri 8:30 – 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, Tues, Thurs, Fri 8-5 Wed 8-7	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	BSN <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 so many sessions	Refer out	Mon-Fri 8:30-5	BSN www.ucincybsn.org	(513) 556-0648 Crisis Counseling 24/7
University of Dayton	No Charge	Will create an action plan, may be referred out	Yes, will refer to psychiatrist	Mon-Fri 8:30-4:30 Drop-in hours Mon, Tues, Wed, Fri 10-2:30 Th- 11-2:30	Yes (through counselors on campus)	(937) 229-2121 Public Safety 24/7
University of Kentucky	No Charge	Typically, 10 sessions over the course of a year, based off needs assessment	Refer out to 859-323-5511	Mon-Fri 8-4:30	Yes (Through school and counselors)	(859) 257-8701 24/7 University Crisis Line
University of Louisville	No Charge	Typically, 10 sessions, then will 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 <u>Walk-In Hours:</u> 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 at 513-745-1000

\*Medication Management: school can provide on-campus medication services

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