

DEVELOPMENTAL TASKS OF COLLEGE STUDENTS

The following is a list of the developmental tasks encountered by college students as identified by Dr. Arthur W. Chickering (commonly called "The 7 Vectors").

Achieving competence—This involves the development of intellectual and social abilities as well as physical and manual skills. The sense of competence is defined as the confidence individuals have in their ability to cope with what comes and to achieve successfully what they set out to do.

Managing emotions—The young adult's initial task is to become aware of personal feelings and to recognize that they provide information relevant to contemplated behavior or to decisions about future plans. As a larger range of feelings is fully expressed, new and more useful patterns of expression and control can be achieved.

Becoming autonomous—Mature autonomy requires both emotional independence - freedom from continual and pressing needs for reassurance and approval - and instrumental independence - the ability to carry on activities and cope with problems without seeking help from others and the ability to be mobile in relations to one's needs. Simultaneously, the individual must accept interdependence, recognizing that one cannot receive benefits from a social structure without contributing to it, that personal rights have a corollary social responsibility.

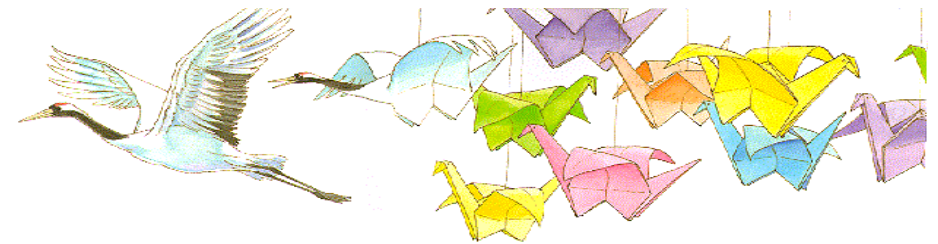
Establishing identity—Identity is confidence in one's ability to maintain inner sameness and continuity; to reach this stage, one must understand one's physical needs, characteristics, and personal appearance and be sure of sexual identification and appropriate roles and behavior.

Freeing interpersonal relationships—As one matures, one should be able to express greater trust, independence and individuality in relationships, less anxiety and defensiveness and more friendliness, spontaneity, warmth and respectfulness. Developing tolerance for a wide range of persons is a significant aspect of this task.

Clarifying purposes—To develop purpose, an individual must formulate plans and priorities that integrate avocational and leisure-time interests, vocational plans, and life-style considerations.

Developing integrity—This task involves making one's values both more personal and more human. One examines and selects a personally valid set of beliefs that have some internal consistency and provide a guide for behavior. At the same time one drops a literal belief in the absoluteness of rules and adopts a more relative view. Then one must also develop congruence, that is, begin to act in accordance with these personal values.

Helping Your Student Soar



Supporting Students Mind—Body—Spirit

Meg Pledl, Counseling Services, 382-6119

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"There are only two lasting bequests we can give our children: one is roots; the other, wings."

—William Hodding Carter

Parents are important players in a student's well being and success at Alverno College. The first year is a time of great change and growth for a student. It is normal for parents and students to feel excited and nervous. We want to be your partners in assisting your student to soar her first year at Alverno. Students will need to understand more than their curriculum to take advantage of all the many developmental experiences available in college life. We want your student to have a satisfying and rewarding experience! You can help your student prepare for her Alverno experience. You have concerns and insights your student may have not considered and it is important that you let her know how you feel about such issues as:

Academic progress: Let her know that you expect her to work hard and to take her education seriously. Encourage her to seek assistance from others when she needs it.

Fiscal responsibility: Talk to your daughter about being responsible with her money. Encourage her to find a part-time job if she is able. Explain to her the pitfalls of using credit irresponsibly. Learning how to budget in college will definitely benefit her for the rest of her life.

Smoking, drug, and alcohol use: Unfortunately if she has not already been exposed to them, she will when she begins college. Make her aware of your feelings and encourage her to seek out peers and groups that don't participate in high risk behaviors. Speak candidly about this.

Above all, let your student know that she can talk with you. Make her understand that she is entitled to make mistakes and that you will be there to support her and help her through whatever difficulties she encounters. Then live up to your word. Making the transition to college is much like a bird flying out of the nest for the first time. It is natural for your student to be anxious and for you to worry about how she will be able to fly on her own.

Emergency and After Hours Care

When the nurse is not available or when the care needed is beyond what Health Services can safely provide, students are referred to the closest hospital emergency room or area Urgent Care facilities. The Security Staff are the first responders in case of an emergency. They are trained in basic first aid and CPR. Alverno staff are not able to transport students under any situation. Students who need crisis mental health and/or after hours care are referred to Milwaukee County Mental Health Services.

Wellness Education Classes

Each semester there are a variety of one-credit classes students can take to focus on their wellness. Many of these classes can be taken more than one time. Some examples of these classes are: choir, life skills, meditation, crocheting, self-defense, personal finance, cardio-kickboxing, step aerobics, strengthening & conditioning.

Fitness Center

Students are allowed to use the Fitness Center for free. The Fitness Center has state-of-the-art exercise equipment, day lockers, and a locker room.

Campus Ministry

Faith development and spirituality are treated as integral and life-long components of each person's total wellness. Alverno students, faculty and staff are diverse in their faith, spirituality and denomination affiliations, therefore, public worship, events and programs acknowledge and reflect diversity while drawing from Catholic Franciscan traditions. There are many ways to be involved with and served by Campus Ministry:

- Catholic Mass on Graduation, some Holy Days
- COEXIST student group
- Student Reflection Room and weekly meditation sessions
- St. Ben's Meal Program
- Liturgical & Music Ministry opportunities
- Crumpets & Tea Tuesdays @ 3pm
- Pastoral care—Campus Ministry reaches out and supports members of the Alverno community during those times of struggle and crisis and also during those moments that need to be celebrated.

BODY MIND SPIRIT APPROACH TO WELLNESS

There are many opportunities for students to enhance their wellness on campus: a fitness center, a chapel, The Mug coffeehouse, a weekly round table discussion, one credit wellness classes, fitness classes over the lunch hour in the gym, student groups, Campus Ministry, and Counseling and Health Services.

Counseling & Health Services

Counseling & Health Services is staffed by a full time counselor and a part-time nurse.

Counseling Services provides short-term individual counseling for all enrolled students, as well as wellness education programs.

Students seek counseling services for a variety of reasons: stress and time management, perfectionism and procrastination, eating disorders, alcohol and drug issues, depression, anxiety, and adjustment to college.

Health Services provides short term care for illnesses and injuries. Health Services provides illness and injury assessment, starter supplies of over-the-counter medications, first aid, some immunizations, TB tests, flu shots, pregnancy tests, urinary tract infection tests, mono tests, and prescription medications for strep throat and other minor infections. All services are confidential.

Cost for Services

Students can see the counselor for up to 10 sessions for free.

Nurse visits are free. Prescription medications and in office labs (strep throat and mono tests, and urine dips) are \$12. Pregnancy tests are free. Immunizations are offered at cost. Charges are billed to the student's account.

Long Term Care and Case Management Services

Counseling Services provides brief services, usually up to 10 sessions. Students who need longer term care, or students whose issues are outside the scope of services, are referred to community providers. The nurse is not equipped to provide long term care for chronic illnesses.

Things you can do now to help increase your student's "wing spread":



- Be sure your student has adequate medical insurance and a copy of the insurance card. Need student health insurance? Check out the Alverno policy (through WPS) at: www.wpsic.com/waicu/ or call WPS: 1-800-221-5573 .
- Resident students are required to complete an immunization record prior to move-in day. Students not living on campus have no health requirements for admission.
- If your student has any health condition that requires ongoing medical attention, make sure that she has a plan for getting medication refills. If she needs to be seen by a physician on a regular basis she should coordinate that referral process with her current medical providers. Counseling & Health Services is not able to provide ongoing care management and prescription refills.
- Plan now! What should your student do if she gets sick? Which providers are in your insurance network? Should she go to an emergency room or an urgent care facility? She should put these names and phone numbers with her insurance card, along with \$20 in case she needs to use a taxi or make a co-payment.
- If your student has received disability accommodations in high school she should contact Instructional Services (382-6353) to get her accommodations arranged before classes begin.
- Discuss budgeting and how much you will contribute.
- Discuss whether she will have a car on campus.
- Check your homeowner's or renter's insurance for property coverage while your daughter is on campus.
- Talk about your expectations for when your student visits—curfew, chores, spending money, etc.
- Frame a family picture for your student's home away from home.
- Spend some quality time together as a family.

SIGNS THAT YOUR STUDENT IS PROGRESSING THROUGH THESE DEVELOPMENTAL STAGES SUCCESSFULLY

We know that students who are the most successful demonstrate many of these behaviors:

- They are excited to be in college
- They chose Alverno College—they are at Alverno because it is where they want to be
- They go to class and they create study habits that allow them to get their homework accomplished on time
- They learn how to manage stress and they ask for help when they need it
- They speak up for what they want
- They become involved in campus organizations
- They exercise regularly, eat sensibly, get adequate sleep, and are tuned into their wellness
- They work to improve their writing skills and study habits
- They learn to see feedback as a helpful tool to assist them in bettering themselves

Look for and be aware of any of the following signs of distress:

- Inability to concentrate, confusion, indecisiveness
- Persistent worrying, increased irritability, restlessness
- Social isolation, depression, lack of friends
- Bizarre or dangerous behavior, mood swings
- Missed class/assignments, procrastination
- Disheveled appearance
- Excessive fatigue, inability to sleep, frequent illness, eating problems
- Talk of hopelessness, lack of purpose

If you are worried about your daughter, you can call any of the following people to get advice:

- For a mental health concern you can call the Counselor at 382-6119.
- For a health concern you can call the Nurse at 382-6319.
- For a residence hall issue you can call the Residence Hall Coordinator at 382-6387.
- For an academic concern you can call the Advising Office at 382-6029.
- For any concerns, you can call the Dean of Students at 382-6115. After hearing your concern, she may refer you to a more appropriate staff member.

Wellness is our Business!

In 1940 the phrase *In Sactitate et Doctrina*—In Holiness and Learning—was incorporated in the Alverno College Seal. The origins of the word “holy” refer to wholeness and health. At Alverno, we are concerned about the total person and we offer services and programs that emphasize wholeness, health, and safety. By creating a safe environment, all individuals have the potential to grow and thrive.

At Alverno, we believe that a safe environment...

- Promotes a sense of community, where individuals take ownership and responsibility for their community
- Provides an environment where individuals are unafraid to share their ideas and perspectives
- Provides strategies for keeping oneself safe
- Educates individuals about risky behaviors that place individuals and the community at risk

Alverno offers services and programs using the Wellness Model, created by the University of Wisconsin-Stevens Point, as a framework for planning. There are seven dimensions to the Wellness Model: social, career, spiritual, intellectual, physical, emotional, and environmental.

The American College Health Association surveys students and college health centers across the nation to determine the top physical and emotional health problems that affect academic performance.

The Top 10 Impediments are to Academic Success

- stress & time management,
- cold/flu/sore throat,
- sleep difficulties,
- relationship problems
- sinus infection,
- death of a family member or friend
- excessive internet use and computer game use
- alcohol use

Alverno College Counseling & Health Services is the first call for help students with all of these problems!