

**COLLEGE  
EXPECTATIONS  
VS. REALITY**

# THE FRESHMAN MYTH

- What's college like?
- Expectations come from stories shared by friends, family members, and the media.
- Typically don't accurately reflect the reality of university life.

# GREAT EXPECTATIONS

- Freshmen expectations usually fall into three groups:
  - Academics
  - Outside of class
  - How college will affect them and their relationships
- How do expectations shape experience?
  - Positive & realistic vs. unclear or negative
- Coping Skills – Plan for Challenges

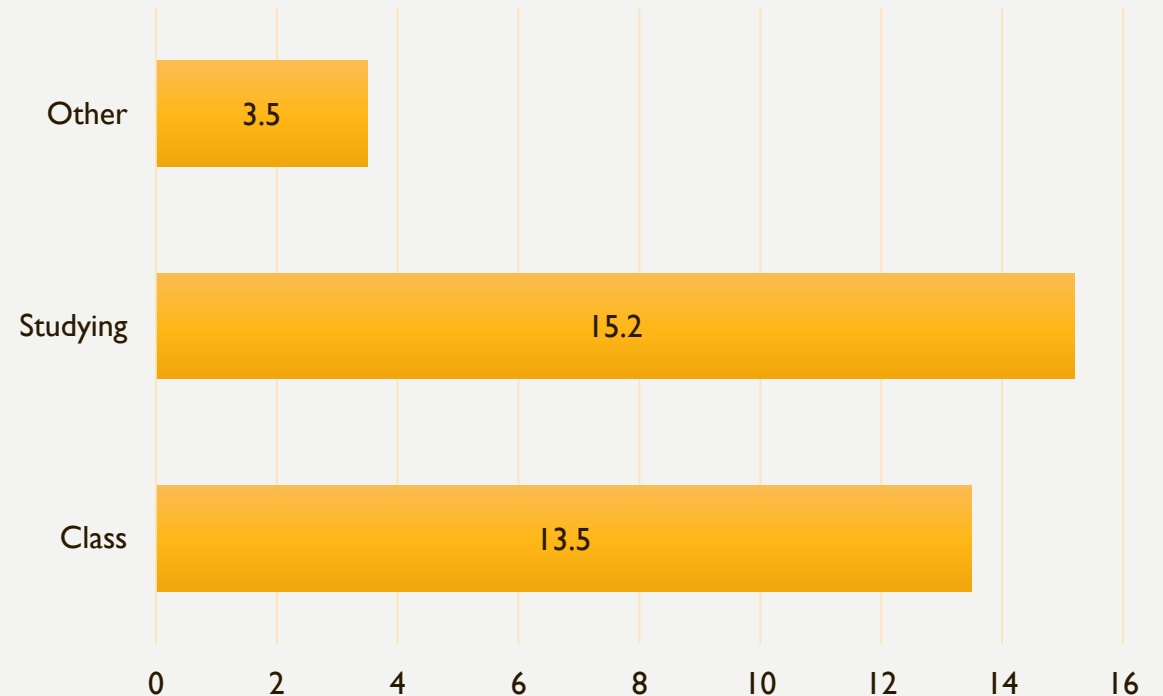
(Keup, 2007)

(Jackson et al., 2000)

# HOW TO COLLEGE

- College Major
  - How do I decide?
  - Helpful Tools
    - (i.e. TexasRealityCheck)
- Studying
  - High school vs. College
- Classes
  - Format, syllabus
  - Types of coursework

**Academic Time – Full-Time  
(weekly)**



(Conley, 2007)  
(Hicks, 2003)  
(Welker & Wadzuk, 2012)  
(Wiswall & Zafar, 2015)

<b>July 6</b>	<p>Finish up Expressive Techniques: Counseling Interventions for Children and Adolescents - Chapter 3 presentations</p> <p>Play Therapy and Play Therapy techniques with students and parents</p>	Read Assigned Case Studies 3, 5, 15, 19, and 24.	
<b>July 13</b>	<p>Meet with assigned group to practice, organize, and record the assigned role-play session. Developmental and counseling theories along with counseling interventions and strategies must be integrated in role-play sessions. Be mindful of the impact of culture and family – <b>No regular class lecture</b></p> <p><b>Exam 1 – Chapters 1, 2, 3, 4, 5, and 6</b></p>	Read Assigned Case Studies 3, 5, 15, 19, and 24.	
<b>July 20</b>	<p><b>Report in class role-played sessions (Group 1)</b> <i>Submit a copy of the group recording on DVD.</i></p> <p>Counseling with Exceptional Children</p>	<p>Read Assigned Case Studies 3, 5, 15, 19, and 24.</p> <p>Chapter 7</p>	
<b>July 27</b>	<p><b>Report in class role-played sessions (Group 2)</b> <i>Submit a copy of the group recording on DVD.</i></p> <p>Counseling Children and Adolescents with Special Needs and At Risk Children</p>	Chapter 9 and 10	<b>Critiques due</b>
<b>August 3</b>	<p>Working with parents, parent education, consultation, and cultural considerations</p> <p>Study Guide for Exam 2 will be posted on Blackboard</p>	Chapters 13	<b>Project Proposal Due</b>
<b>August 10</b>	<p>Wrap Up</p> <p><b>Final Exam (Exam 2) – Chapters 7, 9, 10, and 13 – 6:00 – 8:30 p.m.</b></p>		

# FIRST-GEN!

- Dual credit and summer programs can improve the first year experience.
  - Information about college, access to professors, exposure to college coursework, etc
  - This can reduce some of the unique stressors that first-generation students experience.
- UTSA and other universities have resources in place to help first-gen students be successful!

(Atherton, 2014)

(Pascarella, Pierson, Wolniak, & Terenzini, 2004)

# SOCIAL/WORK LIFE

- Campus Involvement
  - Student organizations, campus events, The Roost, athletics, and much more
  - Involvement boosts success
- Fun
  - Friends, off-campus activities, etc
- Employment
  - On-campus jobs or internships

# COLLEGE STRESS

- Common Stressors
  - Relationships, Time Management
  - Financial Pressures, Academics
- Dealing with Stress / Managing Challenges
  - Communication
  - Time Management
  - Campus Resources
    - Counseling & Health Services
    - Tutoring / Tomás Rivera Center

(Hamaideh, 2011)

(Hurst, Baranik, & Daniel, 2013)



# DEALING WITH STRESS: GROUP ACTIVITY

- 1.) Take a sheet of paper and several markers
- 2.) Select a team name and write it at the top of the paper
- 3.) Write something that each team member usually uses to deal with stress
  - This can be an activity, relaxation strategy, whatever you do the most.
- 4.) Stand and present

# RELATIONSHIPS

- Family/Old Friends
  - Moving away, keeping in contact, redefining the relationship
- New Friends/New Opportunities
  - Balancing old and new relationships

(de Araujo & Murray, 2010)

(Karp, Holmstrom, & Cray, 1998)

# GREATER EXPECTATIONS

- College is a fun, exciting, and at times stressful experience for virtually all students!
- Ask questions to prep yourself with information
  - Consider what you expect college to be like, and what questions you still have
- Consider how you'll deal with challenges/stressors
  - How do you deal with stress? How could you cope with some of the challenges we discussed?