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.

(Stern, 1996)
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)

- Class: 13.5
- Studying: 15.2
- Other: 3.5

(Conley, 2007)
(Hicks, 2003)
(Welker & Wadzuk, 2012)
(Wiswall & Zafar, 2015)
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Reading Material</th>
</tr>
</thead>
</table>
| July 6     | Finish up Expressive Techniques: Counseling Interventions for Children and Adolescents - Chapter 3 presentations  
             Play Therapy and Play Therapy techniques with students and parents | Read Assigned Case Studies 3, 5, 15, 19, and 24. |
| July 13    | 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 - No regular class lecture  
             **Exam 1 – Chapters 1, 2, 3, 4, 5, and 6** | Read Assigned Case Studies 3, 5, 15, 19, and 24. |
| July 20    | **Report in class role-played sessions (Group 1)**  
             **Submit a copy of the group recording on DVD.**  
             Counseling with Exceptional Children | Read Assigned Case Studies 3, 5, 15, 19, and 24.  
             Chapter 7 |
| July 27    | **Report in class role-played sessions (Group 2)**  
             **Submit a copy of the group recording on DVD.**  
             Counseling Children and Adolescents with Special Needs and At Risk Children | Chapter 9 and 10  
             **Critiques due** |
| August 3   | Working with parents, parent education, consultation, and cultural considerations | Chapters 13  
             **Project Proposal Due** |
| August 10  | Wrap Up  
             **Final Exam (Exam 2) – Chapters 7, 9, 10, and 13  
             – 6:00 – 8:30 p.m.** |
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

(Astin, 1985)
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?