



UPROOTED
ACADEMY

WEEK 3

SOCIAL-EMOTIONAL

**SUPPORT FOR THE
COLLEGE LANDSCAPE**



WELCOME TO WEEK 3:

Social-Emotional Support for the College Landscape



Agenda

- ✓ Introduction: Social-Emotional Support for the College Landscape
- ✓ Addressing Stress and Anxiety
- ✓ Communication Strategies
- ✓ Supporting Emotional Well-Being
- ✓ Conclusion and Key Points
- ✓ Breakout Sessions
- ✓ Q&A



INTRODUCTION - SOCIAL-EMOTIONAL

Support for the College Landscape



**Social-Emotional Support
for the College Landscape**



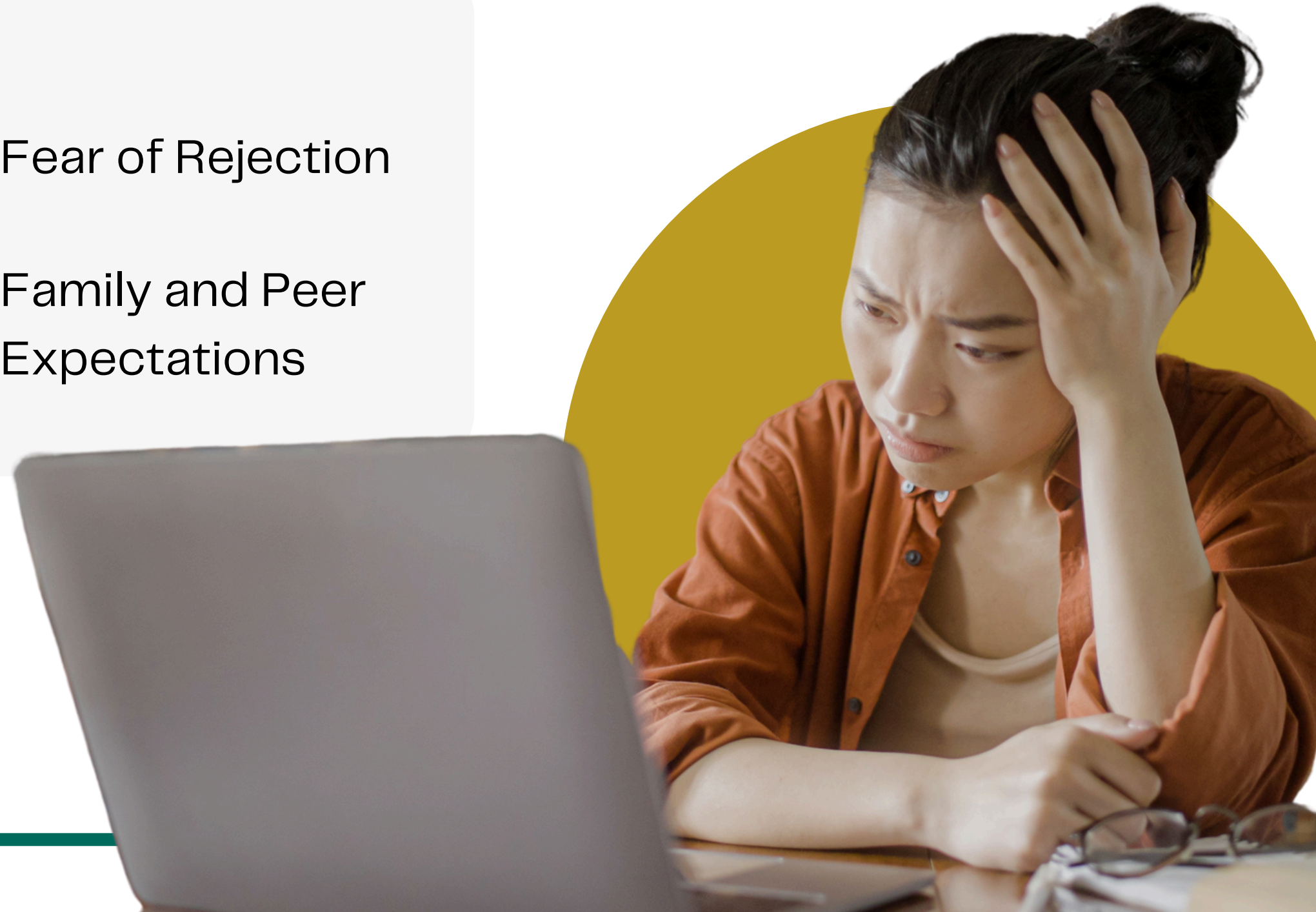
**Social-Emotional
Mental Health Impact**

ADDRESSING Stress and Anxiety

Common stressors during the college application process.

Common Stressors

- 1 Academic Pressure
- 2 Decision Overload
- 3 Fear of Rejection
- 4 Family and Peer Expectations



ADDRESSING Stress and Anxiety



Common stressors during the college application process.

**Strategies for recognizing
and managing stress and anxiety**



CREATING A SUPPORTIVE Environment



Create a fostering
Environment for your
child(ren) during the college
application process



Tips for fostering an
environment that promotes
well-being to reduce stress
and anxiety symptoms



Useful coping
mechanisms to use
throughout the college
application process

COMMUNICATION Strategies

Ways to communicate to your adolescent about college decisions:

- ✓ Create a comfortable environment
- ✓ Engage in active listening
- ✓ Timing matters



COMMUNICATION Strategies

Ways to communicate to your adolescent about college decisions:

- ✓ Understanding their goals and aspirations
- ✓ Build trust
- ✓ Discuss ways that you both can navigate challenges and concerns and reduce anxiety and stress
- ✓ Helps reduce stress and anxiety



SUPPORTING EMOTIONAL Well-Being

Ways to communicate to your adolescent about college decisions:

Practices that support emotional resilience

Healthy student work-life balance.

Building resilience



PRACTICES THAT SUPPORT EMOTIONAL RESILIENCE

- 1 Teach Positive Self-Talk
- 2 Promote a Growth Mindset
- 3 Teach Stress Management Techniques
- 4 Provide Emotional Support



HEALTHY STUDENT WORK-LIFE BALANCE

- 1 Prioritize time-management
- 2 Encourage regular breaks
- 3 Support Extracurricular Involvement



BUILDING RESILIENCE

Activities and approaches to enhance your adolescent's resilience during the college landscape process.

- 1 Mindfulness
- 2 Journaling

What role do extra-curricular activities and hobbies play during the college landscape process?

- 1 Personal growth
- 2 Activities display interests and passions



CONCLUSION AND KEY POINTS



Addressing Stress and Anxiety

- ✓ Understanding stress and anxiety
- ✓ Creating a supporting environment



Communication Strategies

- ✓ Talking to your teenager about college decisions
- ✓ Setting realistic expectations



Supporting Emotional Well-Being

- ✓ Strategies for emotional well-being
- ✓ Building resilience

BREAKOUT SESSIONS

Breakout Sessions

Group discussions for sharing experiences, strategies, and personal insights.



Q&A

Q&A

Address specific concerns.





THANK YOU

Lets Change The World, Together

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