

Conquering Fear and Anxiety in the New Student

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Acknowledging negative
thoughts exist can
take away their power



Identify Who are New Students

- Parents
- Middle-aged adults
- Single Parents
- Working Students
- Students out of High School



Common New Student Fears

- Separating from Family
- New Environment
- Strangers
- Academic Expectations
- Fear of Failure
- Time Constraints
- Financial Obligations
- Public Speaking
- Multicultural Interactions



The Root of Fear and Anxiety

- Freedom to talk about fear and anxiety
- Thoughts can be our worst enemies
- Support students in training their thoughts on positive outcomes
- Support students in examining their history, childhood, and background
- Help students understand that fear and anxiety are normal adaptations and emotions that can be conquered



Is Fear and Anxiety Bad?



Understanding the Power of Your Thoughts

- Cognitive Behavioral Therapy – helps students conquer self doubts:
 - Change the Behavior (Public speaking makes me nervous – I don't think I can get in front of everyone)
 - Deny it: Refuting the fear
 - Accept it: Change the thought (I am able to effectively speak in front of people vs the thinking of not be able to effectively speak in front of people – is the problem)



Mindfulness/Acceptance

Help your students to:

- Pay attention to the present moment
- Accept themselves as OK just the way they are
- Tame – do not try to eliminate negative thoughts but examine them and understand their influence on them
- Pay attention to breathing and other physical sensations



Suggestions

- Encourage students to talk to someone to address their insecurities
- Offer an anonymous pre-enrollment survey to gauge the level of anxiety and fears to better understand the level of support needed
- Acknowledge fear & anxiety as an appropriate and normal emotion
- Share personal experiences or situations of concurring fear and anxiety
- Support or nurture positive affirmation
- Take advantage of student support services



Soothing Techniques as Reminders

Encourage:

- Deep Breathing
- Exercising
- Guided meditation
 - Walk through a scene



Quotes

- Do not anticipate trouble or worry about what may never happen. Keep in the sunlight. ~Benjamin Franklin
- If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep. ~Dale Carnegie
- "There is no illusion greater than fear". ~Lao Tzu
- "Never let your fears dictate your future". ~unknown
- "Fear is only temporary, regrets last forever". ~unknown



Faculty/Staff Support & Resources

- Faculty Administration Support Team (FAST) Line (844-208-7070)
 - Coaching & referral support for student-related issues
 - Confidential 24/7 telephonic
 - Mitigates risk of liability
- Quarterly free webinars
- Interactive Faculty/Staff portal www.wellconnectbysrs.com





Supporting Students and Promoting Success

- Free to students & their family members
- Counseling & Coaching Services
 - Confidential and available 24/7 (866-640-4777)
 - Face-to-face or telephonic counseling sessions
- Legal & Financial Consultations
 - Child custody, divorce, debt concerns & bankruptcy
- Resource Assistance
 - Referrals to community agencies & other organizations
 - Interactive student specific portal www.wellconnectbysrs.com



Thank you!

