



What Seniors can expect and what  
Juniors can do to prepare

# READY (OR NOT) FOR LIFE BEYOND HIGH SCHOOL

May 1 – National College  
Decision Day



College, technical school, military, work, travel, study  
abroad

plans?

## Preparation

- ◉ Transition from high school to next phase of life
- ◉ Relationships transition
- ◉ Learn where to find assistance / resources
- ◉ Recognize likely changes in life
- ◉ HAVE FUN
- ◉ Prepare for college entrance
- ◉ Roadmap
- ◉ Plan test dates
- ◉ Outline college entrance essays
- ◉ Start collecting application material
- ◉ HAVE FUN!

Tasks for Seniors

Tasks for Juniors

## Your Questions

- What are some of the most common mistakes that students make during their Freshman year that hinder their success? (how do you maximize your potential for success?)
- What are some of the dangers of college campus life?
- How do you go about making new friends?
- Time management skills

## the freshman experience

- Everyone's in the same boat
  - Making new friends
  - Living with a stranger
  - Increased rigor of college classes
  - Being away from friends and family
  - Gain weight
- It's NORMAL

## Freedom (best William Wallace scream)

- ◉ What you make of your time at college is up to you
  - Ability to stay up all hours
  - Ability to eat at almost all hours
  - Can choose to go to class or not
  - Don't have to do laundry until out of underwear
  - Can play video games practically 24/7
- ◉ Have fun....in moderation. Can't stay in school if don't work at academics



## common stressors

- ◉ First few weeks on campus can feel lonely—hang in there!
- ◉ Meaningful relationships take time
- ◉ Newfound freedom can be fun and frightening
- ◉ Balancing social opportunities and academic demands
- ◉ Taking care of yourself – eat, sleep, exercise

## some may experience...

- Relationship stress
- Depression and mental health incidents
  - Students reporting more *stress* and even “frequently overwhelmed” (28%); 8-15% experience bouts of depression sometime during college.
  - Time of life (17-22 y/o) when mental health concerns may show up [pay attention to major behavior changes in your friends]
- Suicidality
- Gender violence

## time to improve study skills

- effective time management strategies
- active reading technique
- avoiding procrastination
- prioritizing tasks

## If you need assistance

- Know where to find resources
- College campuses offer many opportunities for success
  - Student counseling center
  - Student career center
  - Student academic services
  - Residential staff
  - Peer support (RA's, chaplains, upper-classmen)

Questions? Feel free to contact me.

Contact

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