

# ***Dr. Harley E. Flack Student Mentoring Program***

## **Developmental Challenge Confronting College Students**

### Personal Adjustment Challenges:

- Physically moving to a new environment
- Living with a roommate
- Leaving parents, siblings, other supportive loved ones and friends
- Living with people from other ethnic and minority groups
- Taking the initiative to meet new and different people
- Making personal decisions on a daily basis
- Confronting noisy neighbors on the residence hall floor
- Determining specific social groups to join
- Facing peer pressure to consume drugs and alcohol
- Facing peer pressure to conform to new ways of behaving that may conflict with personal values and beliefs

### Intellectual and Academic Challenges

- Speaking up in class and asking questions
- Visiting professors outside class
- Joining study groups
- Managing heavy course demands and schedules
- Completing difficult classes in areas where the student may be weak academically
- Figuring out multiple choice exams that ask for the “best answer” from a series of good answers
- Understanding the registration, drop-add, course withdrawal, and other administrative procedures
- Obtaining a tutor
- Accepting the importance of the “core curriculum”
- Developing semester course schedules
- Seeking assistance on campus when academic problems occur
- Balancing academic and social life

## Physical Challenges

- Coping with weight gain and loss
- Learning to control diet and alcohol consumption
- Competing athletically with other, more gifted students
- Finding time to learn and implement physical exercise programs
- Accepting one's body type and working within one's own limits
- Forming positive health habits and learning how to break problem habits
- Becoming self-reliant about managing stress, illness, or other health problems
- Finding hobbies, avocations, and physical activities that can be maintained over a lifetime

## Interpersonal Challenges

- Connecting and becoming a part of a friendship group
- Making and managing romantic relationships
- Asserting oneself with others when personal rights are violated
- Interacting with members of ethnically or otherwise different groups
- Dealing with loss or separation from a significant relationship
- Terminating relationships that are no longer positive or growth-enhancing
- Tolerating the various forms of eccentric behavior demonstrated by significant others
- Sharing personal information with close friends and loved ones
- Being cooperative in group projects and activities
- Learning to show emotions in appropriate ways
- Experience the personal benefits of helping others
- Accepting the responsibility of a committed relationship
- Managing conflict situations
- Being secure enough to say no to peer pressure
- Recognizing sexual orientation and, for gay and lesbian students, deciding whether to "come out of the closet"

## Career and Lifestyle Challenges

- Choosing an academic major
- Changing an academic major
- Deciding on appropriate internships, externships, and practicum experiences
- Deciding to “stop out” or drop out of school
- Making significant decisions regarding issues of marriage and coming to terms with income needs and the lifestyle consequences of this decision

## Unique Challenges for Adult Students

- Managing multiple personal responsibilities—home, family, and work
- Adapting to the college learning environment and feeling confident with entering academic skills
- Changing directions in work and career
- Feeling comfortable in an environment that may be dominated by traditional-age students
- Finding and interacting with a supportive group of peers
- Developing course schedules that are compatible with other responsibilities
- Finding a place on campus to study, rest, and meet with friends
- Commuting to class and finding adequate parking
- Finding appropriate child care
- Finding sources of financial support