

Managing Stress & Transitions

Preparation for Session:

- Plan a walking or virtual tour to various campus locations or invite a guest speaker

Purpose/Focus:

- Transition concerns (high school to college or college to college)
- Imposter syndrome
- Managing stress

Suggested Agenda:

1. Check-in with students (estimated time: 10-15 minutes)
 - Follow-up with students about any concerns/issues that were raised during the previous mentoring session
 - Show your interest in students by asking a new question to get to know them as individuals
 - Suggested icebreaker: What is one funny thing that happened this week?
2. Suggested topics to discuss (30 minutes)
 - Transition concerns – Mentors share about some of your challenges that you faced in transitioning and/or in successfully completing college. Next, ask about students' challenges or concerns related to being new to OSU. Offer support by validating students' feelings.
 - Imposter syndrome – Mentors share about a time in your life that you felt that you were not good enough and/or when you felt that you didn't belong in college or in a particular major/discipline. Allow students to share whether these fears resonate with them, and in what contexts, if they are comfortable. Offer advice for overcoming feelings of inadequacy or fears of not fitting or belonging at OSU.
 - Managing stress – Discuss different campus resources & personal habits related to relieving stress, including: Student Health Services, Counseling & Psychological Services, Academic Success Center, Dixon Rec Center. Remember to talk about how success depends on not only good academic skills and persistence, but overall health and wellness, good sleep, self-care, and support.
 - i. Check out the [Mind Spa](#) at CAPS in particular or help students sign up for the [Mindful@OSU newsletter](#)