

# CT-R Approach for Successful Transitions in the Fall



PERC Family Education Group

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Elisa Nelson, Ph.D.

# Agenda

- Increasing understanding of challenges related to transitions
- Identifying strategies to navigate challenges

# Transitions

- Role

- Returning to school
- Starting a new job

## Social

- Shifts in family dynamic
- Transitions with friends
- Changes with providers

## Physical

- Changes in routine and sleep schedule
- Adjustments to medications

# Complexity of Change

- Pros

- Taking steps forward towards larger goals
- Developmental, emotional, physical growth
- Increased independence

## Cons

- Increase in stress
- Increase in symptoms
- Possibility of failure

# A Closer Look: Role

- Success vs. Failure – beliefs about capability
- Comparisons with peers
- Navigating difficult questions
- Identifying comfortable ways to share

# A Closer Look: Relationships

- Negative beliefs about self and worthiness for friendship and a romantic partner
- Social media and comparison with peers
- Navigating difficult questions
- Identifying comfortable ways to share



# Successful Transition Strategies

# Self-Compassion

- Study 1
  - Surveyed 5509 college freshman to assess for factors that contributed to a positive college adjustment
  - Findings revealed:
    - Self-compassion strongest predictor of successful transition



# Let's practice

- Consider a situation this week when you felt disappointed or negative towards yourself
- Now I want you to consider this situation and offer yourself empathy and compassion
- Notice anything?

# Increasing Connection

- Study 1
  - Surveys 155 students
  - Increases in daily stress → increases in loneliness and depression  
→ decreased in mood
  - Open and assuring contact with family member moderated impact of stress and loneliness
- Study 2
  - Surveyed 120 college freshman looked at **Perceived Stress Scale** and a 30-item **My Resilience Factors** questionnaire
  - Finding revealed
    - Factors that promoted resilience - Social support and optimistic approach

Burke, T.J., Ruppel, E.K., & Dinsmore, D.R. (2016). Moving away and reaching out: Young adult's relational maintenance and psychosocial well-being during transition to college. *Journal of Family Communication*, 16 (2).

Leary, K.A., & DeRosier, M.E. (2012). Factors promoting positive adaptation and resilience during the transition to college. *Science Research*, 3 (12A), 1215-1222.

# Let's practice

- Think of two ways to increase connection with your family member?

# Broadening the Definition of Success

## **Aspirations:**

A significant and meaningful vision about a way that an individual wants to live his/her life

Get a sense of:

- Why your family member wants to attend school
- Why they chose a particular job

Underlying meaning can provide:

- Information about their interests/values
- More flexibility
- Increased motivation

# Structure

- Identify activities that match up with meaning of bigger goal
- Identify activities with structure to connect with peers
- Incorporate movement/exercise into routine to reduce stress

# Finding Comfort in Sharing

- Find comfort zone in sharing
- Practice sharing narrative
  - Finding comfortable language
  - Using humor
- Possible responses for employers or friends
- When asked what types of things they have been doing
  - “I have been taking sometime to focus on myself and evaluate what is important to me and what I want to pursue next”
- When asked about periods of they were unemployed or looking for work
  - “I have been exploring my options so my job search can be more intentional.”

# Take Smaller Steps Towards Transitions

- Increase familiarity with new place
- Continue older routines
- Check-ins with family and older friends
- Make transition in steps (take 1 class, volunteer, part-time work)

# Questions





# Additional Call Lines

- Crisis Text Line - Text “HOME” to 741-741
- Philadelphia Crisis Line (215) 685-6440 (24/7)