UD Families Are Awesome & Influential!
Student Wellbeing
To-do list:

- Submit required vaccines and health information on the UD Health Portal
- Encourage your student to complete required online trainings
- Keep an eye out for health insurance email
- Review Transition of Care checklist
- Familiarize yourself with our website
- Most importantly...Stay in touch!
The UD Health Portal is its own platform

(Different from the "My Blue Hen Home" portal and the "Blue Hen Family Hub")
• Take time now to consider how you will manage a pre-existing health concern (mental or physical)
• Arrange specialist and/or long-term care off-campus
• Ensure adequate insurance coverage
• Our Care Coordinator can assist with local referral options
First Call (text, facetime, snapchat) Home
Which Parent/Mentor Were (Are) You?
How Your Style Influences the Student Experience

**Authoritarian**
"Of course you have a choice – do you want to be an orthopedic surgeon or a neurosurgeon?"

**Authoritative**
"I want you to have some freedom to explore your career choices, but I expect you to do your best in whatever course you choose."

**Permissive**
"You do 'you' and let me know how it works out!"

**Mentoring**
"This is your decision – I know you can figure it out."
"If you have questions, let's talk"
What's Your Student's Style?

How do they:
- Respond to change?
- Adapt to new situations?
- Cope with new challenges & stress?
We're in this together!

Student Wellbeing is staffed with:

- 7 Physicians
- 4 Nurse Practitioners
- 3 Psychiatric APRNs & 1 Psychiatrist
- 20 Licensed Psychologists, LCSWs, and LPCMHs
- 2 Nutritionists
- 1 Collegiate Recovery Professional
- 16 Nurses
- 6 Health Promoters
- 18 Administrative Professionals
- and more!

We are all here to help support you & your student!
Many of our services are covered by the Wellbeing Fee that is automatically included in your student fees. 🔄 means no co-pays & no out-of-pocket costs
All UD students are required to have health insurance. Students & families choose between their own insurance or UD’s Student Insurance Plan.
Supporting Your Student's Wellbeing: Family & Staff Dream Team

- Family Member as **coach**
- **Partnership:**
  - **You know** your student
  - **We know** young adult development
- Anticipatory guidance
- Know & support the main predictors of college persistence
- **Encourage** help-seeking
- Stay connected in the **Blue Hen Family Hub** for more coaching tips & deep dives from Student Wellbeing!
Late-Night Phone Call

We know when your student calls, You're there to answer!

Your most important role:
Providing support and encouraging the connection with UD Resources*

We've got you covered from there!

*udel.edu/studentwellbeing is a great place to start. Or Google "Udel [insert topic here]"
Common Concerns

**Academic concerns**
"college is way harder than I expected."

**Navigating intimate relationships**
"I met someone...special."

**Purpose/future**
"I'm not sure this is for me."

**Navigating choices around alcohol use**
"Don't kill me, but..."  

**Roommate conflict**
"Can you believe they live like this?!"

**Mental health concern**
"I haven't been feeling like myself lately..."

**Homesickness**
"I miss you...there's no one here that I feel connected with."

**Basic needs concerns**
"I'm having trouble affording [food/rent/clothing]."

**Physical health concern**
"I think I'm sick."
Always leave the light on & the door unlocked

We have 24/7 telehealth resources available - learn more at udel.edu/timelycare
Remember your own wellbeing

This is a process for you, too!
Questions & Discussion
Thank You!

Contact Student Wellbeing:

- studentwellbeing@udel.edu
- udel.edu/studentwellbeing
- TimelyCare 24/7 virtual crisis support udel.edu/timelycare

Start the conversation with your student!

- What's one thing you learned during your Student Wellbeing session?
- What's a wellbeing goal you have for your first year of college?
- How can I help support you in achieving that goal?

Post-Survey