



**FRESHMAN SUCCESS:**

## **GROUP PRESENTATION**

### **ADJUSTMENT ISSUES TO CONSIDER FOR YOUR ASE PRESENTATION:**

As a college student, you might experience one or more of the following stressors that students sometimes face. Some of these problems might lead to mental health concerns such as depression and anxiety:

- Breakup of a friendship or romance
- Losing touch with friends from high school
- Financial problems, managing on a small budget, or understanding financial aid, finding work opportunities, managing transportation
- Time management, juggling priorities (for athletes, for parents, for working students)
- Academic problems, different academic expectations
- Lack of support system (friends, family, others)
- Chronic stress
- Trauma (including sexual assault)
- Alcohol or Drug Abuse
- Death of a loved one
- Divorce or family separation
- Living with roommates or living in a dorm—options for solving communication or behavior problems
- Adjusting to a new country
- Adjusting to a new state or region of the country
- Adjusting to professors versus high school teachers
- Family: homesickness, dealing with helicopter parents, etc.

For this assignment you will work in small groups. Each group will select one of the issues above to explore in detail, and the group will report back to the class about their findings. The group will divide the issue into parts with each student in the group doing some research about the issue. **Each person in the group is required to find two resources: articles, books, or valid web sites with information about the issue.** The group will create a PowerPoint presentation and teach the class about the issue (for example: what causes the issue, what are symptoms of the issue, how to cope with the issue, or how the issue can be overcome or the situation made better—or avoided, and what life changes students might make on their own or with help from others). Also, if Wesleyan has resources on campus that might help the issue, be sure to present that resource to the class.