



KIDMORE  
C O L L E G E

# Health & Wellness

A GUIDE FOR SKIDMORE FAMILIES

## Welcome to Skidmore!

The adventure your student is about to embark on here at Skidmore is an opportunity and a challenge, both for them, and for you, as a family member. Life at Skidmore is intellectually stimulating, exhilarating and filled with change and growth. Staying healthy physically and psychologically helps students get the most out of their education.

This guide is co-written by Skidmore students and Health and Wellness staff for families as an introduction to some key wellness-related challenges students typically navigate during their time on campus. We hope it will provide you with knowledge about Skidmore resources as well as ideas about how to balance support, encouragement and stepping back so that your student can transition successfully and thrive in college.

Moving-in day is filled with excitement, anticipation, anxiety and some sadness (along with the inevitable confusion, sweat from hauling boxes and mini-fridges and too much information from too many people to possibly remember). Please take this guide home with you, to review after you leave campus. If you have questions or concerns about your student's health and wellness, staff members at Health Services, the Counseling Center and Health Promotion are always happy to help families with information, support and options.



## Starting Strong: Wellness Matters

## Connections:

At Skidmore, students meet roommates, classmates, professors, advisors, Peer Mentors, Resident Assistants and staff members all in their first few days on campus. Orientation has a mix of structured and unstructured time that will help build a sense of community and belonging for all our students, but it is not unusual for students to walk away from orientation feeling a bit overwhelmed and homesick.

## Getting Involved:

Skidmore offers over 100 student clubs and organizations that cover a huge range of topics and interests. Most of our students are involved in something on campus in addition to their academics. Club Fair, on the first Friday after the start of classes, is a great opportunity for students to spend time learning about the wide variety of clubs, sign up for email lists and get information about upcoming events. There is also an online platform, SkidSync, students can access at any time in order to join clubs and be informed about all the events and programs on campus.

### STUDENT TIPS

#### Sign up for BikeMore

If you want to travel downtown, sign up for BikeMore on campus to borrow a bike for free. It's a great way to see the city and it is a fun, healthy alternative to using the bus!

#### Use your resources.

Connect with a trained peer to get extra support during the first semester. I loved my Peer Mentor and she really helped me figure out where to study and how to balance my time. She had just come back from studying abroad and helped me think ahead about where I might want to go in my junior year. I have a friend who got really close to her RA, who helped her with a challenging roommate situation.

#### Get involved.

Skidmore is a small and pretty friendly campus. Some of my best friends turned out to be people I met kind of randomly, in line at Club Fair and at the bookstore. I was pretty homesick, but I pushed myself to go to club meetings and events and it really did help.

Balance:



# Communication:

## **With Families**

Expect your student to change. After all, that is why they, (and you), chose Skidmore. All of the challenge, upheaval and disruption college fosters is typically a very good thing. As family members, keeping lines of communication as open as possible means that your student will be able to use you as a source of support, advice, and guidance during stressful and happy times ahead.

## **With Health Services and the Counseling Center**

While Health Services and the Counseling Center welcome questions and concerns from family members, their clinical interactions with students are



