

# Getting Ready for University

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# How can we prepare students for University?



**First  
Attempt  
In  
Learning**



## Stress is bad for the body

Strongly agree **(A)**

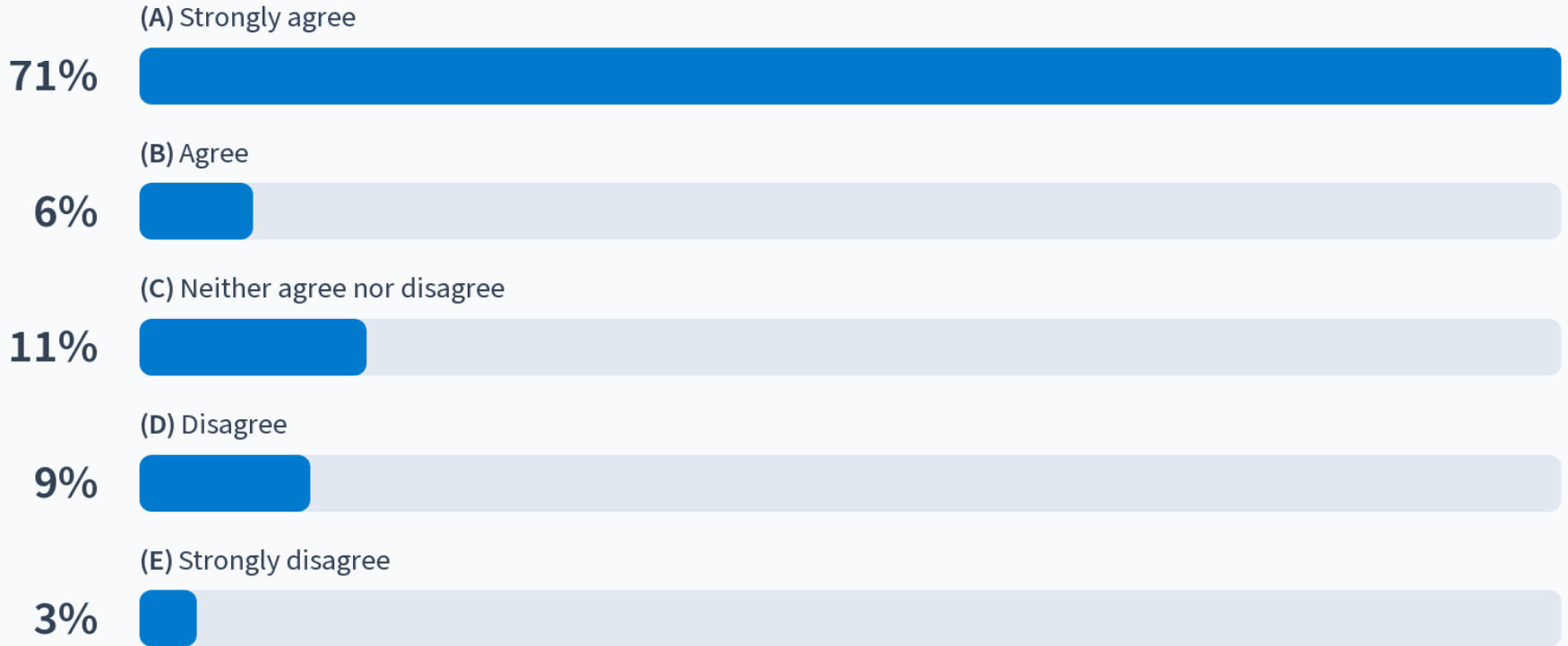
Agree **(B)**

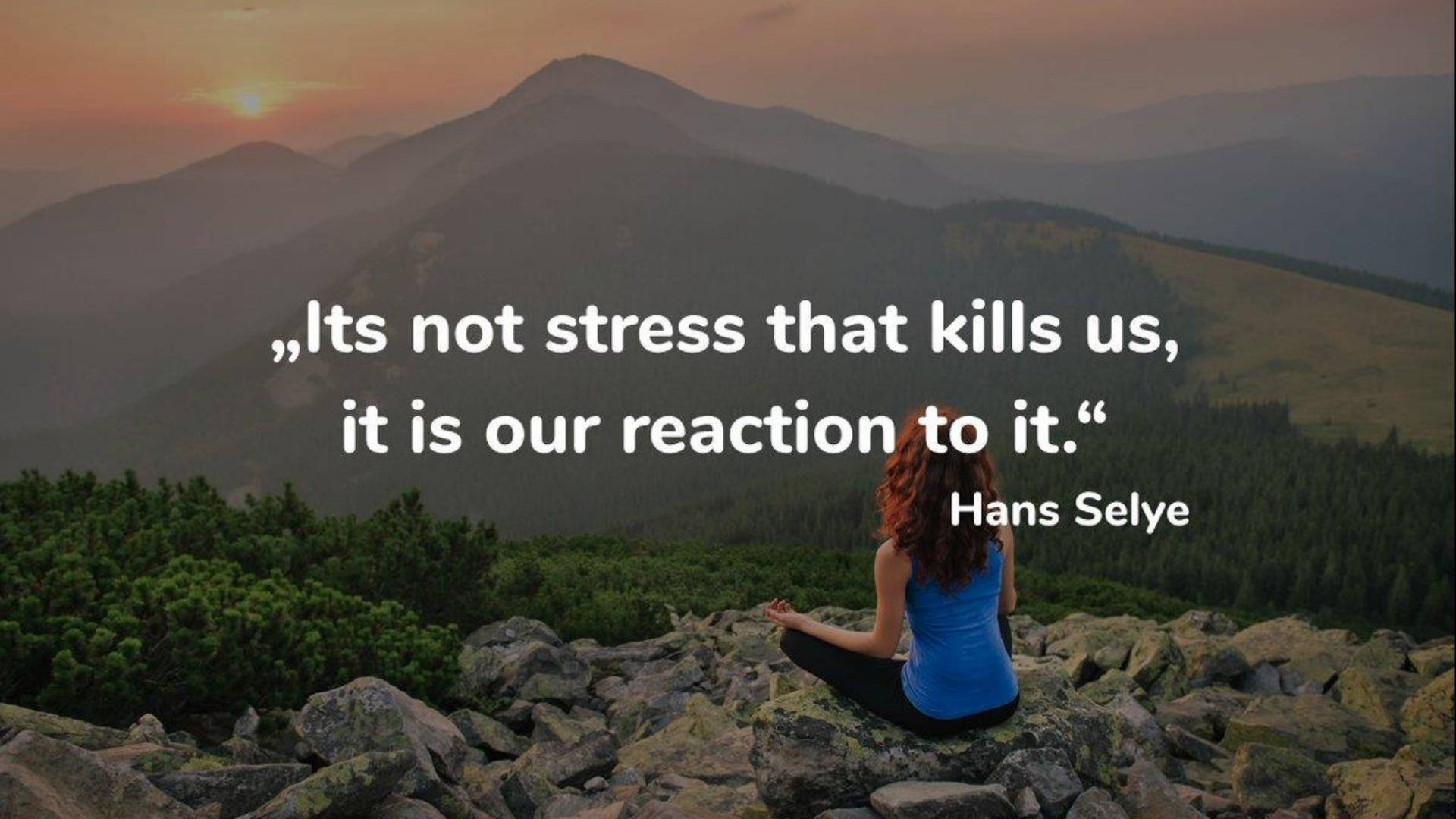
Neither agree nor disagree **(C)**

Disagree **(D)**

Strongly disagree **(E)**

## Stress is bad for the body



A woman with long, wavy red hair is sitting in a meditative pose on a rocky mountain peak. She is wearing a blue tank top and black leggings. The background features a vast mountain range under a sunset sky with a low sun. The foreground is filled with large, grey rocks and some green shrubs.

**„Its not stress that kills us,  
it is our reaction to it.“**

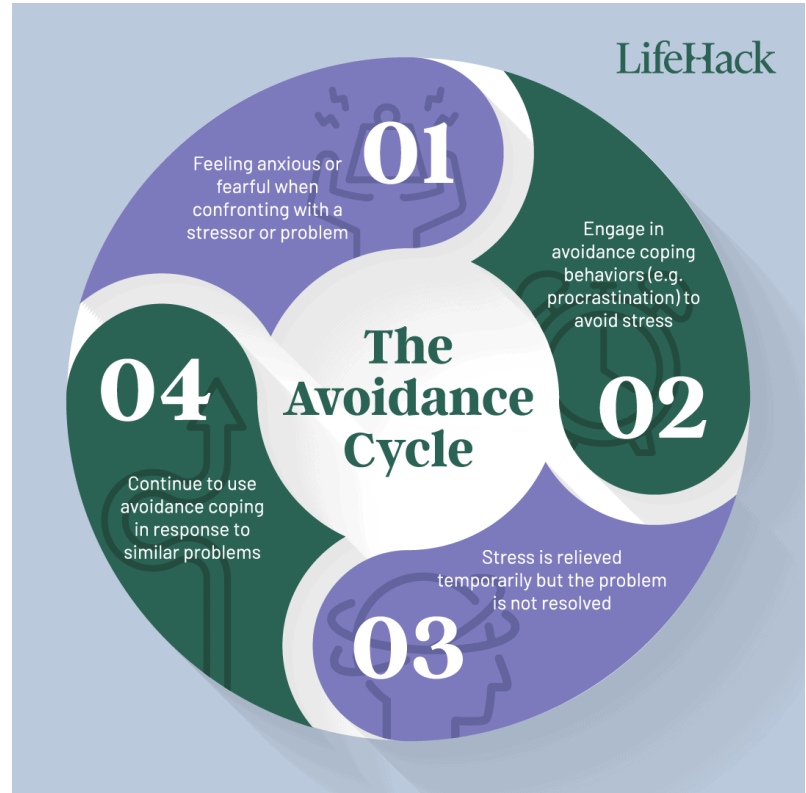
**Hans Selye**

How we face and cope with stressors has a **huge** impact on our mental health and well-being



## What Is Avoidance Coping?

Avoidance coping temporarily reduces stress by avoiding certain situations, thoughts, or feelings. Some people use cognitive avoidance strategies to distract themselves, ignore problems, or avoid dealing with their stress. Others rely on behavioral avoidance strategies like avoiding people, places, and situations that cause stress or anxiety.



# RADICAL ACCEPTANCE COPING STATEMENTS

**“This situation is only temporary.”**

**“I can’t change what has already happened.”**

**“I won’t stress over the things that I can’t change.”**

**“I’ve dealt with difficulties before and I can deal with this.”**

**“This feeling will pass and I will be okay.”**

**“I can’t change the situation, but I can control how I respond to it.”**





# HOW TO SIT WITH DISCOMFORT



Take care  
of  
yourself







**QUESTIONS?**



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Academic success strongly tied to student well-being.



First year students particularly vulnerable.



When students feel connected to their peers, their professors, and their campus, it buffers against the stress of university life.

# PMC 101

Sonia Tanguay, Senior Disabilities Coordinator