

Faculty & Staff Development Day:
**What's "Typical" for the Typical College-Aged Student?
Ordinary Behaviors and Special Challenges**

Thursday, May 11, 2006
9:00 a.m. to 4:00 p.m.
Carwein Auditorium

Presented by:

Charee Boulter, Ph.D.

Psychologist & Substance Abuse Prevention Coord.
Counseling, Health & Wellness Services
University of Puget Sound

Dana Falk, Ph.D.

Psychologist & Training Director
Counseling, Health & Wellness Services
University of Puget Sound

Christine Stevens, RN, Ph.D.

Assistant Professor
Nursing Program
University of Washington, Tacoma

Carol S. Wood, Ph.D.

Clinical Manager, Licensed Psychologist
Student Counseling Center
University of Washington, Tacoma

Please join us for a day devoted to the mental health of 17 to 24 year olds. We will discuss:

- Normal Developmental Maturation Issues
 - Separation, individuation with parents & families
 - Why adolescents so often drop the ball; neurological plasticity
 - Exploring new territories, breaking past rules, pushing new boundaries
 - Freedoms of college life
 - New social relationships
 - Immediate gratification, procrastination
 - Assessing responsibility ("agency")
 - Tolerance for risk but not yet developed ability to assess risk
 - Influence of violence and trauma histories on behavior
 - Stresses of campus life vs. family life
- Our responses and responsibilities
 - Ways to engage with students that are positive and supportive
 - What to say to a student you suspect is having a problem
 - How to respond to a student who initiates sharing information about a problem
 - How to make a referral to the Student Counseling Center
- Our campus strengths to draw on
- Biopsychosocial Maturation: Brain Development in 17 – 24 Year Olds
- Relationship Issues
 - "Dating"
 - Sexuality
 - Partying
 - Bullying, intimidation
 - Sexual assault, date rape, date rape drugs
 - Dating violence
- Substance Use and Abuse Issues
 - On campus
 - Off campus and surrounding area
 - Alcohol poisoning
 - Violence while intoxicated
- Mental Health Issues
 - Depressive and Anxiety Disorders
 - Onset of Bi-Polar Disorder
 - PTSD
 - ADHD
 - Onset of Psychotic Disorders
 - Suicide
 - How these might affect participation in classes and on campus

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AGENDA

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|-------------------------|---|
| 9:00 – 9:15 a.m. | Opening Remarks
Chancellor Spakes & Carol Wood |
| 9:15 – 10:45 a.m. | Session I
<i>Biopsychosocial Maturation: Brain Development
in 17-24 Year Olds</i>
Christine Stevens |
| 10:50 – 11:25 a.m. | Session II
<i>Normal Developmental Maturation Issues</i>
Dana Falk & Carol Wood |
| 11:30 a.m. – 12:15 p.m. | Session III
<i>Relationship Issues</i>
Charee Boulter & Dana Falk |
| 12:15 – 1:15 p.m. | Break |
| 1:15 – 2:00 p.m. | Session IV
<i>Substance Use and Abuse</i>
Charee Boulter |
| 2:05 – 3:00 p.m. | Session V
<i>Mental Health Issues</i>
Carol Wood |
| 3:05 – 4:00 p.m. | Session VI
<i>Our Responses and Responsibilities</i>
Boulter, Falk, Stevens & Wood |

You are welcome to attend as many sessions as your schedule allows.

Please RSVP to skinzel@u.washington.edu