

CLEMSON

COUNSELING & PSYCHOLOGICAL SERVICES

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TIPS FOR PARENTS OF CLEMSON UNIVERSITY STUDENTS ON COPING WITH TRAUMA

Traumatic events and tragedy are often horrifying and arouse anxiety in various ways. College students may feel especially vulnerable. If this could happen on one campus, they are reminded that it could happen anywhere.

The following are some suggestions for relating to your student in the aftermath:

- Talk with your student as often as needed. You may find that he or she wants more contact with family at this time, and that is normal.
- Encourage your student to express his or her feelings about the incident. Provide support, realizing that all feelings are legitimate.
- Reassure your student that strong feelings after a tragedy are not uncommon. You might ask, "It must have been so upsetting to hear about the recent event."
- Realize that being away from home may be disconcerting at this time; your student may have never experienced this form of anxiety previously.
- Consider asking, "Are you worried about anything at this point?" This will give your student the opportunity to express any particular fears.
- Encourage your student to seek support from fellow students. Advise your student to be alert to campus communications and familiar with emergency procedures on campus.
- If your student needs to talk with a professional, suggest that he or she visit Counseling and Psychological Services (CAPS) at Redfern Health Center.
- If parents are concerned about their student and want to consult with a professional, call CAPS at (864) 656-2451. We will be glad to discuss ways to help your student.
- For other resources, visit the Dean of Student's site:
<http://www.clemson.edu/studentaffairs/deanofstudents/>
- For after-hours emergencies, access CAPS counselor on-call through Clemson University Police Department (864) 656-2222.
- If the student is determined to be in danger to self or poses a threat to others, call 911 or CUPD, (864) 656-2222.

Adopted with permission from Dr. Karen Settle, Director of Counseling and Testing at Southern Methodist University.