Resources for Parents

BOOKS

When Your Kid Goes To College: A Parent’s Survival Guide  by Carol Barkin
You’re on your own (But I’m Here If You Need Me): Mentoring Your Child During the College Years  by Helen E. Johnson
Been There, Should’ve Done That II: More Tips for Making the Most of College  by Suzette Tyler
She’s Leaving Home – Letting Go As A Daughter Goes to College  by Connie Jones
Letting Go: A Parents’ Guide to Understand the College Years, Fifth Edition  by Karen Levin Coburn & Madge Lawrence Treeger
Give Them Wings  by Carol Kuykendall
Empty Nest, Full Heart: The Journey from Home to College  by Andrea Van Steerhouse
How to Survive and Thrive in an Empty Nest: Redefining Your Life When Your Children Have Grown  by Jeannette C Lauer
Almost Grown: Launching Your Child from High School to College  by Patricia Pasick
Becoming a Wise Parent for Your Grown Child: How to Give Love and Support Without Meddling  by Betty Frain, Ph.D. & Eileen M. Clegg
I’ll Miss You Too: An off-to-College Guide for Parents and Students  by Margo E. Woodacre Bane & Stephanie Bane

WEBSITES

College Parents of America:  http://www.collegeparents.org
National Resource Center for First-Year Experience and Students in Transition:  http://www.sc.edu/fye/index.html
The U.S. Department of Education’s Higher Education Center for Alcohol and Other Drug Prevention:  http://www.edc.org/hec
Parents, Families and Friends of Lesbians and Gays:  http://www.pflag.org
Guide for Parents of Students with Disabilities (University of Texas at Arlington):  http://www.uta.edu/disability/parent.php
Articles for Parents and Students:  http://campuslife.suite101.com/

STEVENS INSTITUTE OF TECHNOLOGY

Howe Center, 7th Floor
Castle Point on the Hudson

Phone: 201-216-5177
Fax: 201-216-5629
E-mail: stevenscounseling@stevens.edu

Business Hours
Monday—Friday
9am—5pm
Evening hours vary by semester.

STAFF

Jodi B. Streich, Ph.D.
Director
Melissa Shuman Zarin, Ph.D.
Supervising Psychologist
Lauren Poleyeff, Psy.M., LCSW
Disability Services Coordinator
Jessica Shimberg, Ph.D.
Staff Psychologist
Mai El-Khoury, Ph.D.
Staff Psychologist
Jeremy Novich, Psy.D.
Postdoctoral Psychology Fellow
Daniel Bascara, M.D.
Staff Psychiatrist
Michael Jackson, M.D.
Staff Psychiatrist
Jeannine Beaulzil, B.S.
Administrative Assistant

Student Counseling and Disability Services (SCADS)

An informational overview of the counseling and disability services available to Stevens students, faculty and staff

A Guide
For
Parents
A GUIDE FOR PARENTS

SCADS is comprised of licensed psychologists who have dedicated their work to the practice and treatment of college-aged young adults.

We provide time-limited counseling which helps to facilitate adjustment, attain resolution of progressive challenges, restore functioning, and alleviate acute symptoms. If there is a need for long-term services, we will provide an outside referral to a private or public mental health care provider in the community.

SOME SIGNS OF DISTRESS

- Changes in Academic Performance (motivation, concentration, grades, attendance)
- Changes in Behavior (mood, sleep, appetite, energy, personal hygiene or speech)
- Changes in Relationships (social isolation, interpersonal conflicts or death of family member or close friend)

HOW YOU CAN HELP

- Speak to your son or daughter when you notice something unusual — do not ignore disturbing or unusual behavior.
- Communicate directly in a caring manner and discuss behaviors of concern.
- Avoid criticism and/or judgment.
- Recommend counseling as an objective outside resource.

Seek IMMEDIATE help when a student is talking about harm to self or others and/or acting in a bizarre or disruptive manner.

Contact us: 201-216-5177 (M-F 9am-5pm)

After-hours: Campus Police 201-216-3911

DISABILITY SERVICES

PROVIDE

- Psychological report or other testing results need to be no more than 3 years old.

- The assessment must reflect the current impact of the student’s disabilities on academic performance, particularly within the college setting.

- Testing should be completed by a licensed health care provider, such as a clinical or educational psychologist, neuropsychologist, learning disability specialist, or physician specializing in learning disabilities.

ASSESSMENT MUST INCLUDE

- Dates of the testing.
- Credentials of the evaluator.
- A DSM-5 diagnosis.
- A summary of how this specific disability would impact performance in the college setting.
- A list of recommendations to accommodate this disability at the college level.

ONCE APPROVED

- Students initiate a request for the implementation of these accommodations as EARLY as possible each semester. Students can obtain a “Consent form for Disability Accommodations” from the counseling office or our bulletin board.

Federal and State laws and ethical practice guidelines prohibit psychologists from speaking with you about your adult child’s treatment without their written permission, except in extenuating circumstances.