

COUNSELING SERVICES

FRESH TALK

THERE'S NO DENYING IT. FRESHMAN YEAR IS HARD.

THE TRANSITION BETWEEN A REGIMENTED, ORGANIZED SENIOR YEAR OF HIGH SCHOOL (LIVING AT HOME AND LEARNING IN A STRUCTURED ENVIRONMENT) TO THE FIRST YEAR OF COLLEGE (WHERE BUILT-IN FRAMEWORKS MAY NO LONGER EXIST) CAN BE AN ENORMOUS CHALLENGE FOR MANY PEOPLE. FROM GEOGRAPHIC MOVES, UNFAMILIAR FACES, NEW LIVING SITUATIONS, AND UNEXPECTED SOCIAL AND ACADEMIC EXPECTATIONS, IT CAN BE PRETTY INTIMIDATING FOR FIRST-YEAR STUDENTS TRYING THEIR BEST TO ADAPT. LEFT TO FIGURE THINGS OUT FOR THEMSELVES, FIRST YEAR STUDENTS CAN HAVE A HARDER TIME ADJUSTING TO THEIR NEW ENVIRONMENT AND INTEGRATING INTO THE CAMPUS COMMUNITY AS ACTIVE MEMBERS.

**Join in on the conversation.
1st Tuesday each month
Student Union, Magnolia Room
1:00 pm**

For more information, or to speak with a counselor about group counseling being offered, contact Counseling Services by visiting the MultiComplex Center or contacting **Mrs. LaShundra Crittle**, Coordinator of Counseling Services at lcrittle@coahomacc.edu or 662-621-4858.



COAHOMA
COMMUNITY COLLEGE
On a mission...

