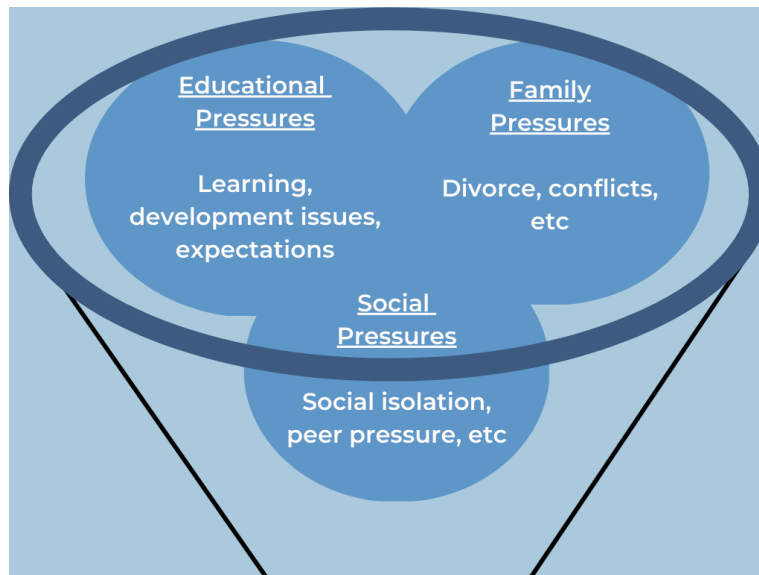




What's So Complicated About Starting College?

Life for Today's Teens:



Depression, anxiety, substance abuse, self-harm thoughts/actions, etc.

Trio of stressors and how they have changed over the years:

- You don't know yourself...
- **Trying to make friends and fit in**
- Tough body changes – voice, face and hormone shifts
- Hours of school work
- Drug use and abuse
- Emotions are erratic and amplified
- Family and society expectations
- Criticism, mistakes, rejection and disappointment

