



KEY WORDS:

college psychology,
cognitive development,
stress management,
social challenges, study
skills, distractions,
mental health

THE LAUNCH MISSION WEEKLY TOPIC SHEET

SUMMARY

In this conversation, Allison Sligh discusses the psychological aspects of college life, including cognitive development, stress management, academic success, and social challenges. She emphasizes the importance of managing stress, building supportive networks, and understanding developmental changes during this critical period. The discussion also offers valuable advice for parents and high school seniors preparing for the transition to college.

ANNOUNCEMENTS

Podcast Episode 85:

College Success from a
Cognitive Psychology
Perspective

Blog Posts:

- Balancing the Load:
Managing College Stress
- Navigating New Social
Norms After High School

THINK ABOUT IT!

How can understanding the psychological aspects of college life, such as stress management and cognitive development, help you prepare for the challenges and opportunities that come with this transition?

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Daily Activity Sheet

Monday

Listen to Podcast Episode 85 - Answer the reflection questions provided in the podcast release blog post.

Tuesday

Stress Management Planning- Identify three strategies you can use to manage stress during your transition to college. These could include time management techniques, exercise, or engaging in hobbies. Create a stress-management plan for the upcoming semester.

Wednesday

Study Skills Self-Assessment- Assess your current study habits. Are you engaging deeply with the material, or prone to distractions? Identify one area for improvement, such as reducing multitasking, setting up a study schedule, or focusing on active learning techniques.

Thursday

Building Healthy Habits- Make a list of three habits you want to cultivate that will help with both academic success and personal well-being. This could include healthy eating, regular exercise, or ensuring you get enough sleep.

Friday

Study Group Formation- Find or create a study group with peers who share similar academic goals for the rest of your high school experience to help prepare for college.
