

of helping students resolve or recover from a variety of mental health concerns and prevent or manage crises. The college disability service provider is doubly tasked with assisting vulnerable youth, where negative self-stigma (i.e. "being different") can combust with typical college stressors. But how to be helpful when often students cope by not showing up, are too scared to let on that they're "in trouble," and/or introduce themselves in an end of semester panic about impending failure?

Drs. Rostain and Hibbs reveal how parents and educators can foster a growth mindset in students to promote resilience and better coping. They offer a new paradigm for partnering among students, parents, and disability service providers. The major content of this talk is drawn from their new book on college mental health, *The Stressed Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years* (St. Martin's Press, 2019).

2:30 – 3:45 p.m.

Concurrent Afternoon Sessions

3:45 – 4:30 p.m.

Afternoon Snack-And-Chat