



CAR CONVERSATIONS



Big Red Resilience and Well-Being, Counseling and Psychological Services, and University Health Center all provide resources to support students in enhancing all areas of their well-being. Use these conversation starters to discuss and learn more about what areas of well-being your student can strengthen as they start their first year at the University of Nebraska-Lincoln.

Emotional Well-Being Conversation Starters

- How does your student feel about seeking mental health support and counseling?
- What does your student need from you or from UNL resources to support their mental health throughout the school year?
- What priorities do they have for the upcoming school year? How can UNL resources provide support with their mental health to keep those priorities?
- Share your experiences with mental health while in college or other times of transition. What coping strategies did you find to be helpful?

Financial Well-Being Conversation Starters

- Share your philosophy on financial well-being including any mistakes that you have made along the way
- Ask your student what questions they have about the way that you manage finances

Physical Well-Being Conversation Starters

- Discuss your family's medical history with your student
- Ask your student how they plan to prepare themselves to receive medical care on-campus including their health requirement, insurance and medical Power of Attorney
- Discuss with your student how they plan to take care of their sexual health

Alcohol and Drug Conversation Starters

- What do you know about alcohol?
- What do you think about drinking in college?
- If you have a family history of substance misuse, discuss it with your student. A family history of substance misuse may make them more vulnerable to developing a substance misuse disorder themselves.

Contact Us

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