

# Family Life Roles/Expectations and UCS Services (in 10 min or less)

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# Roles and Expectations: Roles

- Identify the roles you are currently playing in your family.
  - Parent, Sibling, Caretaker, Role Model, Financial Support, Emotional Support...
- Identify the roles you are currently playing in your own life.
  - Student, Employee/Worker, Family Member, Stepping Toward/Away from Family, Underdog, First Generation Student...
- Emotional weight of roles vs specific responsibilities. Answers are not universal.
- Roles always come with expectations and the while expectations can often be named, they are not always clear.

# Roles and Expectations: Expectations

What expectations come with these roles?

- Behaviors, knowledge, emotional presence.

Where do these expectations come from?

- Family? Self? Popular culture? Cultural background? Spirituality?

We often experience expectations without specificity, context, and without compassion.

- (e.g. a grading scale for a class you may not have signed up for that disregards all other areas of your life including other roles)

# Roles and Expectations: Break Down

- The better you are able to identify your roles, expectations, and their origins, the more equipped you are to address them.
- Breaking down roles and expectations into time limited steps can be very helpful (though challenging).
  - The time limitation adds specific context allowing you to better attend to the roles/expectations.
    - As a caretaker in my family, what do I need to prioritize this week?
    - As a UWM grad student in \_\_\_\_\_ class, what is expected of me this day/week/month?

# UCS Common Concerns and Services Offered

## Concerns

- Anxiety
- Depression
- Grief and Loss
- Trauma and Recovery
- Eating/Body Image
- Parenting
- Relationships & Conflict
- Stress & Time Management
- COVID Adjustment Related Concerns

## Services

- Telehealth Individual Counseling
- Telehealth Couples Counseling
- Telehealth Psychiatry – medication management and evaluation for students not currently taking psychotropic medication.
- Let's Talk – brief, informal, virtual consultations with a counselor. Online signup and not paperwork required!
- SilverCloud and UCS Videos - SilverCloud is an online, self-guided, interactive resource UWM students can access 24/7.
- Case Management and Community Connection