

# MCNEAL SAMS COLLEGE CONSULTING NEWS AND NOTES



## MAY: THE HAPPINESS ISSUE

You made it! As you receive this, you have made your final college choice. (Or, at least you should have!) We are so excited for you and the opportunities that await you next fall and beyond. College will be a period of exploration, personal growth, challenge, and lots of fun. We look forward to hearing from you about your college experiences.

This issue of the newsletter is dedicated to happiness. We hope you are happy at the moment. We know it is Advanced Placement testing time and perhaps those tests are not the happiest moments. Yet, throughout May and early June, you will be graduating from high school and participating in lots of celebrations. Graduation marks a moment of transition and change. This is exciting and is also intimidating. We hope your transition to college is smooth, but we know it won't all be.

So this issue is dedicated to helping you focus on finding happiness despite the ups and downs of your college journey.

## COLLEGE AROUND THE CORNER FINAL WEBINAR: BEING WELL IN COLLEGE

Our first two webinars addressing the transition to college were very successful. The first webinar was held on April 11 and focused on the academic transition to college. We were excited to welcome guest speaker, Dr. Jennifer Schneider from the Rochester Institute of Technology.

The second webinar was held on April 18 and focused on living on a college campus. Four current college students joined us to discuss their transition to college and offer lots of helpful advice. Their insights were insightful, practical, philosophical and even fun. (See the next page for some roommate tips!)

You should have received links to a shared Google folder where you can view the recordings, read the presentation notes, and find additional information regarding the topics. You may also find the information [here](#).

Our **final webinar** will be held on **Tuesday, May 16 at 6:30 pm Central Standard Time**. This final webinar will focus on taking care of yourself in college, physically, emotionally, and socially. [To register, please use this registration form](#). We hope to see you there.

## TALK AROUND TOWN

This month a little something different. Instead of suggested books, podcasts, and articles, we are sharing some recommended Ted Talks focused on Happiness.

**The Surprising Science of Happiness**, by Dan Gilbert

**The Secrets to a Happy Life: Lessons from 8 Decades of Research**, Robert Waldinger

**The Habits of Happiness**, Matthieu Ricard

And, one webinar, **Happiness 101**, Tim Bono



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# NEWS AND NOTES

## WHEN THE HONEYMOON ENDS: ROOMMATE ISSUES

"Hello? Mom and Dad? I have bad news. It turns out my roommate and I are REALLY different from each other. Help

Phone calls like these are typical about six or seven weeks after the start of freshman year. Oh no! It turns out your roommate is a human being! With all the quirks and imperfections that are typical of that species! Plus, it feels like the walls are closing in, and your room was only the size of a broom closet to begin with! Now what?!

It can be disappointing when conflicts between you and your roommate emerge. Having realistic expectations and communicating effectively are the key to peace. Here are some suggestions:

- When a problem arises, remember the old saying: "stop, breathe, and think." A little oxygen does wonders for your ability to find solutions.
- Remember, this is a relationship. It's reasonable for you both to have individual needs, and those needs may come into conflict. Talk about them respectfully (ideally, before you even move in, but it's never too late for positive communication).
- Listen to the difference here: "You're a hopeless slob" vs. "When unfinished food is left out, it attracts bugs. Can we talk about how to store things and clean up after ourselves?" Focus on the problem; don't attack your roommate's character.
- Don't expect your roommate to meet all your needs. When you each get involved in separate activities, you can create your own group of friends. Sometimes, a little space makes all the difference.
- We've said this before, and we'll say it again: treat others the way you'd like to be treated. Passive-aggressive sticky notes and snippy texts cause resentment. And don't let problems fester. You're not a mind reader, and your roommate isn't, either—so speak up.
- Need something beyond this? Talk with your residential adviser – that's why they live in your dorm.

Is there a guarantee that things will always go smoothly? Of course not. But part of the challenge in college is to navigate a new social situation and an entirely new community. Complain to Mom and Dad—and then get busy on honest, clear, and respectful communication.

## KINDNESS CORNER: CELEBRATING YOU

It is that time of year. The time to celebrate YOU! We want to join in the joy, too.

There are so many moments we love ... too many to list. Mainly, what we love is working with you and getting to know you. As a thank you for that privilege and honor, we have a surprise headed your way. Watch for a delivery around the third week of May. Let us know if you do not receive anything by the end of the month. Congratulations, again. Please keep in touch.

Your McNeal Sams College Consultants,  
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