Hangovers

“A hangover is when you open your eyes in the morning and wish you hadn’t.”
Expectation Hangovers

“The undesirable feelings that arise from a desired result not being met”

Symptoms Include: depression, mental fogginess, spinning, lethargy, lack of motivation, disappointment, embarrassment, feelings of regret, headache, hopelessness, isolation, and...

Desperately wanting the hangover to be over!
Expectations from...

- College
- Parents & family
- The opposite sex
- Friends
- Professors
- Society/Media
- YOURSELF
Are you at Risk?

✓ Decide a Major
✓ Party and have fun
✓ Date and Hook-up
✓ Have a ton of friends
✓ Be independent
✓ Look good
✓ Super-involved
✓ Graduate and know what I want to do for the rest of my life by 22
✓ HAVE THE TIME OF MY LIFE!!!!!!
A Rude Awakening!
Hangover- Inducing Truths:

- 50% of those who do declare a major, change 2-3 times
- 44% of today's college students drink enough to be classified as binge drinkers at risk for alcohol poisoning or alcoholism
- 63% of all STD cases occur in people under 25 years of age
- 80% of undergrads are sleep-deprived
- More than 30% of college students report feeling overwhelmed most of the time; 45% say they've been so depressed it was difficult to function
- 10 million U.S. females are battling eating disorders
- Average graduating student loan debt $25,760, CC balance of nearly $3,000
- 48% percent of 2006 graduates moved back in with parents
<table>
<thead>
<tr>
<th>Common Coping Skills</th>
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<tr>
<td>Talk to friends incessantly</td>
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Freshman need a “FRESH” way to deal with Expectation Hangovers!

1. Expectation Clarification & Excavation
2. Expectation Hangover Prevention
3. Expectation Hangover Treatment
“I can’t let go of my expectations, they help me achieve my GOALS!”
Goals vs. Expectations

• **Goal**: “objective or purpose”

• **Expectation**: “eager anticipation for something to happen”

In College I Expect to . . .
Where’s the Party?
What’s Your Major?

• The “passion” gene
• Gotta plan
• Noodle Thrower
• A BIG “?”
Where's the Love?
What do YOU want?
Expectation Hangover Prevention

www.christinehassler.com
Expectation Management:

- Give yourself “Transition Time”
- Investigate, don’t declare
- Time-Management Plan
- Step out of your comfort zone
- Take care of your health
- Expect nothing of anyone else
- Remember...
Expectation Management:

You get OUT of college exactly what you put IN
Twenty-Something Manifesto

Survey

• What life skills do you think you did NOT learn in school and/or from parents/authority figures that you feel you really need?

- Money Management
- Self-security/identity
- Decision Making
- How to make changes
- Dealing with emotions
- Career Advice
- Relationship Guidance

Online survey from Survey Money, 2007; numbers above represent number of people answering the question; over 600 responded to this question.
Create your Curriculum

**Exploratory Studies: Career**
- Investigate, don’t assume
- Informational Interviews
- Beyond the College Career Center
- Connect with Professors
- Field Trips

**Topics in Economics**
- Increase your Financial IQ
- B.S. in Budgeting & Ph.D. in Plastic
- Money party
- Open a savings account
Create your Curriculum

Interpersonal Relations
- De-tox Drama
- Fall in love with yourself first
- Seek Mentors
- Polish your “soft” skills

Real World 101
- Solo-decision making
- Unfamiliar vs. Familiar
- Out of myspace and facebook and into the “real world”
- Stick to a schedule & healthy lifestyle
- Volunteer
Acing your Curriculum

Goal Setting: Rules of the Game

1. List action items and BE SPECIFIC!!!
2. Take steps not leaps
3. Set goals that are 100% self-directed
4. Set goals that are self-attainable
5. Attaining Goals is a process not an event
Expectation Hangover Treatment

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## Expectation Hangover Treatment

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<tr>
<th>Action</th>
<th>Recommended Action</th>
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<tbody>
<tr>
<td>Talk to friends incessantly</td>
<td><strong>One Time Rule</strong></td>
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<td>Alcohol/Drugs</td>
<td><strong>Exercise</strong></td>
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<td>Ignore</td>
<td><strong>Journal, talk to counselor, mentor</strong></td>
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1. Practice the 90%-10% rule & response-ABILITY
2. Be in the PRESENT!
3. Let your interests, not expectations, lead you
4. Learn Real World Curriculum
5. Expect the Unexpected!
The Ultimate Question . . .

WHO
What are you going to be?
It’s YOUR choice . . .

You have brains in your head.
You have feet in your shoes.
You can steer yourself in any direction you choose.
You're on your own.
And you know what you know.
You are the guy who'll decide where to go.

~Dr. Seuss
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