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[Counseling Services Director Offers Tips to Cope with Anxiety of Starting College](#)

[Charles Anderson, director of counseling and psychological services at the University of N](#)

[AUGUST 28, 2018](#)

[By Dave Cranshaw, Office of Marketing & Communications](#)

[The Office of Counseling and Psychological Services sponsors events such as its "Dogs In](#)

[Charles Anderson, director of counseling and psychological services at the University of N](#)

["Separation anxiety, stress, and homesickness are big issues, and we see quite a bit of u](#)

[Charles Anderson, Director of Counseling & Psychological services](#)

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[The act of petting a dog, studies have shown, lowers blood pressure, decreases stress ho](#)

["It also brings students into the present," says Jennifer Adams, a K9 handler with K9 First](#)

[Anderson points out that the transition to college impacts parents just as much as studen](#)

"Staying connected with them and letting them know you are there for them is important

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