A young adult's annual transition to college is a period in which disengagement from one's family is expected. To better understand this transition, college students were surveyed three times throughout one college semester with the goals of understanding:

A. If students feel more disengaged from their families as the semester progresses. (They do.)

B. If social support, loneliness, and/or stress can help explain the change in family disengagement experienced across a semester. (They all do.)

C. If any particular form of social support can help explain a change in loneliness experienced across a semester. (Support from a friend is best.)