

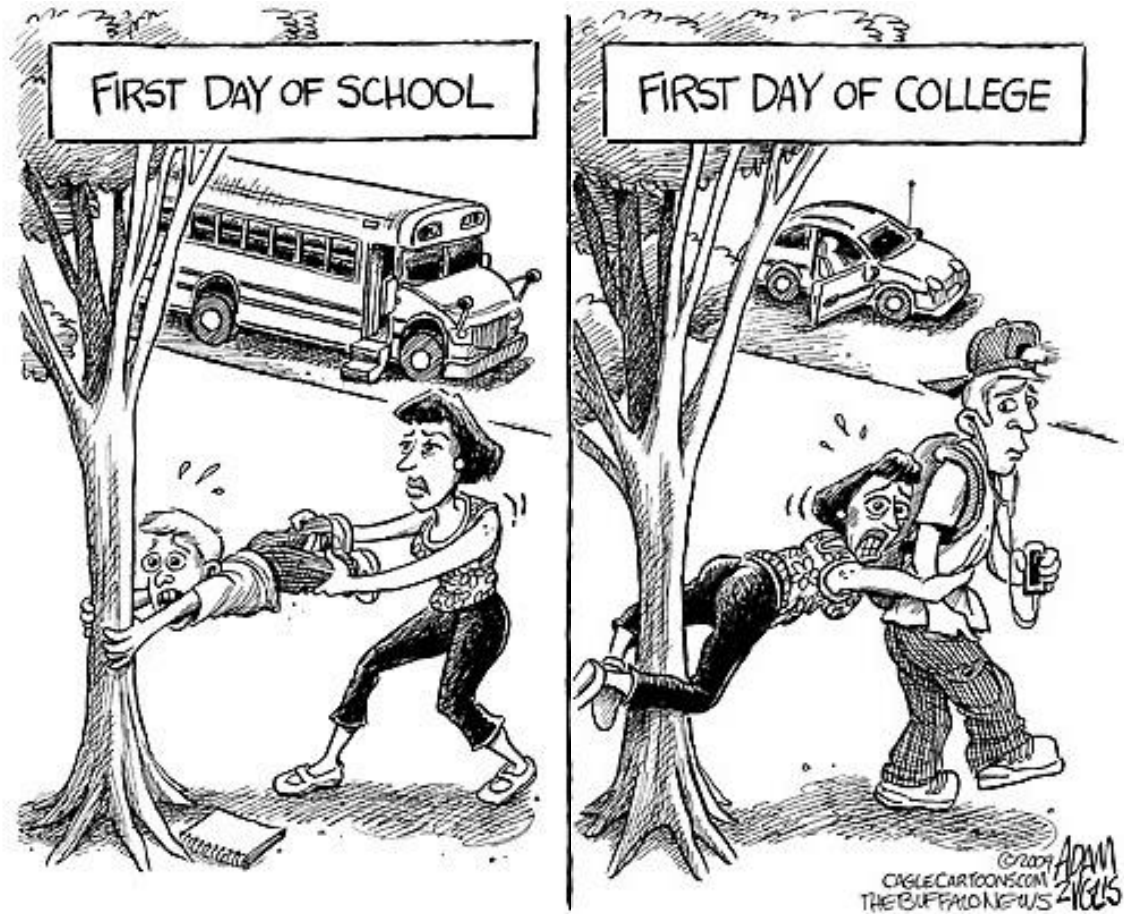


Presentation for the Admitted Student Expo

Advice for helping your student thrive in the first year

April 7, 2018

HOW TIMES CHANGE...



WHAT TO EXPECT - STUDENT

EXCITEMENT!

NERVOUSNESS

OVERWHELMED

- **Frequent contact with you...or no contact.**





WHAT TO EXPECT - STUDENT

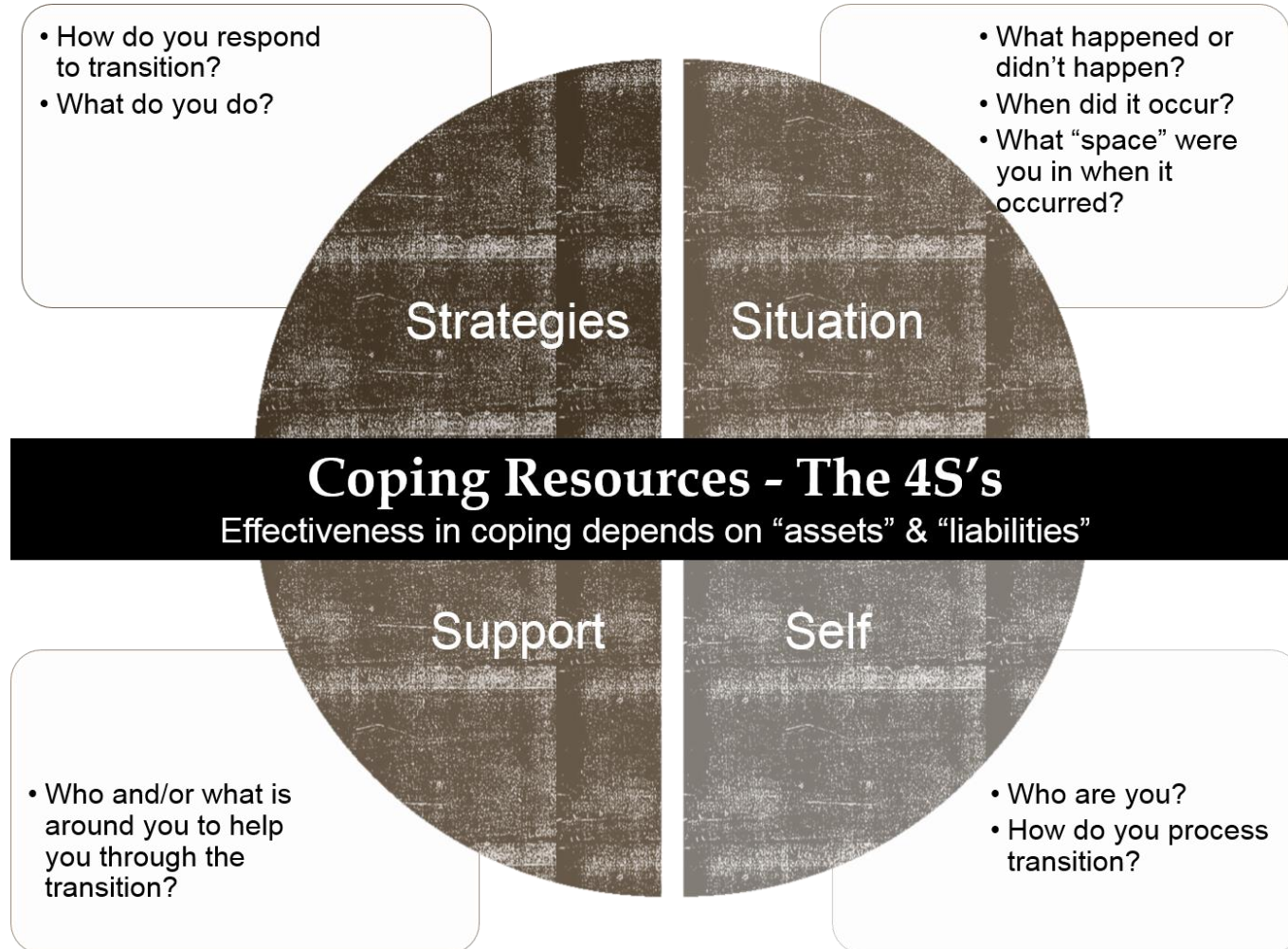
- **Concerns with differences**
 - Friends (all their friends are having a better time than they are)
 - School
 - academic expectations
 - study habits
 - How to manage 'free' time
- **Doubt – Did they make the right decision?**
- **Homesickness is normal**
- **Keeping healthy is a challenge**



WHAT TO EXPECT - FAMILY

- **This is a transition for you as well**
 - Give yourself time to adjust
- **Siblings and others are affected**
 - Take time to hear from them
- **How you learn about your student changes**
 - FERPA

SCHLOSSBERG'S TRANSITION THEORY



Derived from Goodman, Schlossberg and Anderson (2006). *Counseling Adults in Transition*.

SUPPORT RESOURCES

Support

Social Support

- **Type:**
 - *Intimate relationships*
 - *Family units*
 - *Network of friends*
 - *Institutions and communities*
- **Function:**
 - *Affect*
 - *Affirmation*
 - *Aid*
 - *Honest Feedback*
- **Measurement**
 - *Role Dependent*
 - *Stable support*
 - *Changing support*



WHAT TO DO



LISTEN, SUPPORT, ENCOURAGE

- Give your expert advice and feedback when invited. (They will ask for it!)
- Ask questions.
- When your student faces challenges and obstacles, encourage them to think through the steps to overcome them rather than giving them *your* answers.
- Don't tell them that these will be the "best years of their lives."



DON'T PANIC!

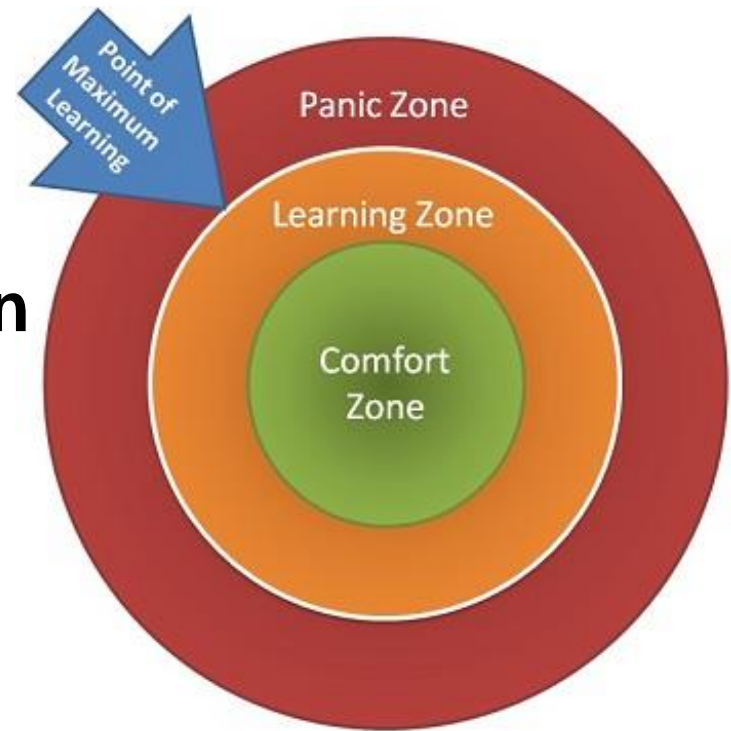
- **Recognize that:**
 - Concerns of new students change quickly.
 - You are a 'safe' person and will hear the worst.
 - Try not to rush in and rescue.





EMPOWER YOUR STUDENT TO

- Take ownership of their college experience.
- ‘Lean into’ discomfort for true learning.
- Build their own network of resources to navigate their experience.





EMPOWER YOUR STUDENT TO

- **Use their voice with faculty and staff.**
- **Engage in and outside the classroom.**
- **Take responsibility for their behavior and actions. (Most of us learn best from our mistakes.)**





LOOK FOR RED FLAGS

- Not making friends
- Not excited about college life
- Changes do not seem positive
- Always asking for money
- Excessive weight loss or gain
- Can't say what's going on in each class
- You feel: "Something's not right here."





BE AN EDUCATED PARENT

- Understand the student experience and know about resources available for your student and for you.
- Know and support the institution's goals for student learning and development.
- Develop an affinity for the institution.
- Know who you can contact on campus or in the community if you feel that your student's physical or mental health is endangered.



PLAN TO VISIT

- **Come see them instead of having them come home to see you.**
- **Call ahead!**
- **Respect their desire for privacy. Let them introduce you around.**

EXPECT THE UNEXPECTED

- **Accept that your student will think and do things differently than you.**
- **Discard the expectations you have of your student, allowing them to develop their own life and career goals.**





EMBRACE THE CHANGE

- Change does not necessarily assure progress, but progress implacably requires change. Education is essential to change, for education creates both new wants and the ability to satisfy them.
 - Henry Steele Commager
American Historian
- *Omnia mutantur nos et mutamur in illis*
 - Fritz Lieber, Author
The Big Time



REFERENCES

- Balistreri-Clark, M. “What to expect – the First year at Edgewood College” [Powerpoint slides].
- Coburn, K.L. (2017, June 6) *Letting go: tips for parents of new college students*. Retrieved from <https://www.greatschools.org/gk/articles/letting-go-new-college-students/>
- Price-Mitchell, M. (2012, Sept. 18) *Ten Ways to Support your College Freshman*. Retrieved from <https://www.psychologytoday.com/us/blog/the-moment-youth/201209/ten-ways-support-your-college-freshman>
- Macalester College. (n.d.). *Supporting your College Student*. Retrieved from <https://www.macalester.edu/parents/parenthandbook/yournewcollegestudent/supportingyourcollegestudent/>