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PARENT ORIENTATION

Welcome Parents!

College Years:

Straight Talk for Parents



PARENT ORIENTATION

CHANGE IS INEVITABLE...

CHANGE CAN AND WILL BE GOOD!

- Transition time is approaching
- Anxiety is expressed in very different ways
- Make the most of the time you have
- Don't press for more than your student can give



PARENT ORIENTATION

To understand this generation, we must understand their parents.

- Trend for parents to intercede instead of coach

To understand our students, we must understand their experience.

- Heavy commuter student population
- Large number of students working and attending school
- Student expectations sometimes don't match real needs
 - For example, students often underestimate the amount of time needed to study
- Students have a need to grow, develop, and become interdependent



PARENT ORIENTATION

Chickering's Vectors of Development

DEVELOPING COMPETENCE

MANAGING EMOTIONS

MOVING THROUGH AUTONOMY TOWARD INTERDEPENDENCE

DEVELOPING MATURE INTERPERSONAL RELATIONSHIPS

ESTABLISHING IDENTITY

DEVELOPING PURPOSE

DEVELOPING INTEGRITY



PARENT ORIENTATION

PREDICTABLE CYCLES OF THE FIRST YEAR OF COLLEGE

- Move-In Day/First Day of Classes
- The first few weeks – critical for engagement in academic and social activities
 - Time management & balance
 - Course Requirements & Learning Adjustment
 - Money Management
 - Personal Responsibility



PARENT ORIENTATION

- “I thought I would have lots of free time, but there’s so much to do. Life is just so busy I can’t seem to get anything done.”
- “Classes are cool. Professors never take roll or check homework. We have reading but we never talk about it in class. And we only have 2 exams. How hard could this be? I don’t even know why I’m going to class.”



PARENT ORIENTATION

- “I love college. I’m having so much fun meeting new people and going out with friends. This is a blast!”
- “I hate it here. I don’t fit in with anybody. It’s too hard, I’m too stupid, and I want to quit.”



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PARENT ORIENTATION

- Mid-Term Exams
- Academic Advising
- End of Term/Finals Anxiety
- New Term



PARENT ORIENTATION



ANCHORS VS. HELICOPTERS



Your student needs you to...

- Listen with an open mind & be supportive
- Encourage them
- Express your belief in them
- Share your wisdom and council/share advice when appropriate
- Allow them to make mistakes



PARENT ORIENTATION

HELPING YOUR STUDENT ADJUST

- Maintain Perspective
- Listen More, Intervene Less
- Encourage use of Campus Resources
- Consult Campus Resources
- Resist the urge to fix it for them



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PARENT ORIENTATION

BEST WAYS TO PREPARE

Discuss things now...such as:

- Academic expectations
- A financial plan
- Time management (school/work/social balance)
- Your changing relationship



PARENT ORIENTATION

CONVERGING ROLES

- Student responsibility is the key to all development and learning in college.
- Students must accept full responsibility for their personal and academic progress.
- Parents, Family and university staff can act as role models to help students accept responsibility.