



# YOU AND YOUR STUDENT: Successfully Navigating the Approaching Transition (and Beyond)

Presented By  
The University Counseling Center



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**Question:** Regarding my student's transition to Ship, I believe....

- A. My student seems ready for this experience
- B. My student feels concerned
- C. My student seems to feel ready sometimes and concerned other times  
or....

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D.



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## Student Developmental Tasks

- a) Achieving Academic Competence
- b) Managing Emotions & Stress
- c) Developing Healthy Interpersonal Relationships
- d) Establishing a Separate Identity
- e) Developing Purpose/Goals
- f) Increasing Independence

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## So, How Can I Help?

**BEFORE** Fall Semester, discuss relevant topics such as :

- time management (balance)
- campus involvement
- navigating roommates
- frequency/means of contact with you
- alcohol and drug use
- social media awareness (impressions)

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## So How Can I Help?

- ▶ Recognize that leaving home is another part of the growing process
- ▶ Expect, allow, and encourage them to make their own decisions
- ▶ Provide support during their inevitable confusion and mistakes
- ▶ Accept them for who they are (rather than how you want them to be)

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## Additionally...

- Flexible involvement
- Listen/understand before talking



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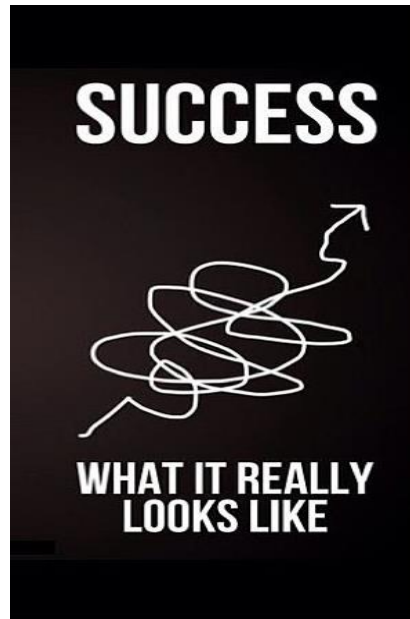
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**SUCCESS**



**WHAT PEOPLE THINK  
IT LOOKS LIKE**

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## The Overlooked Part: It's your transition, too



- Varied reactions—grief, fear, excitement, anxiety, ambivalence, relief
- Share your reactions with your sources of support (other parents, spouse, etc.)
- Recognize and attend to your needs as well
- Consider finding an outlet for yourself
- Be patient with the transition



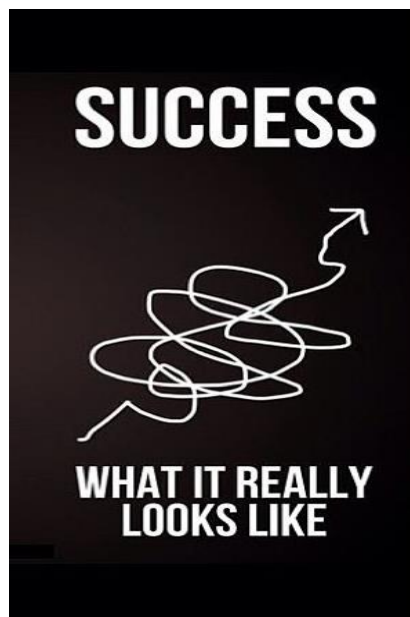
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## In Summary

- Address certain issues BEFOREhand
- Expect, and be patient with, the ups/downs
- Whenever possible, encourage them to make their own decisions
- Remember--take care of yourself, too
- Be patient with the transition

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## Helpful Resources

- “Letting Go: A Parent’s Guide to Understanding the College Years, 6<sup>th</sup> Edition” by Karen Levin Coburn
- “The Naked Roommate: For Parents Only (2<sup>nd</sup> ed.)” by Harlan Cohen
  - [collegeparents.org](http://collegeparents.org)
  - [collegetipsforparents.org](http://collegetipsforparents.org)
  - [collegeparentscentral.com](http://collegeparentscentral.com)