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

Presented By
The University Counseling Center

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….
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
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)

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)
Additionally...

• Flexible involvement

• Listen/understand before talking
• 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
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
Helpful Resources

• “The Naked Roommate: For Parents Only (2nd ed.)” by Harlan Cohen
  • collegeparents.org
  • collegetipsforparents.org
  • collegeparentscentral.com