Parenting 1010
Orientation 2016
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True for you?!
A lot of different feelings are common for both you and your student: Pride, excitement, fear, anxiety, hope, and new freedoms?

Goals:
1. Help you prepare for the coming transition
2. Help you support your college student
3. Resources
Emerging Adulthood

Challenges for Emerging Adults
- Who are they?
- Where are they going?
- Conflicting emotions
- Autonomy/Independence
- New relationships
- New kinds of stress
- Changes
Three Criteria for Adulthood:
1. Accepting Responsibility
2. Independent Decisions
3. Financial Independence

Tips for supporting your college student:
1. Keep telling them that you love them. Your support is important.
Tips for supporting your college student:

2. Talk to them regarding your expectations around alcohol, drugs, and relationships.

Tips for supporting your college student:

3. Let them do their own problem solving.
A new study in the Journal of Child and Family Studies found that being overly involved in your grownup kids’ lives can do more harm than good.

What is a Helicopter Parent:

“a style of child rearing in which an overprotective mother or father discourages a child's independence by being too involved in the child's life: In typical helicopter parenting, a mother or father swoops in at any sign of challenge or discomfort.”

- Dictionary.com
Pause:

- Be a coach rather than trying to solve your child's problems yourself
- Open lines of communication - Stay Connected – guide but do not do...
- Encourage your child to use the appropriate university resources
- Share some personal situations when you had to solve a difficult problem on your own

Pause:

“The Greatest gifts you can give your children are the roots of responsibility and the wings of independence”

- Denis Waitley
Tips for supporting your college student:

4. Share your expectations about priorities—academics, class attendance, wellness, work, Facebook and socializing.

Tips for supporting your college student:

5. Encourage them to engage in their college experience.
Tips for supporting your college student:

6. Encourage them to stay on-campus for the first few weekends.
Characteristics of Millennial Students
- Special
- Sheltered
- Team-oriented
- High Achieving
- Highly Pressured
- Optimistic / Very Confident

Stress Periods:
August – All is new and wonderful
September – Homesickness
October – Life in college not perfect
November – Increased academic pressure; finals
December – returning home
Stress Periods:
January - Loss of security and familiarity
February - Optimism with spring semester
March - Spring Break dominates
April - Academic pressure is back!
May – Concern with school year ending (along with freedom?)

Parent Transitions:
Letting Go...
When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to twenty-one, I was astonished at how much he had learned in seven years.”

~ Mark Twain

“Wellness must be a pre-requisite to all else. Students cannot be intellectually proficient if they are physically and psychologically unwell.”

- Ernest Boyer, PhD
Campus Life, In Search of Community, 1990
Impediments to Academic Progress:
(Results from the 2013 NCHA Survey)

- 17% Colds/Sore Throats/Flu
- 16.6% Anxiety
- 9.5% Depression
- 23.7% Stress
- 10.5% Alcohol Use
- 2.6% Drug Use
- 4.4% Learning Disability
- 5.1% ADHD
- 14% Work

Pay attention for signs of trouble:
- Alcohol and drug use
- Failing grades / missing class
- Prolonged sadness
- Excessive irritability
- Loss of pleasure in activities once enjoyed
- Difficulty developing social networks
- Changes in sleep patterns
- Dramatic changes in appearance
- Risk taking behaviors
- Statements about self-harm
Helpful Resources:
• University Counseling Center
• Student Health Services
• UW Police Department
• RAs and Residence Life
• Dean of Students Office
• University Disability Support Services

Help Spread the Word...

Cowboy Up! = Asking for Help
Transition Issues, for **you**:
- All the same applies
- Enjoy being a coach
- Stay connected – but in a new way!
- Ask about class, not just grades
- Agree on a Financial plan
- Pay attention
- Take care of yourself
- Involvement is welcomed

Cowboy Parents:
- Family Weekend 2016 is scheduled for October 28-30, 2016.
- E-newsletters
- Online parent handbook
“Today is my son Matthew’s last night home before college…”

An excerpt from “Love Life”

Safety Net:
- Orientation
- WyoWeb (early alerts, mid-term grades)
- Cowboy Connect
- STEP Tutoring
- The Team- RAs; Dean of Students, Student Affairs; Advisor; Professors
Safety Net:
http://www.uwyo.edu/dos/welfarecheck/

@UWYOcares

You are Ready!
We’re Here to Help!
Questions?
Information Resources:

- Parent’s Adjustment to College, D. Cozzens, 2013.
- Being a Parent of a College Student, P.C. Call, 2014.
- Beating the College Blues: A Student’s guide to coping with the emotional ups and downs of college life, Grayson and Meilman, 1992.
- Cultivating the Spirit, Astin, Astin, Lindholm, 2011
- Emotional Intelligence, D. Goleman, 1996.
- The Happiest Kid on Campus: A parent’s guide to the very best college experience, Cohen, 2010.
- The Parents We Mean To Be, R. Weissbourd, 2009
- University of Wyoming Catalog www.uwyo.edu/registrar
- Valparaiso University Counseling Services http://www.valpo.edu/counseling/scdc/stressperiodsforstudents.php