Parenting 1010
The Art of Letting Go...
New Student Orientation 2018
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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
- So many 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.

3. Let them do their own problem solving.
Pause:

“Hover No More: Helicopter Parents May Breed Depression and Incompetence in Their Children” Time.com

A 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.

Pause:

What is Helicopter Parenting:

“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
Homework:

• Practice letting them solve a few problems (guide, just don’t do.)
• Consider adjusting a few rules… there are no curfews at UW!
• Follow-up less… No one will tell them to clean their room at UW!

Tips for supporting your college student:

4. Share your expectations about priorities—academics, class attendance, wellness, work, Facebook, Netflix, and socializing.
Tips for supporting your college student:

5. Encourage them to engage in their college experience
   A. RSOs, Service, & Leadership
   B. Study Abroad
   C. Undergraduate Research

Tips for supporting your college student:

6. Encourage them to stay on-campus for the first few weekends.
Your College Student
Characteristics of Generation Z Students

- Special
- Digital Savvy – YouTube Generation
- Sheltered / Came of age during an increased awareness of school shootings
- More socially conscious
- More independent / Private
- 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 w/ 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 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 Service
- 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 2018 is September 28-29: Boise State
• E-newsletters/Facebook
• Online parent handbook
• NEW FALL 2018 – Parenting 1010 Refresher during Cowboy Connect.
“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:

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