PARENTING THROUGH TRANSITION

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THE WORLD NEEDS MORE COWBOYS.
True for you?!
SESSION GOALS

1. Help you prepare for the coming transition
2. Help you support your college student
3. Resources & information

COMMON GOAL
Interlocking dimensions of Student Success

Motivated
Cognitively Strong
Supported
EMERGING ADULTHOOD

THE WORLD NEEDS MORE ADVENTUROUS SPIRIT.
Factors in Emerging Adulthood

- Identity Exploration
- Instability
- Self Focus
- Feeling of Being In Between
- Sense of Broad Possibilities
Three Criteria for Adulthood:

1. Independent Decisions
2. Accepting Responsibility
3. Financial Independence
https://www.youtube.com/watch?v=oAUcoadqRIE
Developing Grit/Resilience

- Maintain interest & curiosity (motivation) in the face of adversity, failure and disappointment
- Able to elicit help from people and access resources
- Takes practice!
- Experiencing adversity is a building block of resilience

FAILURE IS NOT THE OPPOSITE OF SUCCESS. IT IS PART OF SUCCESS.
Challenges for Emerging Adults

• Who are they?
• So many changes!
• Where are they going?
• New independence
• New relationships
• New kinds of stress
• Conflicting emotions
“The greatest gifts you can give your children are the roots of responsibility and the wings of independence”

- Denis Waitley
CollegeParentsMatter.org

- Tools and scripts to improve communication with your college student

- The goal at this age is to help them self-advocate, and assist them in finding resources to solve problems rather than solving the problem for them.

7 Tips for good Communication
8 High risk drinking situations to talk about

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Parenting in Transition to College

• Be a coach/consultant rather than trying to solve the problem yourself
• Open lines of communication and listen reflectively
• Encourage your student to use the appropriate university resources
• Share some personal situations when you had to solve a difficult problem on your own
Parent communication does not have to be frequent to be impactful.

Communication for college students should focus on encouragement of self-competency, encouragement of their own sense of responsibility, encouragement that they can overcome the challenges that they are faced with as they transition toward adulthood.
YOUR COLLEGE STUDENT

THE WORLD NEEDS MORE WONDER.
Characteristics of Generation Z Students

- Diversity
- Digitally fluid
- Communication
- More socially conscious
- More financially aware
- More independent/private
- Likely more sheltered
- High achieving and hard working
- Realists
Tips for Supporting Your College Student

● Keep telling them that you love them. Your support is important.

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

● Share your expectations about priorities – academics, work, wellness, socializing, social media and Netflix!

● Encourage them to engage in their college experience.

● Encourage them to stay on-campus for the first few weekends.

● Always respond to concerns of poor mental health.
INFORMATION & RESOURCES

THE WORLD NEEDS MORE OUTSIDE THINKERS.
“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
Healthy Environment?
Stressful Times of the Academic Year

- August – All is new and wonderful.
- September – Homesickness starts to set in.
- October – Life in college not perfect; mid-terms happen; Halloween
- November – Increased pressure; final projects
- December – Finals; going home
- January – Loss of security and familiarity; return to campus
- February – Optimism for new semester
- March – Spring Break
- April – Academic pressure back!
- May – Concern for school year ending (along with freedom?)
Role of Mental and Physical Health

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
Potential 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 Campus Resources

- University Counseling Center
- Student Health Service
- UW Police Department
- Residence Life Staff and Residence Assistants
- Dean of Students Office
- University Disability Support Services
Safety Net Supports

- Orientation
- Cowboy Connect Programming
- Residence Life Programming and Support
- WyoWeb (early alert, mid-term grades)
- STEP Tutoring, Writing Center, Support Instruction sessions
- Advising Opportunities
- Office Hours with the Professors
- Engagement Opportunities
- Dean of Students Office
Click on Report a Concern and will lead you to this form.

Or call the Dean of Students Office at 307.766.3296 to report your concern.
Take care of yourselves during this transition.

• Enjoy being a coach/consultant
• Stay connected but in a new way!
• Pay attention to yourselves and support one another
• Involvement is welcomed
SAVE THE DATE!

Family Weekend 2019: September 27-29/ UW vs. UNLV
Questions?

Best wishes for the journey ahead!