**Move-in Day: How to help your student during orientation**

**Move-in-day can be difficult for everyone involved.**
No day is ever perfect, but move-in-day tends to be extra stressful. Try to stay calm, supportive, and positive, even if your student takes a while to set up their room. Getting used to a new environment can take some time.

**The “Moving Company” Role:**
Pretend you’re working for a moving company and try to let your student run the show. Let them be the boss, set the pace, and take charge of arranging their things. While you may be helping them pay for items, we encourage you to let them create their new space the way they choose.

**Let them do the fixing.**
Offer your support, but let your student check-in, figure out where they want to place their items, and talk to maintenance if there is something in the room needs attention (i.e. key is sticky, bed frame is missing, etc.). This will help them know what to do if future problems arise.

**“Move in and Move out”**
Unless there is a parent event on campus, once the necessities are finished let your student figure out the rest on their own and begin to acclimate to their new home and get used to roommates.

**Know the rules, regulation and logistics.**
Make sure your student isn’t bringing any banned items on campus (pets, appliances, etc.)

**Attitude is important.**
Some parents are thrilled for their kids to move out, while others are dreading it or haven’t gotten used to the idea. Offer full support to your student, understanding that with cell phones, Facebook, email, video chats, breaks, and campus visits you’ll see your student more often than you think. This is a time to instill confidence in your student so they can feel secure in their new season of life.

**Relationships will change as your child grows.**
Yes, your relationship with your student will change, but this can be valuable as they learn to adapt to college life. Encourage them to take over the daily tasks of their lives (i.e. doing laundry, cleaning room, organizing their schedule). College courses run only about 32 weeks per year, which means you’ll see your student the remaining 20 weeks of the year, including holiday breaks, campus visits, and summertime.

**Know how to say goodbye.**
You’ve prepared for this. When that time comes, be sure to show them how much you love them. Let them know you’re going to miss them, but try not to have a response that causes them to worry about you. While crying is okay, we encourage you to hold on to stronger reactions like sobbing and stressing so that your child is confident in their new environment. After you say goodbye, leave them knowing you will be in contact with them soon.