

Ongoing Transition:

Gradually letting go and supporting from a distance

- 1. Make connections on campus.** Encourage your student to get involved with programs, clubs, honor societies, and leadership opportunities on campus. This will help them feel connected to the campus community and will help with the overall educational experience.
- 2. How much is too much communication?** There is no one-size-fits-all answer. Listen to your child, listen to your instincts, discuss expectations, and try to find out how often to text, call, etc. If a third-party says you are being too clingy, you may need to realize that your child needs space to grow.
- 3. Knowing how to answer the good calls and the bad calls:**
 - a. Use the 24 hour rule:** Before getting panicked or overly involved, see if the problem resolves itself within a short period of time. College can present new challenges that require your student to figure out the answers on their own. Allow your student to develop new problem solving techniques that will help them
 - b. Empower them find their own answers:** ask “What do you think you should do?”
 - c. Patience, patience, patience:** College is a learning experience for your student. Allowing them to adapt to their new environment is necessary for their success in college.
 - d. Feel free to call and ask “is this normal?”** Contact the university professionals on campus to help answer your concerns.
- 4. Sometimes students just need to vent.** Some students like to moan, groan, and talk. If your child calls home with complaints, you may be tempted to offer advice or fix the problem, but sometimes all they need is someone to listen. Acknowledge their feelings and help them to strategize by asking them what options they have in their situation.
- 5. Encourage your child to reach out to their Resident Assistant (RA).**

RAs are here to help your student and be a companion and resource. RAs are the first place your student should go if they are having problems with roommates, struggling with adjusting, or wanting to get more connected on campus.
- 6. BEWARE of the Fifth Wall.** Cell phones, internet, video games, and technology are great, but not when it is preventing your child from connecting in real time with their peers and future friends.
- 7. FACEBOOK.** If your child doesn't want to be your friend, try not to take it personally. Facebook was designed for students to connect with other students, not have parents keep an eye on them. Understand that if you are going to be their Facebook “friend”, you will see what they are doing, but you must not humiliate them or use it to spy on their activities. Use Facebook as a way to “keep up” with your student virtually while they are away living their own life.
- 8. Meal Plans.** There is no such thing as the perfect meal plan. As a general rule, more meals is better. Your student can reduce their meal plan at the beginning of the next semester if needed.
- 9. Roommates**

Let your child know that your roommate doesn't have to be your best friend, however, it is important to learn to communicate and respect one another's space, time, and habits. If a problem arises, encourage your child to talk to their RA about working through roommate issues.