

Letting Grow

Student Health & Counseling Center



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Session Overview

- Be prepared for the transition
- Have confidence in your role
- Develop a plan before your student begins
- Leave excited for this next step



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Let's Discuss!

- What about this video resonated with you?
- How is the mother impacting her students transition to adulthood?
- What scares you about your student starting college?





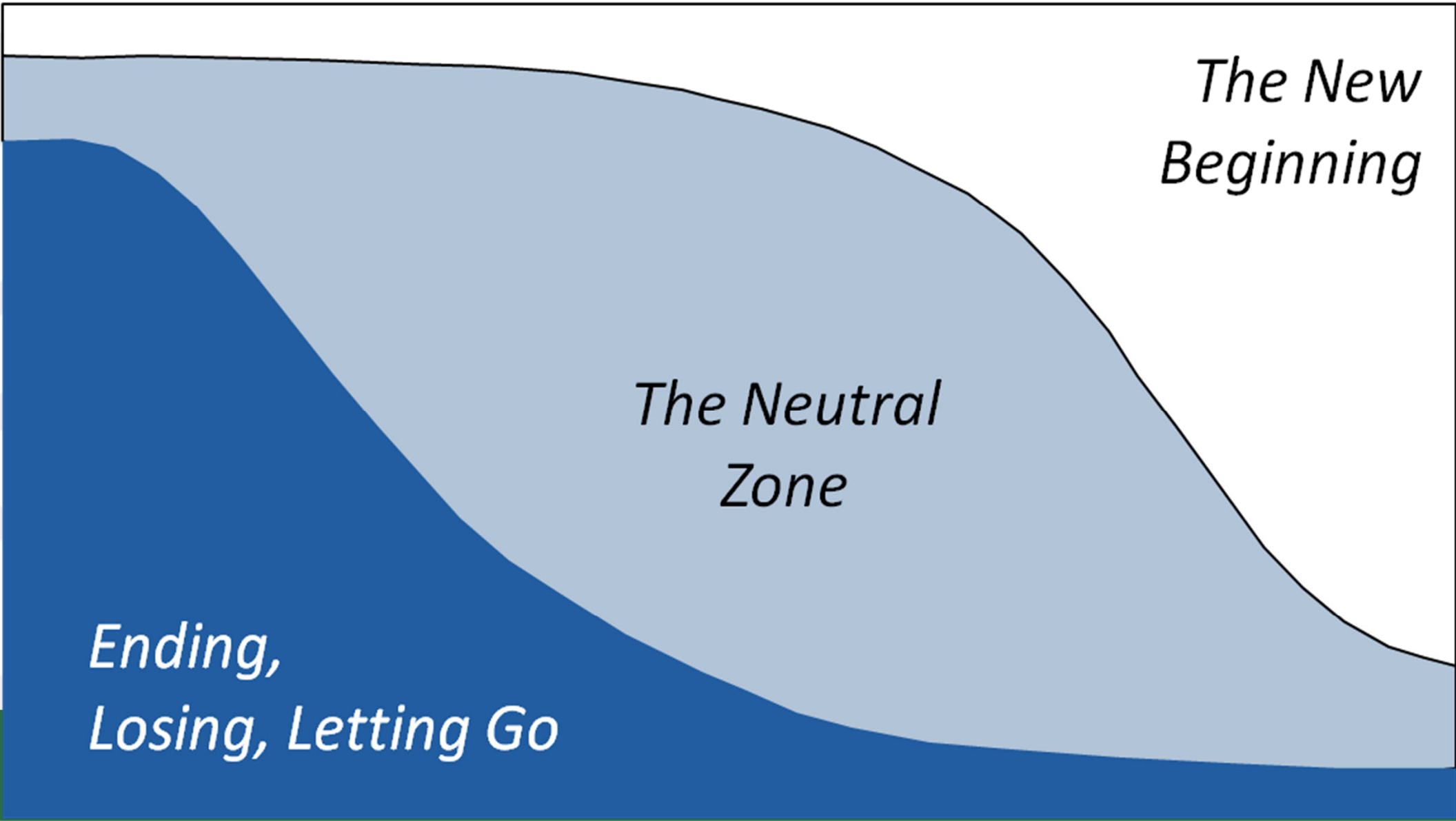


Understanding Your Student's Transition



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*Ending,
Losing, Letting Go*

*The Neutral
Zone*

*The New
Beginning*

Letting Go



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Letting Go

- Accept resistance and understand emotions
- Listen empathetically and communicate openly about thoughts and feelings
- Encourage confidence in their ability to be successful
- Explain how you will support them



Neutral Zone

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Neutral Zone

- Manage your own emotions
- Encourage confidence in their ability to be successful – reassurance is key
- Ask good questions to find the root cause of their emotions
- Help them set some short-term goals



New Beginnings



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New Beginnings

- Encourage your student to try new things
- Share in their excitement
- Let them know you are interested in what they are doing/experiencing
- Be patient with new routines

The First 50 Days



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Key Points of Adjustment

- Move-in/packing up
- Navigating Family
- Relationships (friends, partners, etc.)
- Finding their niche
- Living environment/roommate
- Greater independence



Life Task Demands of New Students

- Setting future goals
- Time management
- Getting good grades
- Making new friends
- Being on their own
- Identity exploration
- Maintaining physical self



Academic Transition

- Relationships with professors
- Class size/online course
- Scheduling their workload
- Responsibility for learning



YOUR Revised Role ...



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Biggest Supporter!



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Ways to Support

- Having a culture of honesty
- Ask open-ended questions
- Offer challenges & affirmations with love and acceptance
- Listen. Listen. Listen.



Continued Support...

- Allow them to be their own problem-solver
- Encourage use of resources
- Express confidence
- Timely, crucial conversations
- Resist the urge to “fix it”



Crucial Conversations



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1

Academic Responsibility

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2

Alcohol & Drug Use

3

Responsible Decision Making

4

Personal Responsibility

5

Your Expectations

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Crucial Conversations



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KnowsyMoms want to know...

Thoughts?
Questions?



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Resource Expo Fair

- Student Health, Counseling & Disability Services
- Campus Activities & Engagement
- Campus Dining & Student Center
- Educators Credit Union
- LGBTQ Center
- Veteran Services
- Housing & Residence Life
- University Police & Public Safety
- Office of Multicultural Student Affairs (OMSA)
- Parkside Academic Resource Center (PARC)
- Advising & Career Center
- Community Based Learning (CBL)
- Student on campus Employment
- Library
- ROTC

Bookstore is open!

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