

# HELPFUL HINTS

## **ACCEPT CHANGE**

As your student moves into this next phase of life, he/she will develop more of an individual identity. This is very natural. It doesn't mean that you are loved less or that the values you have taught are being rejected. It means that your son or daughter is becoming independent.

## **BE SUPPORTIVE**

Understand that while financial support is important, it is not the only type of support that your student needs from you. Don't expect your son or daughter to work so many hours that he/she never actually experiences college. Try to find a balance.

## **CO-CURRICULAR ACTIVITIES**

Encourage your student to get involved with some campus activities, clubs and/or organizations. This helps students achieve a sense of ownership for the campus, as well as helping develop important skills that no classroom can provide. Research shows that this kind of involvement is closely related to academic success in college.

## **SEND E-MAIL**

This will allow you and your student to communicate frequently, almost free of charge, as opposed to expensive phone calls or time consuming letters you mean to write but never get to. Phone calls and letters are great ways to keep in contact with your student; but e-mail is a fast, effective and inexpensive way to supplement those lines of communication, not substitute for them.

## **KNOW WHEN YOUR STUDENT'S HIGH STRESS TIMES OCCUR**

Midterms and finals (consult the **CALENDAR** on page 9) are some of the times when your son or daughter needs your support. Try to be patient and understanding if some frustration is redirected in your direction. Hopefully you will receive an apology later. You might want to send a special greeting card, e-mail message or care package to help ease the stress. You will find several of the many e-mail greeting card web sites in the listing on page 8.

## **SEND MAIL QUICKLY**

If your student is using your address as the mailing address to which campus correspondence is sent, it is imperative that you forward this mail immediately.

## **TRY NOT TO BECOME TOO INVOLVED**

Let your student make informed decisions and accept the consequences.

## **TRY TO UNDERSTAND EACH OTHER'S PERSPECTIVE**

This can be difficult but very necessary. A good example is students who have moved away for college and live on their own. When they go home to visit and a parent perhaps imposes a curfew, the student generally feels that he/she does not have a curfew at school, so why now. You may feel that it is in your child's best interest or safety. This is one of those seemingly minor things that if left unresolved could drive a wedge between you.

## **GENERALLY SURPRISE VISITS ARE NOT A GOOD IDEA**

Dropping in on your student unexpectedly could make for an uncomfortable situation. Although as parents you have the best of intentions, it is quite possible that your student may have plans. Often one phone call can make for a much more pleasant visit. This will give your student ample time to plan activities for you to do together, and you will both enjoy the visit much more.

## **FOR PARENTS OF COMMUTER STUDENTS**

With potential distractions, the home environment may not be the best place to study. Studying on-campus could keep your student away from home longer during the day.