FRESNO STATE
SupportNet

LIVING WITH YOUR PARENTS

One of the biggest areas students struggle with in college is choosing where to live. Some students move out for the first time, while some find themselves stuck at home with their parents. We understand that it can be hard when you are in college and still living with your parents. Learn how to manage living with your parents without going crazy!

CREATE

Living at home doesn't have to mean social suicide. Meet new friends in your classes, social activities, and campus clubs.

Hang out at other venues. Try coffee shops, the campus pub, or a park. When you do have people over, be respectful and keep the noise to a minimum.

DON'T IGNORE

Chances are you and your parents have different schedules. Make sure to spend enough quality time with them.

Be respectful. Don't treat home like a hotel or your parents like front desk people. Appreciate them- maybe take them out once in a while.

TALK IT OUT

Sit down to discuss expectations about curfew, alcohol, room privacy, food, having friends over, study time, and chores.

Talk with your parents about what you are doing in college and the courses you are taking. The more you share, the more they might understand.

SPACE

Make sure to set some boundaries. Establishing both time & space will help maintain your independence.

Try decorating your room like an apartment or dorm room. Maybe get your own phone.

ENJOY

Remind yourself of the perks: you don't have to pack up and move, pay rent or laundry, attempt cooking or share a bathroom.

Besides, you won't be living with your parents for the rest of your life!

http://www.iamnext.com/people/parents.html