COLLEGE TRANSITION

Parenting a College Student 101
Challenges of Transition

CHANGE AHEAD
Poll

- What are parents primary concerns about sending a freshman off to college?
- What is your student’s primary concern about going off to college?
Different concerns
Parental Roles

- The Relentlessness of Modern Parenting
  - New York Times December 2018
What do you see at the role of parents in supporting transition?

- Poll
What are your goals of child’s college experience?

Whatever direction you take, this is your starting line.
Gen Z

Philadelphia

Generation Stressed

What's to blame for the epidemic of teenage anxiety? (HINT: it's not what you might want to think in the mirror.)
What Undermine Resiliency

- Rise of Anxiety – 41% of incoming freshman say they feel “overwhelmed by all they have to do during the previous year
- Negative thinking cycle
- Overactive fight/flight
- Shift in parental resistance to failure
How to build Resiliency

- Marty Seligman – triad of positive emotions
  - Gratitude for past experiences
  - Life Satisfaction with current experiences
  - Hope for positive future experiences
Capitalize on adolescent developmental challenge to build positive identity formation

- Optimize choices
- Extend identity beyond school success
Let the student experience failure

Support Independent Problem solving:

- Questions to ask:
  - How do you think you want to approach this?
  - Who are some people who you think might be helpful?
  - What ideas have you considered?
"At age 23, Tina Fey was working at a YMCA. At age 23, Oprah was fired from her first reporting job. At age 24, Stephen King was working as a janitor and living in a trailer. At age 27, Vincent Van Gogh failed as a missionary and decided to go to art school. At age 28, J.K. Rowling was a suicidal single parent living on welfare. At age 28, Wayne Coyne (from The Flaming Lips) was a fry cook. At age 30, Harrison Ford was a carpenter. At age 30, Martha Stewart was a stockbroker. At age 37, Ang Lee was a stay-at-home-dad working odd jobs. Julia Child released her first cookbook at age 39, and got her own cooking show at age 51. Vera Wang failed to make the Olympic figure skating team, didn’t get the Editor-in-Chief position at Vogue, and designed her first dress at age 40. Stan Lee didn’t release his first big comic book until he was 40. Alan Rickman gave up his graphic design career to pursue acting at age 42. Samuel L. Jackson didn’t get his first movie role until he was 46. Morgan Freeman landed his first MAJOR movie role at age 52.

Short-term Vs. Long-term goals
Practical Strategies

- Setting Expectations
  - Contact
  - Safety
  - Finances
  - Academics
  - Social Media
Preparing for the first sad phone call

- It’s coming – be prepared
- Stay steady & calm
- Don’t over problem solve
- Medicine kit
Preparation before they leave

- Increase independence at home
- Increase choices
- Extend curfew
- Stop Life 360!
- Try practical skills
Saying Good-bye

- Practical advice?
  - Move in – timing, shipping, scheduling
  - Talk with your student about what they want the day to look like and what is your role – let them be in control and the focus
  - Leave a little something behind
  - Know your student and what works best
    - Know your own emotional tone and how it impacts your student
    - Know their own coping style and how to best manage it.
Prepare for Re-entry

- When will be the first visit?
- Change in room/living situation?
- Sibling relationships
Enjoy

KEEP CALM AND GO 'CATS