

# New Parent & Family Webinar

June 7 | New Student Transition & Support



# Agenda

- College Transition with Dr. Susan Anderer

[www.susananderer.com](http://www.susananderer.com)

- Health & Safety with Dean Mona Dugo
- Q & A
- Wrap Up



# COLLEGE TRANSITION

Parenting a College Student 101

# Challenges of Transition



# Poll

- ▣ What are parents/family members primary concerns about sending a new student 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 & family members in supporting transition?

- Poll



What are your goals of your student's college experience?



# Gen Z



# What Undermines 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

# Building Resiliency

- ▣ 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?



# Short-term Vs. Long-term goals

- "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."



# Practical Strategies

- ▣ Setting Expectations
  - Contact
  - Safety
  - Finances
  - Academics
  - Social Media

# Preparing for the first sad phone call or text

- ▣ 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**

Northwestern

# **THE NORTHWESTERN SAFETY NET**

Mona Dugo

Assistant VP for Wellness & Dean of Students



# Developmental Context

## Erik Erickson

- ▣ Identity vs Role Confusion (ages 12-18)
  - Social relationships, fidelity, identity
  - Development of a sense of personal identity, sense of independence and control, beliefs values

Personal and integrated identity supports a cohesive and enduring sense of self, guides actions and behaviors

- ▣ Intimacy vs. Isolation (ages 19-40)
  - Relationships, love
  - Exploration of personal relationships

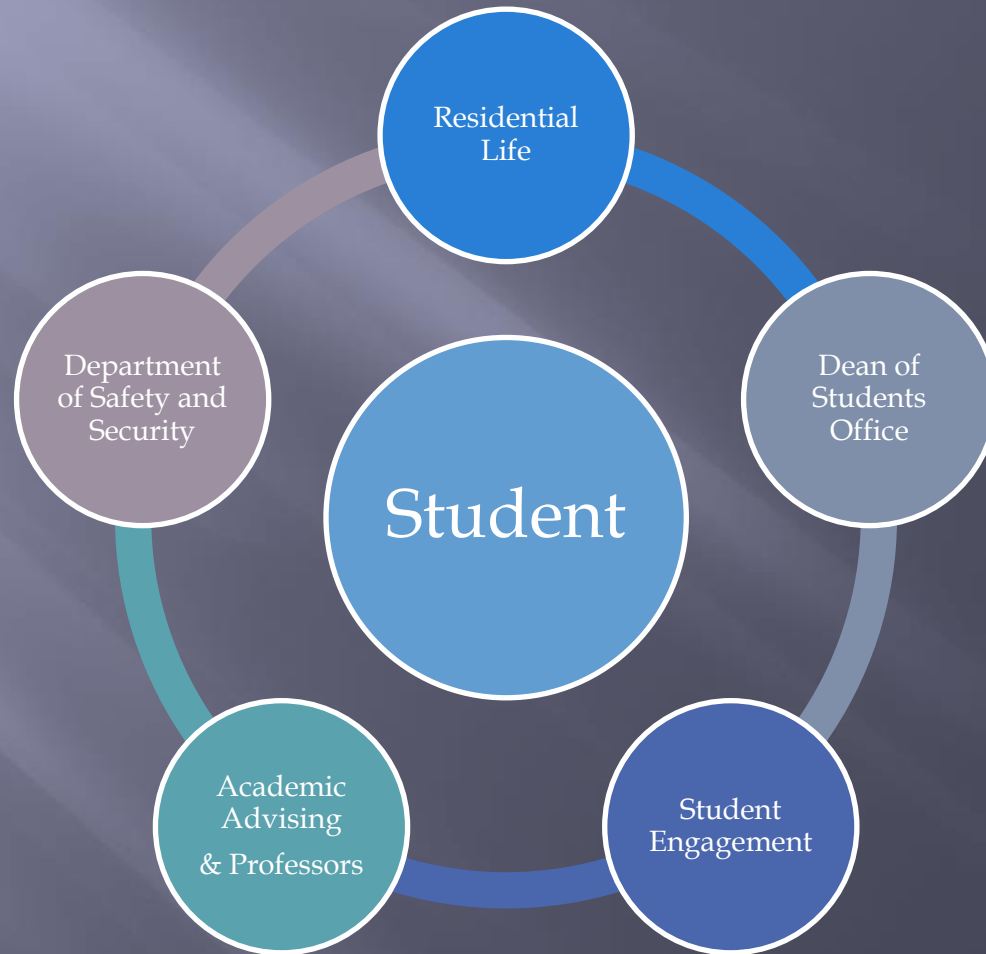
Close and intimate relationships, formation of enduring connections and deep friendships

# Student, Student, Student, Student

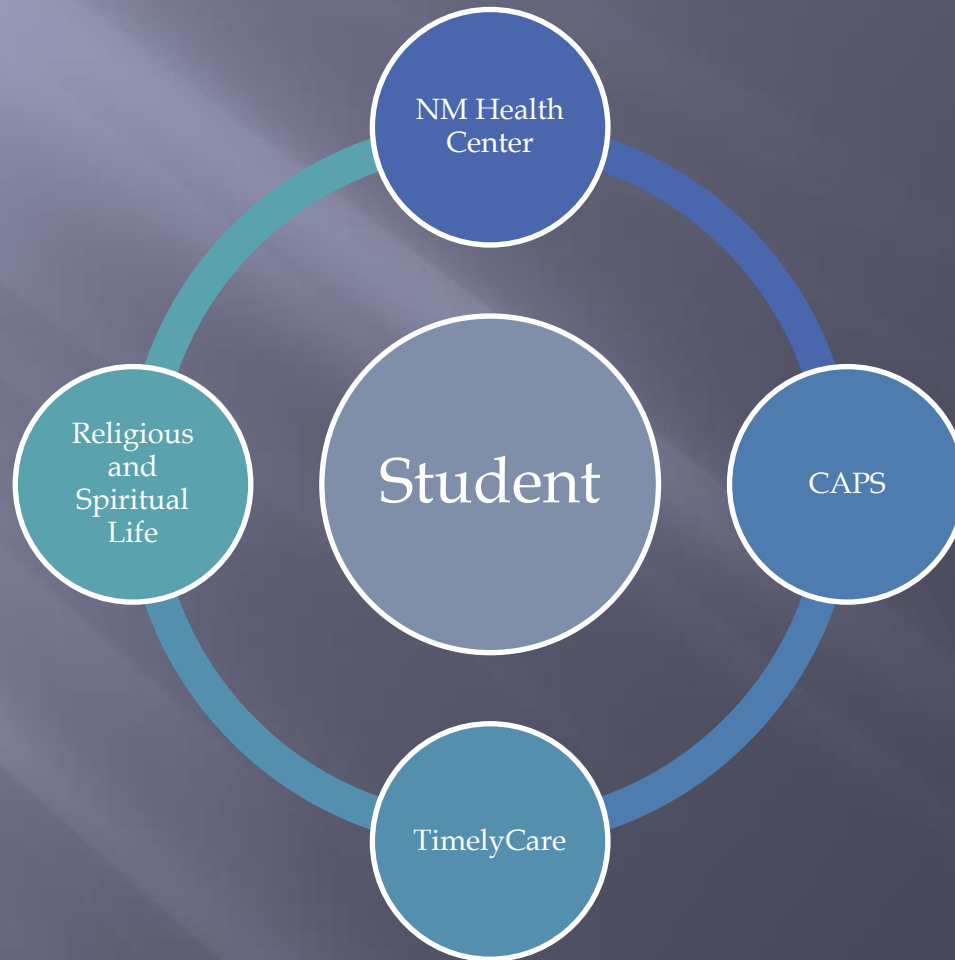


- ▣ We support students in understanding their options and resources and making their own decisions.

# The Northwestern Safety Net



# Confidential Support



# We will call you when...

FERPA allows us to contact you for health and safety concerns

- ▣ Significant or serious concern for your student
- ▣ Your student has been admitted to the hospital for any reason and we are aware (not an evaluation in the ER but an admission)

# We do the following

Call and  
text

Call and text your student

Write

Write an incident report and designate a staff member to follow up

Check in

Check in, provide support and referral



# Support at NU

- AccessibleNU
- Advising
- Academic Support and Learning Advancement
- Counseling & Psychological Services (CAPS)
- Northwestern Memorial Student Health Service
- Student Assistance and Support Services (SASS)
- TimelyCare
- Religious and Spiritual Life
- Residential Life
- Student Engagement





**Questions?**

# Questions After the Webinar?

- Purple Prep for Class of 2026
- Purple Prep for Transfers
- Family Engagement
  - [family@northwestern.edu](mailto:family@northwestern.edu)
- Residential Services/Move-In
  - [housing@northwestern.edu](mailto:housing@northwestern.edu)
- International Students & Scholars Services
  - [intoff@northwestern.edu](mailto:intoff@northwestern.edu)
- Student Health Insurance
  - [student.insurance@northwestern.edu](mailto:student.insurance@northwestern.edu)
- Student Finance Office
  - [studentaccounts-ev@northwestern.edu](mailto:studentaccounts-ev@northwestern.edu)

# Northwestern Resources Continued

- Academic Support Learning Advancement
- <https://www.northwestern.edu/academic-support-learning/>
  
- Academic advisers (by school)
- <https://www.northwestern.edu/undergraduate-advising/about-advising/index.html>
  
- Undergraduate Financial Aid
- <https://undergradaid.northwestern.edu>
  
- Counseling and Psychological Services (CAPS)
- <https://www.northwestern.edu/counseling/>
  
- Health Services
- <https://www.northwestern.edu/healthservice-evanston/>
  
- Resident Directors and Resident Advisers
- <https://www.northwestern.edu/living/about/meet-the-staff/residential-life-team.html>

# Parent & Family Orientation

## Webinar Series

7 pm – 8:15 pm CDT

### July 14

- Wildcat Chat with NU Parents & Family Members

### August 4

- The Black Student Experience with Current NU Parents

### August 25

- Move In & Final Details

# Go 'Cats!



Northwestern | DEAN OF STUDENTS OFFICE | Family Engagement