New Parent & Family Webinar

June 7 | New Student Transition & Support
Agenda

- College Transition with Dr. Susan Anderer
  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

- Study
- Go to the party
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?

Whatever direction you take, this is your starting line.
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?
"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
THE NORTHWESTERN SAFETY NET

Mona Dugo
Assistant VP for Wellness & Dean of Students
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
We support students in understanding their options and resources and making their own decisions.
The Northwestern Safety Net

- Residential Life
- Dean of Students Office
- Department of Safety and Security
- Academic Advising & Professors
- Student Engagement

Student
Confidential Support

Student

NM Health Center

Religious and Spiritual Life

TimelyCare

CAPS
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

- **Check in**
  - Check in, provide support and referral

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

- **Call and text**
  - Call and text your student
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
- Residential Services/Move-In
  - housing@northwestern.edu
- International Students & Scholars Services
  - intoff@northwestern.edu
- Student Health Insurance
  - student.insurance@northwestern.edu
- Student Finance Office
  - 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!