

Tips For Parents Of College Students

Call them often - Show you're interested in their success. Expect some moodiness, homesickness or stress reactions, and monitor how those feelings seem to affect their happiness or their ability to function as a student. It is important to monitor their progress, but also give them some room to develop skills on their own.

Do everything you can to make sure they go to class - Going to class is strongly associated with success.

Find out what classes your student is taking, and ask now and then about each one - Ask your student about the classes he or she likes and dislikes. Make sure your student knows you are interested in what they are learning.

If at all possible, come to campus and visit at least once after school starts - Make it a point to check out your student's room, meet their friends, and find out about how they spend their time.

Talk about and set expectations - College is a big investment for any family; make it pay off. Also expect them to take on more responsibilities as they grow.

Remember – and talk with your student about this – that the first 10-12 weeks of school are a stressful, high-risk time - Many students establish their patterns of alcohol use during those weeks. It is during these difficult weeks of transition that too many students on all campuses experience violence.

Have several conversations with your student about drinking - Talk about what they expect to happen when they get to campus – and, later, about what actually happened.

Encourage your student to get involved in student organizations, recreational sports, and campus events - Having activities to be involved in gives the student positive ways to deal with the stress of college.

Beware of credit cards - Credit card companies target students, and too many students accumulate unmanageable levels of debt and experience disruptive stress because of the competing demands of academic achievement and financial obligations. Don't assume that a student who hasn't asked for money recently isn't having financial problems.

*Adapted from information provided by
Ascend Student Health Services.*

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