

Family Resources

Weeks 1-5

Weeks 6-10

Week 11-End of Summer

What's Going On?

- Students are adjusting to new responsibilities, new relationships, and new freedoms all at once.
- Insecure about fitting in and navigating unfamiliar surroundings.
- Unsure about what to expect academically.
- Working to establish a new schedule and managing their time.
- Experiencing frustrations with all of the changes

- Questioning their identity, pushing boundaries, and experimenting new things (may including alcohol or illegal substances).
- Experience diversity in people and beliefs
- Managing time with academics and extracurriculars
- Beginning to understand that what they did in high school, isn't necessarily going to cut it in college.

- Term papers and projects are due and students feel overwhelmed and under pressure.
- Students may get very little sleep and neglect nutrition or exercise.
- Students begin to question their coursework or the idea of attending college in general.

Questions To Ask Your Student

- Have you thought about becoming involved on campus?
- How are you keeping track of assignments and projects?
- Are you excited about upcoming events?
How are you liking your roommate or driving to school?
- Are you sleeping or eating enough?
- Are you eating healthy foods or working out?
- What do you do to manage your stress or to relax?

- Are you aware of due dates for FAFSA, applications, etc... are due.
- Are you ready for midterms?
- Scheduled a time to meet with your professor, tutor, or other academic service?
- Are you comfortable with setting limits for yourself, or telling people no?
- What classes are you thinking about for next semester?

- Are you prepared for final exams?
- Are you getting enough sleep?
- Did you meet your academic goals for this semester?
- Are you finding ways to have fun or relax?
- How are you managing your academics or extracurricular activities?
- What they are planning to do for upcoming holidays?

Family Strategies

- Don't overreact to the first few frantic phone calls or conversations.
- Help your student to solve things at their own pace. Don't solve their problems for them.
- Don't check in with them everyday. Let them discover themselves, and they will contact you when they are ready.
- Encourage your student to stay on campus over weekends and participate in events.

- Express an interest in their academics and involvement opportunities.
- Ask questions about how your student is spending their free time, are they connecting with people and making friends?

- Encourage your student to maintain healthy behavior and of manage their stress.
- Provide care packages of healthy, homemade goods to your student.
- Ask your student how they are doing in their classes and what their grades are.
- Allow your student to vent without jumping in. The trust you and want to get things off their chest.

