

Just for Parents and Families: Help with the College Transition

Dr. Joanne Clinch - Student Health Service

Dr. James Raper - University Counseling Center



WAKE FOREST
UNIVERSITY

Friday, August 26, 2016

Introductions and Acknowledgements

Why are we here?

- Ultimate desire we have for our children:
 - Well-adjusted, healthy, adults who are prepared to face life's challenges
-

Overview

- Transitions: Challenges and Opportunities
 - Tips on How to Support Your Child
 - University Resources
 - Q&A and Reception/Discussion
-

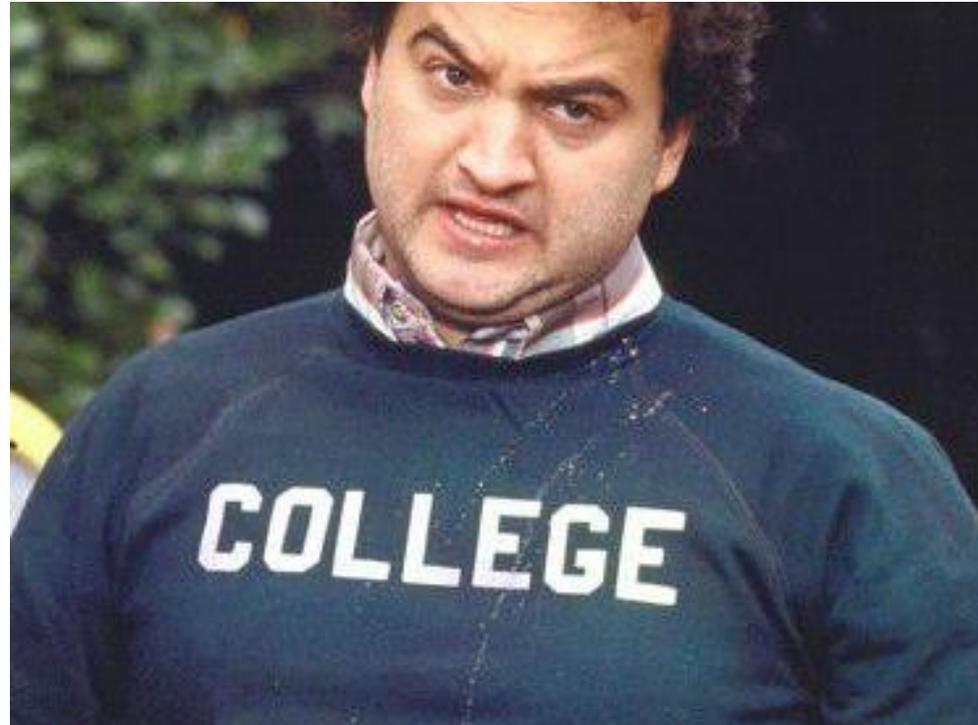


Anxiety

- “Have I done enough?”
- “Are they prepared?”

Opportunity to celebrate!

- Reflect on your investments in your child
 - Consider the challenges, bumps in the road, etc. Yet each of you are sitting here!
-



Responsibilities

Relationships

Resilience





- Time Management
 - Sleep
 - Study Habits
 - Nutrition
 - Laundry
 - Relationships
 - Scheduling appointments
 - Finances
 - Exercise/Movement
 - Other self-care
-

Tips for Parents

- **Do discuss the importance of self care and important issues like sleep, nutrition and alcohol**
 - **Help provide a healthy framework for what is healthy and “normal” as their peers may not model that behavior**
-

Alcohol and Other Substances

- Parents can help set the tone
- They will listen to your messages
- Acknowledge and empower them to make choices
- Educate them about potential consequences
- Talk about alternatives, resources for support, and how to help a friend



Relationships



Friends From Home



Roommates



New WFU Friends







Professors



Family

- Stay in touch: Texts, calls, FaceTime, packages
- Remember to let them know what is going on at home
- Don't talk about weight (or appearance in general)

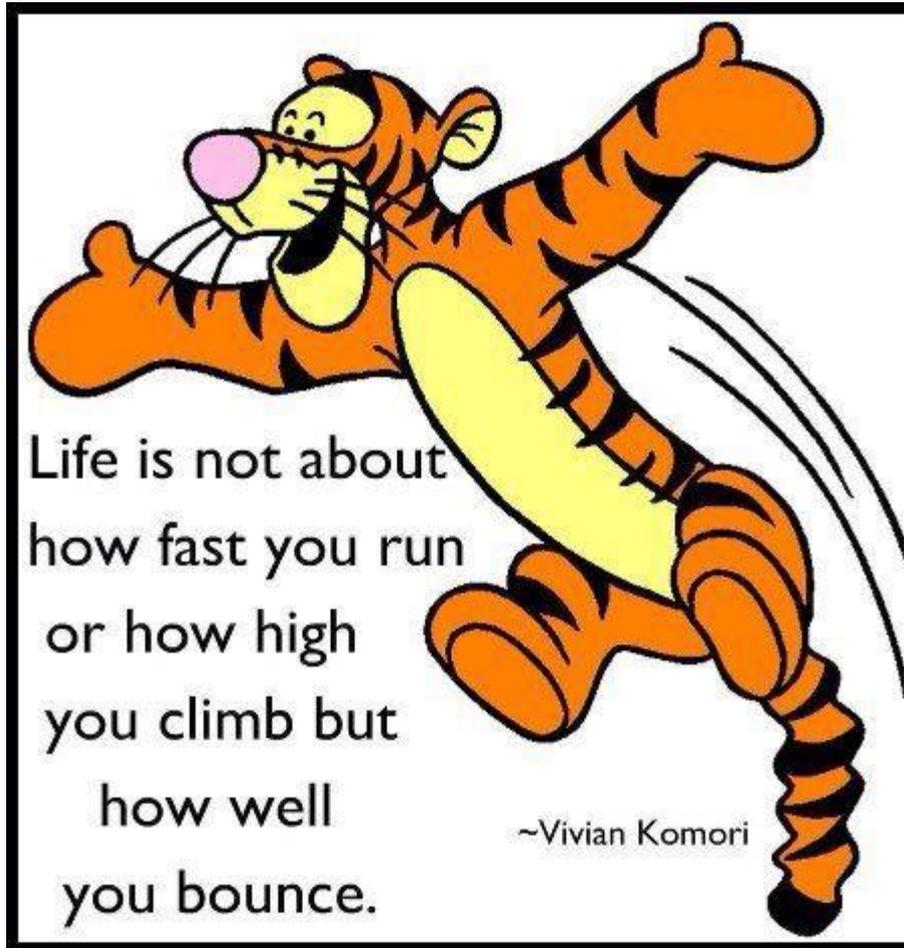


Tips

- Remember that college students are constantly balancing “what’s going on in here?” with “what’s going on out there?”
 - Encourage your child to pursue opportunities that involve their interest to connect with new people and try something new
 - Help them understand that it is normal to feel excitement, homesickness, connected, disconnected all at the same time
 - Be their consultant around problems so they learn how to navigate to solutions on their own.
-

Resilience





Road Blocks to Resilience: Fear of Failure

- **Not stepping outside of their “comfort zone”**
 - **Lack of experience with set backs**
 - **Well-intended “rescuing”**
-

HAS YOUR CHILD CONTACTED
YOU ABOUT A PROBLEM?

REMEMBER THAT
OLD ADAGE...

STOP, DROP,
AND ROLL

TOGETHER WE CAN
PROMOTE INDEPENDENCE

THROUGH
STUDENT
PROBLEM-
SOLVING

STOP



...and take a deep breath when your student contacts you with a problem. Is it **really** something he or she cannot solve on his or her own? If you fix it for him/her, does that help your student develop independence?

DROP



...the urge to reach out and immediately begin fixing things. Instead, push back with questions. What might you do? What options are you considering? What campus offices might have resources? *Additional deep breathing may be required.

ROLL



...with it. Let your student do the problem solving on his/her own. The long-term benefits of building problem-solving skills and independence will last your student a lifetime.

In the Event of a Serious Issue or
Concern about Your Student or Others

While we encourage you to let your student navigate his or her Wake Forest experience as independently as possible, if you have an urgent concern about the health, safety, or wellbeing of your student or others, there are offices available to assist you.

University Police

336-758-5591 (non-emergency)

336-758-5911 (emergency)

24/7 Dispatch Center: dispatch@wfu.edu

Admin Offices: police@wfu.edu | police.wfu.edu

Student Health Service

336-758-5218 | shs@wfu.edu | shs.wfu.edu

Nurse available at the Health Service with physician on-call back-up after clinic hours (5:00 p.m. to 8:30 a.m.) Monday through Friday and 24 hours a day on Saturdays and Sundays during the Fall and Spring semesters

University Counseling Center

336-758-5273 | counselingcenter.wfu.edu

After-hours and weekend crisis response available when school is in session by calling the Student Health Service at 336-758-5218

Office of Family Engagement

336-758-4237 | parents@wfu.edu | parents.wfu.edu

parents.wfu.edu/faq/ (Parents and Families FAQ with answers to many frequently-asked questions)

After hours assistance

Most administrative offices work on a Monday-Friday 8:30 am-5:00 pm schedule.

If you have an urgent need to reach someone at the university because you have a concern that must be addressed quickly, we have designated the University Police as our 24/7 contact. They can assess the situation and determine who best to address your concern.

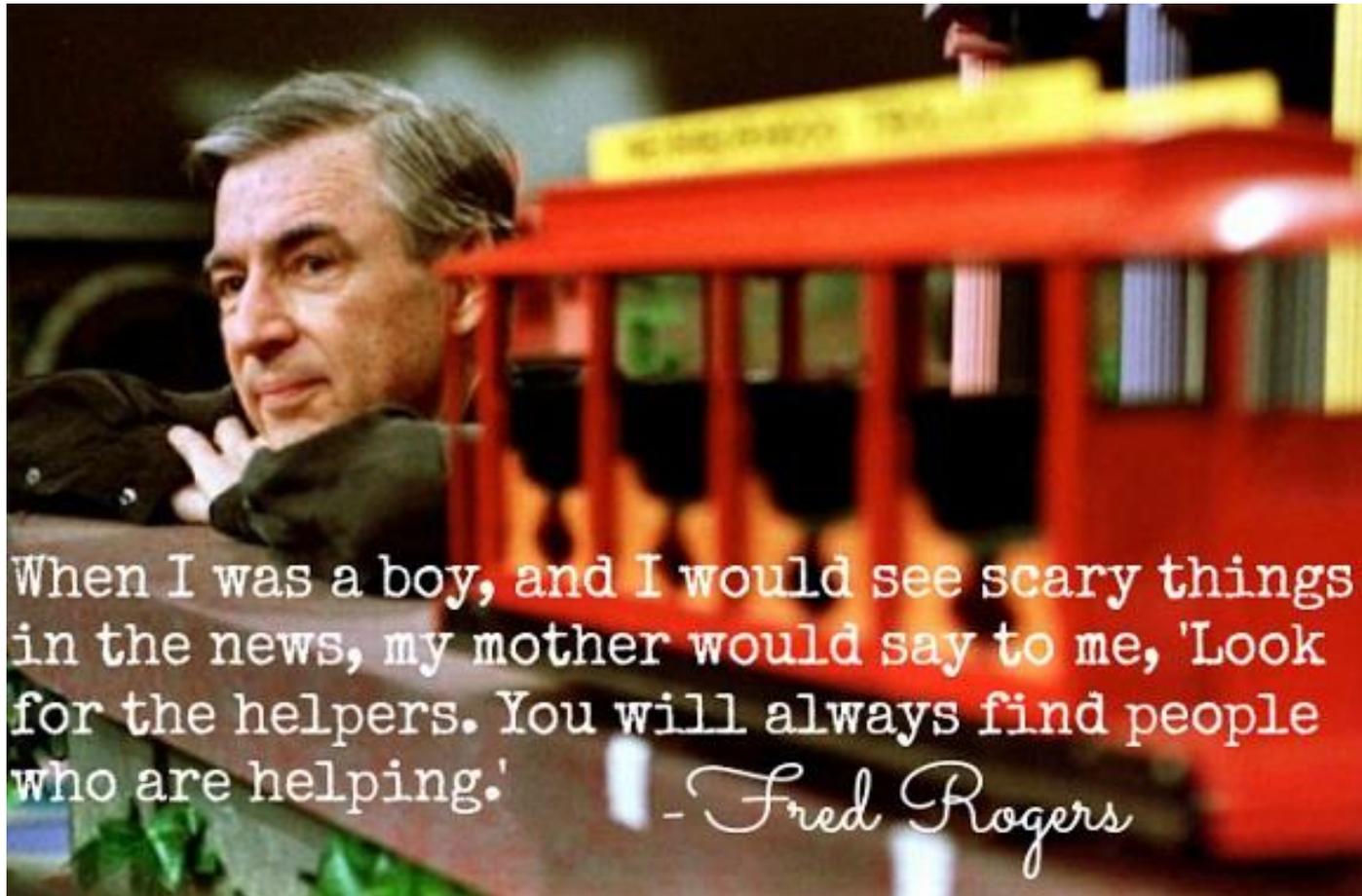
The 24-hour contact number for University Police is 336.758.5591 (non-emergency) or 336.758.5911 (emergency). They can get in touch with on-call duty staff 24-hours/day.

Tips

- **Anticipate problems” early on - normalize it**
 - **“Reverse Facebook or Instagram” Phenomenon**
 - **“Share your own struggles”**
 - **Remind them of times they have struggled and have made it through**
 - **Reframe failure - College is a great place to practice failing**
-

- Anxiety Spectrum
- Depression
- Problematic Eating and Body Image
- Alcohol/Drug Abuse and Dependence
- “Process” Addictions
- Stalking/Bullying
- Traumatic Life Events





When I was a boy, and I would see scary things
in the news, my mother would say to me, 'Look
for the helpers. You will always find people
who are helping.'

- Fred Rogers

- *Dean of Students*
- *University Counseling Center*
- *Student Health Service*
- *Office of the Chaplain & Campus Ministries*
- *Intercultural Center*
- *Residence Life & Housing*
- *LGBTQ Center*
- *International Students & Scholars Office*
- *Learning Assistance Center & Disability Services*
- *Office of Personal & Career Development*
- *Writing Center/Math Center; Tutors*
- *University Police*
- *Office of Academic Advising*
- *Women's Center*





Sept 15/62

Dear Janice

When you read this you will
be all alone and wondering
about your future & if you are
doing the right thing and so on
and so on. You may be alone
bodily but in your heart and
soul we will always be together.
All may remember my darling
everything we have done has been
B.

Welcome to the Wake Forest Family!

Reception to Follow on Hearn Plaza



WAKE FOREST
UNIVERSITY