

***Just for Parents and Families:  
Helping with the Transition to College and Beyond***

University Resources

Dean of Students	758-5806	<a href="mailto:deanofstudents.wfu.edu">deanofstudents.wfu.edu</a>
Learning Assistance Center & Disability Services	758-5929	<a href="mailto:lac.wfu.edu">lac.wfu.edu</a>
LGBTQ Center	758-4665	<a href="mailto:lgbtq.wfu.edu">lgbtq.wfu.edu</a>
Office of Academic Advising	758-5647	<a href="mailto:advising.wfu.edu">advising.wfu.edu</a>
Office of the Chaplain/Campus Ministry	758-5210	<a href="mailto:chaplain.wfu.edu">chaplain.wfu.edu</a>
Intercultural Center	758-5864	<a href="mailto:interculturalcenter.wfu.edu">interculturalcenter.wfu.edu</a>
Office of Personal & Career Development	758-5902	<a href="mailto:opcd.wfu.edu">opcd.wfu.edu</a>
Residence Life & Housing	758-5185	<a href="mailto:rlh.wfu.edu">rlh.wfu.edu</a>
Student Financial Services	758-5234	<a href="mailto:finance.wfu.edu/sfs">finance.wfu.edu/sfs</a>
Student Health Service	758-5218	<a href="mailto:shs.wfu.edu">shs.wfu.edu</a>
University Counseling Center	758-5273	<a href="mailto:counselingcenter.wfu.edu">counselingcenter.wfu.edu</a>
University Police	758-5911	<a href="mailto:police.wfu.edu">police.wfu.edu</a>
Women's Center	758-4053	<a href="mailto:womenscenter.wfu.edu">womenscenter.wfu.edu</a>

Tips for Parents

- Show your confidence in your student by allowing them to learn from their mistakes, own and celebrate their successes, and fight their own battles
- College is a time of self-preoccupation which can sometimes appear self-centered and oblivious to the feelings and needs of other family members. This, too, shall pass!
- Be a “safety net” not a “safety harness”
- Help your student remember to put the inevitable ups and downs of college in perspective
- Remember that they are still practicing to be full-fledged adults. Achieving maturity is a long process
- Keep phone calls brief and non-prying. Listen more than talk
- Encourage your student to get involved in at least one extracurricular activity in the first semester
- Early homesickness does not predict poor adjustment to college

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- Encourage your student to stay on campus most weekends, especially during the first semester
- Surprise visits to the residence hall room are seldom welcome
- Help them stay connected with events going on at home - keep them in the loop
- Try to ignore changes in clothing, hair, or language; these will eventually pass
- Keep his/her room the same for at least a semester, if possible
- Find new interests yourself or pursue old ones
- Keep the communication channels open. Discuss difficult topics (e.g., alcohol, drugs, sex, relationships, future careers, etc.) prior to arrival, as well as throughout college
- Familiarize with campus, community and online resources. There are many!
- Remember that developing independence is crucial and requires efforts from both parents and students. Resist the urge for multiple contacts per day, limit advice giving/seeking for small problems of daily living