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

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

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