

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 extra curricular activity in the first semester.
- Early homesickness does not predict poor adjustment to college.
- 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 at home 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) prior to coming as well as throughout college.
- Familiarize yourself 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.

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