

# Just for Parents and Families: Help with the College Transition

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WAKE FOREST  
UNIVERSITY

Wednesday, August 21, 2019

## 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
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## Overview

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

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

## **Opportunity to reflect and celebrate**

- Your investments in your child
  - Consider the challenges, bumps in the road, etc.
  - Yet each of you are sitting here!
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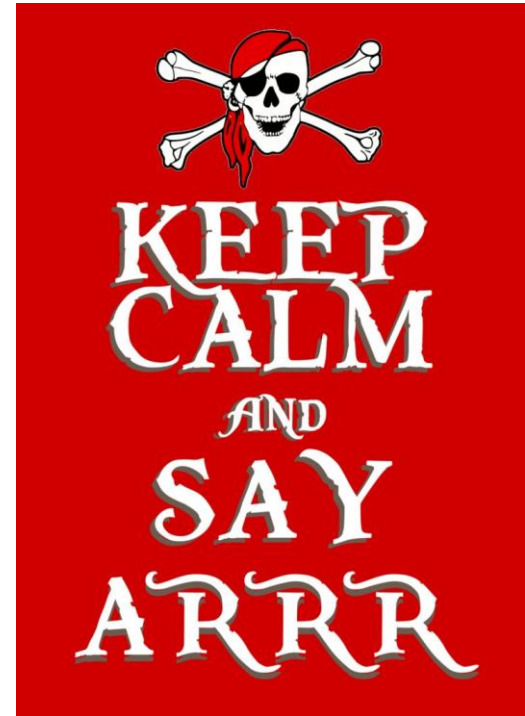
# What To Expect?



**R**esponsibilities

**R**elationships

**R**esilience



# **R**esponsibilities





- Time Management



OCCUPATIONAL

- Sleep



ENVIRONMENTAL

- Study Habits



INTELLECTUAL

- Nutrition



PHYSICAL

- Laundry

- Relationships



SOCIAL

- Scheduling Appointments



OCCUPATIONAL

- Finances



FINANCIAL

- Exercise/Movement



PHYSICAL

- Other Self-care



SPIRITUAL



EMOTIONAL

## Tips for Parents

- Transition from role of the supervisor to that of consultant
  - *DO* discuss the importance of self care and important issues like sleep, nutrition, and alcohol
  - Help provide a framework for what is healthy and “normal” as their peers may not model that behavior
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## Alcohol and Other Substances

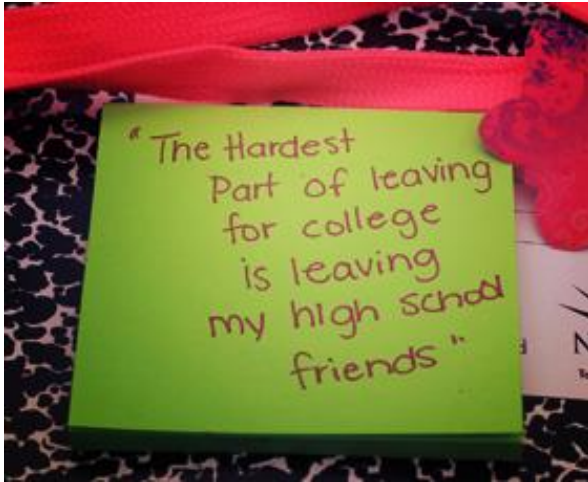
- Parents can help set the tone
- They will listen to your messages
- Acknowledge and empower them to make choices
- Educate them about potential consequences
- Talk about alternatives, resources for support, and how to help a friend



# Relationships



## Friends From Home



## Roommates



## New WFU Friends







## Professors



## Family

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



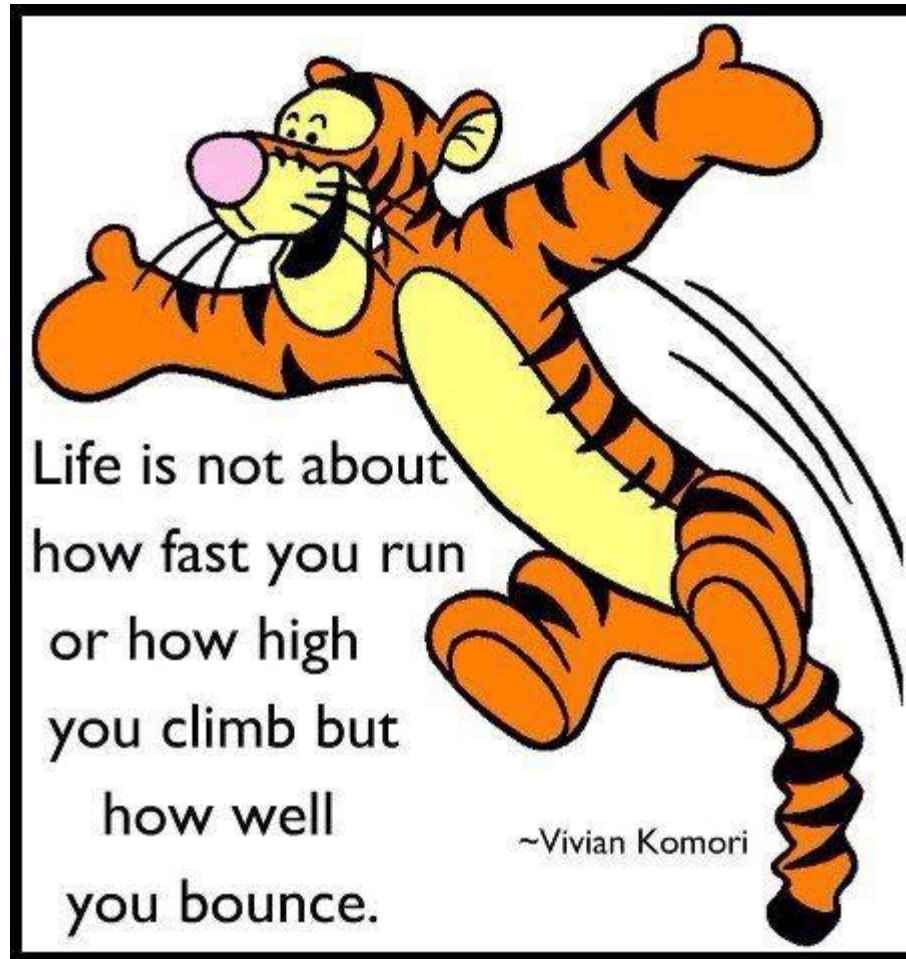


## Tips for Parents

- 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, and disconnected all at the same time
  - Be their consultant around problems so they learn how to navigate to solutions on their own.
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# Resilience





## Road Blocks to Resilience: Fear of Failure

- Fear of stepping outside of their “comfort zone”
  - Fear of not appearing “perfect” Instagram/ FB
  - Lack of experience with set backs
  - Well-intended “rescuing”
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## Tips for Parents

***“Sometimes you win, sometimes you learn”***

John C. Maxwell

***“Failure is not an outcome - failure is not trying”***

Sarah Blakely (Founder of Spanx)

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***“Do something everyday that  
scares you”***

Eleanor Roosevelt

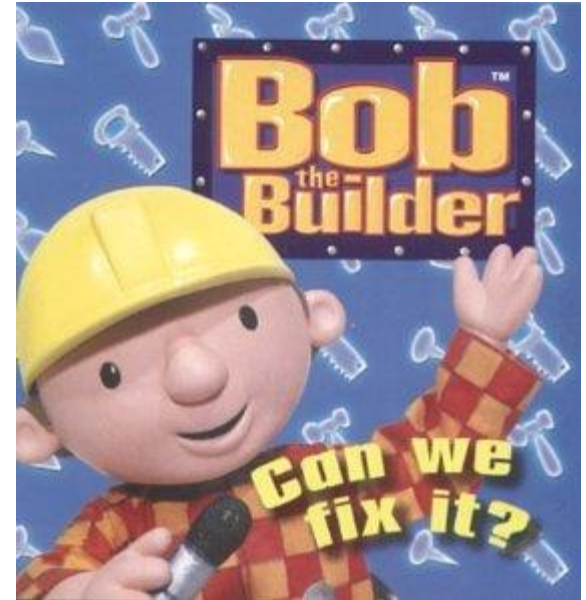
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## Tips for Parents

- Anticipate problems early on - normalize it
  - Remind them of times they have struggled and persevered
  - “Share your own struggles”
  - My youngest loves receiving text messages with Bitmojis cheering her on!
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## Tips for Parents

- Resist the impulse to “fix it”
- Transition to the role of consultant
- Create conversation that builds problem solving





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



...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?



...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.



...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](mailto:dispatch@wfu.edu)

Admin Offices: [police@wfu.edu](mailto:police@wfu.edu) | [police.wfu.edu](http://police.wfu.edu)

### Student Health Service

336-758-5218 | [shs@wfu.edu](mailto:shs@wfu.edu) | [shs.wfu.edu](http://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](http://counselingcenter.wfu.edu)

Access to a WFU crisis counselor is available to students and concerned loved ones 24/7/365 by calling 336-758-5273.

### Office of Family Engagement

336-758-4237 | [parents@wfu.edu](mailto:parents@wfu.edu) | [parents.wfu.edu](http://parents.wfu.edu)

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

### After hours assistance

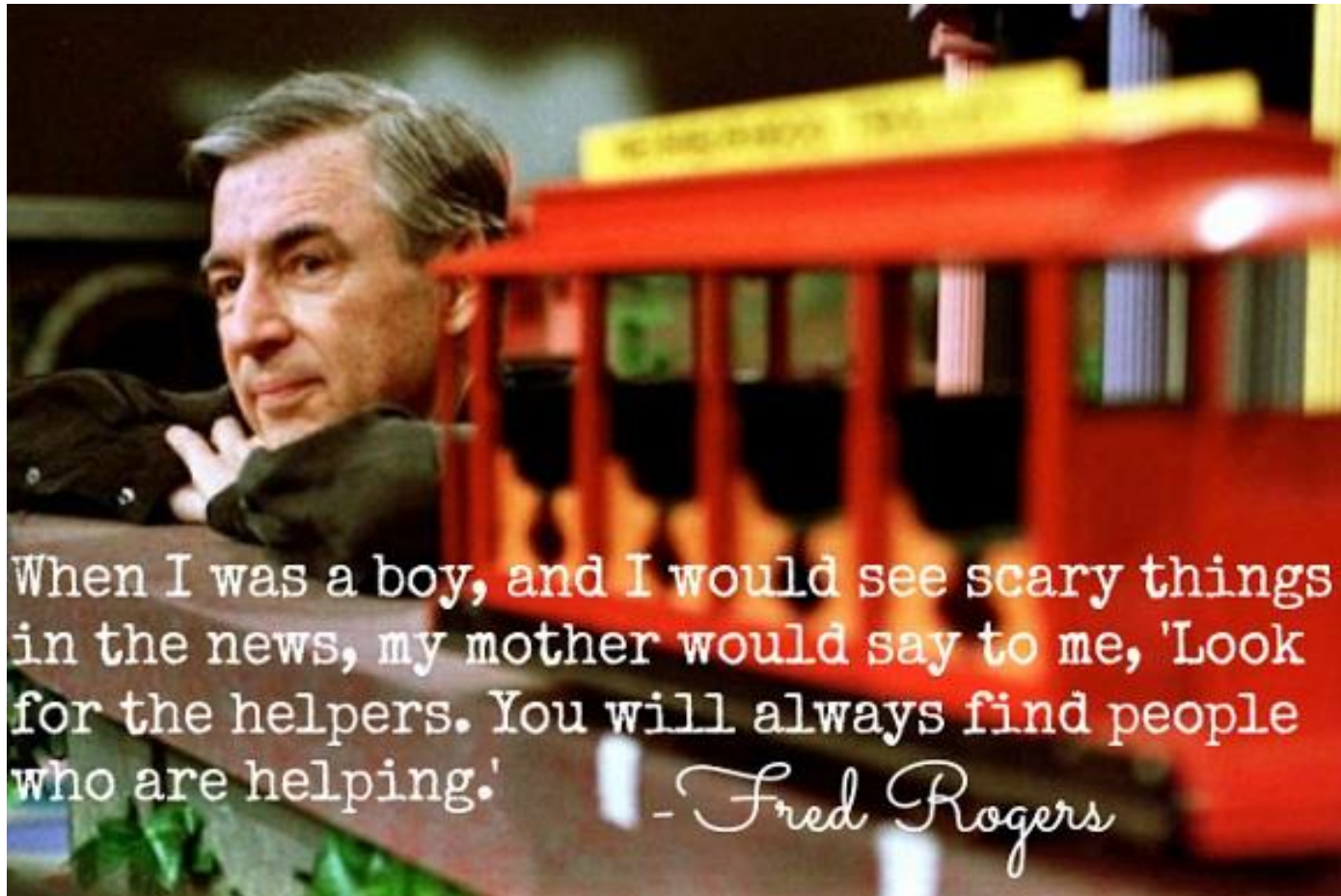
Most administrative offices work on a Monday-Friday 8:30 am-5:00 pm schedule.

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.

- Emotional/behavioral concerns on a spectrum
  - Anxiety
  - Depression
  - Problematic Eating and Body Image
  - Addictions
  - Stalking/Bullying
  - Traumatic Life Events





- *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*
- *Office of Wellbeing*





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  
badly but in your heart and  
soul we will always be together.  
All may remember my darling  
everything we have done has been  
B.



Reception to Follow  
on Hearn Plaza

