
Surviving the Transition

Preparing Parents for College

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Overview

- What you can expect during the transition
 - And what you can do to help
 - What changes you might experience
 - Technology and your child
 - A crash course in life.....
 - Roles that might help
 - Roles that probably won't help
-

It's not a transition for me, is it?

- Absolutely!
- Every change for our child is a transition for us as parents.



Remember those transitions?

The first day of....

Kindergarten and first grade....



Junior high....

High School



First date.....

Driving



Graduation...



Southeastern welcomes your child with all the rights and responsibilities of an adult.

- Are you ready for this?
- Is your child ready for this?
- What are you most concerned anxious about?



“When I was a boy of 14, my father was so ignorant, I could hardly stand to be around the man. But when I got to be 21, I was surprised at how much he had learned in 7 years.”

---Mark Twain

Transitions vs transitions

- How did we handle the other transitions
 - Encouraged our child to be self-sufficient
 - Cheered, encouraged, and praised our child for his/her achievements
 - Expected a few struggles



Learning to walk all over again... the college way!

- Behaviors you may see...
 - ❑ Your student will probably explore his/her independence and autonomy.
 - ❑ Your student will probably want to spend more time with friends or studying.
- You can encourage your child to “walk”.
 - ❑ By respecting and encouraging their autonomy.
 - ❑ Being patient



Communication changes

- Communication may change
 - Some students have less communication with their parents/guardians while others become more clingy.

- It is helpful to:
 - Maintain communication even if your child is ignoring you!
 - Listen to your child's problems without rushing in to solve them.
 - Help your child learn problem-solving skills!



Even more change?

- Beliefs, Ideas, Friends, Appearance

- As your child experiences new things, he/she is going to try on different “hats”.
- As parents, we can
 - Give them space to explore
 - Respect their boundaries
 - Pick our battles wisely
 - Make the most of home visits
 - Resist lecturing!!



What about changes for you?

- Empty nest?
- Ambivalent feelings
- More freedom
- Keeping yourself active and healthy
- Opportunity for new adventures
- Opportunity for an adult relationship with your child.



“After the kids leave home, some parents experience the empty nest syndrome; some change their locks!”

--anonymous

Technology: Friend or Foe?

- You can reach your child all the time.
 - You can reach your child all the time???!??!
 - Boundaries should apply to technology as well.
 - Allow the phone/texting to be a bridge—not a leash!
 - Discuss your expectations
 - How often?
 - Who initiates contact?
 - What topics do they need to discuss with you?
-

A crash course in life... OR...

What does your child really need to know?

- Laundry
- Alarm Clocks
- Freshman Fifteen
- Finances
- Safety
 - UPD
 - Health Center
 - Counseling Center
- Academics????



Roles that ...

■ Might work

- ❑ Cheerleader
- ❑ Encourager
- ❑ Holder of the faith
- ❑ Consultant
- ❑ Safety Net
- ❑ Weather reporter



■ Might not work

- ❑ Lecturer
- ❑ Dictator
- ❑ Ignorer (You're not finished yet!)
- ❑ Dropper Inner
- ❑ Private Investigator
- ❑ ATM



Remember

You got your child this far. Have faith in your parenting skills. You've done a great job!

Any questions? Thoughts?
Concerns?



Welcome to the
Southeastern Family!