LETTING GO!

A Presentation on Transitioning to College
PRACTICAL CONSIDERATIONS

• Packing and packing list

• Budgeting/Finance
  ➢ Bank account, checking, ATM
  ➢ Campus job
  ➢ Credit cards
  ➢ Money from home?

• Car and transportation

• Medical/Health Issues
  ➢ Where is the health center? The ER?
  ➢ Where is the counseling center?

• Laundry... how to do it!
COMMUNICATIONS

• From the college
  ➢ FERPA
  ➢ Orientation
  ➢ Tuition bill
  ➢ Grades
  ➢ Security
    o Clery Act
    o Shuttles and escort service
    o Street smarts

• Between student and parent/guardian
  ➢ Time and frequency
  ➢ Talk vs text vs e-mail

• Between students and roommate(s)
CHALLENGES FOR STUDENTS

• Academics
• Depression/anxiety
• Drugs and alcohol
• Health/wellness
• Homesickness
• Sexual assault
• Social relationships
• Stress
TEN BIGGEST PARENT FEARS

1. Overall safety
2. Losing communication
3. Developing a new relationship
4. Student making poor judgment calls
5. Dangers of drugs and alcohol, sexual assault
6. Students inability to handle newfound freedom
7. Inability to let go
8. Dealing with an empty nest
9. Changed role as a parent
10. Changed relationships within family
TEN BIGGEST STUDENT FEARS

1. Not being happy at the chosen school
2. Disliking roommate
3. Lack of trust from parents
4. Missing friends from home and high school
5. Homesickness
6. College not living up to expectations
7. Choosing a major
8. Not meeting academic standards
9. Constant contact from parents
10. Financial issues
RETURNING HOME

- Expect conflict
  - Rules at home have not changed, but students have
  - May be a time to rethink house rules

- Negotiate and communicate!

- Find time together, but do not smother
STORIES, MOVIES AND MORE

https://www.youtube.com/watch?v=Lj3baeUPUmw  College Road Trip pt.8