



CHANGING ROLES, EXPECTATIONS AND RELATIONSHIPS

FOCUS R & R 2011

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WHAT SHOULD JULIE DO?

- A. Discuss with Sarah some strategies she could use to talk to her roommate about these problems
- B. Encourage Sarah to come home and take classes at the local tech college for the semester
- C. Call Sarah's Resident Assistant (RA) and ask her to move Julie into another room



WHAT *WILL* JULIE LIKELY DO?

- A. Discuss with Sarah some strategies she could use to talk to her roommate about these problems
- B. Encourage Sarah to come home and take classes at the local tech college for the semester
- C. Call Sarah's Resident Assistant (RA) and ask her to move Julie into another room



WHAT WILL SARAH WANT JULIE TO DO?

- A. Discuss with Sarah some strategies she could use to talk to her roommate about these problems
- B. Encourage Sarah to come home and take classes at the local tech college for the semester
- C. Call Sarah's Resident Assistant (RA) and ask her to move Julie into another room



THE GOAL...

- Short term → to fix the problem, to help
- Long term → to foster autonomy and independence



#1 – COLLEGE IS A TIME TO BUILD AUTONOMY AND INDEPENDENCE

- Students need to develop life skills and self-advocacy skills
 - Be proactive, seek out assistance when needed

- Parents help to guide students in the development of these skills



"YES, MOTHER, I TOLD YOU, I'M DOING FINE ON MY OWN AT COLLEGE ... HEY, COULD YOU LOG ON AND FIND MY SCHEDULE, ORDER MY BOOKS AND CALL ME WHEN IT'S TIME FOR CLASS?"

A NOTE ABOUT FERPA REGULATIONS...

- Parents do not have access to students' financial or academic records
- The University will not provide medical, academic, or disciplinary information to parents without students' permission. If an extreme emergency, where health in serious jeopardy, or concern that he/she poses a threat to self or others, the University will contact parents.
- The University can release to parents info on violation of federal, state or local laws related to alcohol or drugs if student is under the age of 21.

- For more info:

http://www.uwgb.edu/deanofstudents/for_your_info/ferpa.html

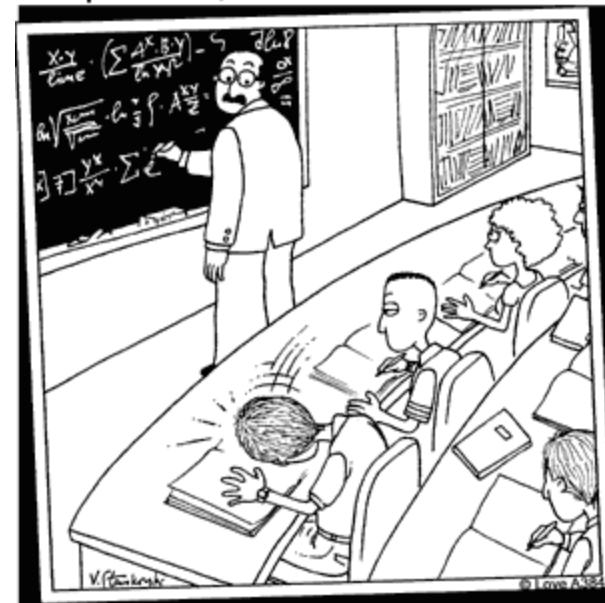
<http://www.ed.gov/policy/gen/guid/fpco/ferpa/>



#2 – BE OPEN AND TRY NEW THINGS

- College is a time for exploration – personal, social, intellectual
- Don't be so afraid of mistakes that you avoid challenging experiences
 - Mistakes can be more valuable than successes!
 - Teach life skills: correcting mistakes, overcoming challenges
 - 1st step – taking ownership of your role in the problem

Snapshots at jasonlove.com



Professor Herman stopped when he heard that unmistakable thud – another brain had imploded.

#3 - A CERTAIN AMOUNT OF LONELINESS AND HOMESICKNESS ARE NORMAL AND HEALTHY AT FIRST

But there's a lot you can do:

- If you live on campus →
 - Do not go home every weekend!
 - Don't spend all your time with your roommates; meet other people
- If you're a commuter student → Come early, stay late
- For everyone → Get involved! Now!



#4 – YOUR RELATIONSHIPS WILL CHANGE

- Remember that independence and respect are earned!
 - Talk to your parents honestly, keep them informed
- It's normal (and usually even healthy) to have less contact with your child during this transition
- Friends, boyfriends/girlfriends



WHAT DO YOU MOST WANT FROM
YOUR PARENTS/CHILDREN TO HELP
WITH THE TRANSITION TO COLLEGE?



TAKE HOME TIPS:

- Parents are “home base”, but students need to make UWGB a home too
- Communication is key!
 - Students talk to your parents, be honest
 - Parents listen (more than you talk)
- Students need support and guidance from parents to make their own decisions, solve their own problems
- College can be one of the most important experiences of your life –take full advantage of all that UWGB offers!



QUESTIONS?



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A good resource for parents:

<http://www.collegeparents.org/college-parent-central>

