



# How to Help Your Child Succeed

# Handling Frantic Phone Calls

- Don't panic
- Listen
- Be empathetic and supportive
- Don't trivialize
- Brainstorm solutions
- Resist saving your child
  - Belittles their confidence
  - Promotes dependence

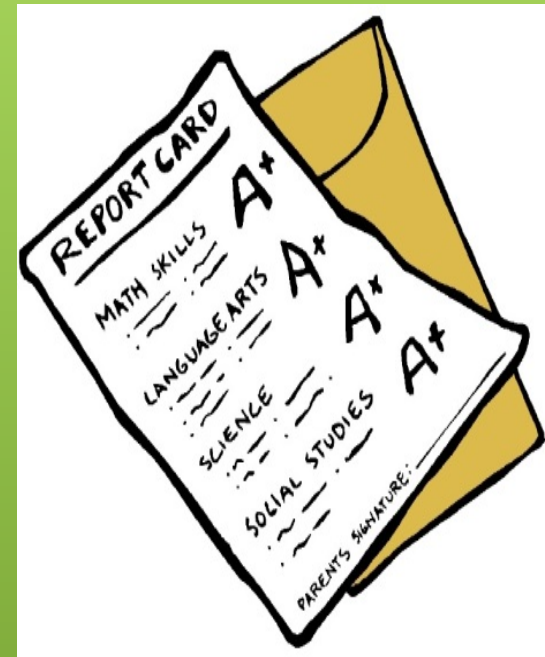


# Fostering Independence

- Teach them to do laundry
- Help them to understand finances and expect them to contribute toward paying for college
- Encourage them to develop appropriate goals and expectations
- Help them to develop competence along with confidence
- Urge them to seek help

# Checking Grades

- Grades are confidential – FERPA Release
- Student Access
  - Blackboard
  - Academus (possible holds)
  - Advisor or me
- Advisory Grades – after the fifth week of classes
- Semester Grades



# Choosing and Changing Majors

- Expect change
- Listen, encourage, support
- Ask questions, express concern
- Encourage them to explore options – read, talk, gather information
- Have them consider their interests, skills, abilities, values
- Remember that their choice is not irrevocable



# Encouraging Involvement

- Encourage them to do some small thing each week, such as
  - Join a club
  - Talk to a student they don't know
  - Have dinner with a new friend
  - Attend an athletic event
  - Make an appointment to talk to a professor
  - Volunteer
  - Join a study group

# General Tips

- Don't cry until after you leave.
- Step back – let your child make the first call.
- Step aside – allow your child to have new mentors.
- Provide continuing love and support.
- Enjoy your empty nest!