What Can My Family Expect?

- To assume the role of a coach/guide rather than solving your student’s problems for them
- To change—some changes will be welcomed, others not so much!
- To talk and network with other parents of college students
- To stay in contact, but don’t overdo it! (care packages are especially appreciated during midterms and finals)
- To be realistic and honest with your student about financial matters
- To realize college isn’t just school, it’s a lifestyle—academics and experiences outside of the classroom
- To let go at a pace that’s comfortable for you and your student

What Can I Expect From Myself?

- To experience change and personal growth
- To responsibly enjoy new found independence
- To set goals for myself—dream big, but act bigger
- To recognize that there is more than one right path
- To be inquisitive and open-minded
- To understand that I won’t always know the answers
- To interact with new people from diverse backgrounds

Social involvement leads to success!
Get involved on and off campus!

- Join student organizations
- Student government
- Student employment
- Campus recreation and wellness
- Study groups
- Sports and intramurals
- Community involvement/volunteer

Pro Tip: Get Out of Your Comfort Zone

Myth - It is important to choose the correct major because it will determine your career path.

Reality - Your major can prepare you for a wide range of careers. Some career fields require a specific major (nursing, accounting, engineering), but many will be flexible with your major.
Peaks of the First Semester

**AUG**

- Admitting to College: Classes, Study, Teachers, Roommates, Freedom, Independence, Campus Activities

**SEPT**

- Academic Trench: Mid-Terms, Papers, Projects, Homecoming, Appointments w/ Advisors
- Family: Holiday, Excitement or "The Blues"

**OCT**

- Almost There: Registration for 2nd Semester; Finals; Papers, Projects, Final Exams
- Adjusting to tame, temporary "seasonal" semester break

**NOV**

- Then Slowin' Down: Easier pace unless you're in Wintersemester
- Reality: Your other interests can be satisfied by minors, certificates, or dual majors. You can also pursue interests through hobbies, volunteering, clubs, and organizations.

**DEC**

- Myth: Choosing one major means I have to give up my other interests!

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**Strategies to Enhance Success**

- Consider college as preparation for life. Your habits in college will continue "on the job".
- Attend every class. Contact your teacher if unable to attend due to extenuating circumstances. Make friends in class so they can share notes with you if you are absent.
- Schedule time for group studying. Teaching others study materials is the best way to learn.
- Sign up for tutoring during the first few weeks of school in subjects you have struggled with in the past.
- Get to know your teachers, advisors, and campus staff sooner than later.
- Manage your time and priorities - don't procrastinate. Remember that your college education is important for your future!
- Utilize resources (advising, counseling, disability resource center, tutoring, math/writing centers, friends, family, etc.)
- Have clear educational goals (work with an academic advisor to gain the clarity needed)
- Follow good health habits including eating nutritiously and getting enough sleep
- Get out of the Classroom! Gain experience by volunteering, interning, conducting research, and working.