

Supporting your Student's Success: Tips for Parents

Challenge: Many Choices

It is hard for new students to know how to prioritize activities. They may become easily overwhelmed.

How Parents Can Help

- Encourage a regular schedule/routine
- Be realistic about your student's time and energy. Studying "all the time" will not always make a better student

Challenge: On Their Own / Feeling Lonely

Students who are away from home often struggle with trying to be independent while still needing and wanting the support of home. The amount of distance from home does not always determine the degree of homesickness.

How Parents Can Help

- Let your student set the pace for contact
- Encourage joining and connecting, as those are ways students learn how to be successful
- Encourage activities and hobbies to help "balance" and coping
- Clarify communication and expectations about academic and financial matters

Challenge: Academic Struggles

A key predictor of academic success is class attendance. Freshmen often struggle with having the freedom to miss classes without immediate repercussions. Sometimes they miss class with the intention of getting caught up. This often results in getting further behind.

How Parents Can Help

- Ask about class attendance
- Encourage contact with instructors ASAP
- Encourage use of academic support resources
- Support problem-solving, but keep responsibility for action with your student

Challenge: Time Out / Out of Control

Sometimes there is a student mentality that time out is time to really "let loose." Besides new problems created by the consequences of "letting loose," they often have little true downtime.

How Parents Can Help

- Encourage your students to trust their own feelings and wishes about activities, and to avoid being overly influenced by others.
- Be prepared for at least on "bad surprise" and think about how you will handle it

Taking Care of You:

- Expect change, both for you and your student
- Be prepared for your own mixed feelings about this life change
- Get support; talk to other parents
- Consult with professionals



Counseling Services

(775) 784-4648

www.unr.edu/counseling