



CARETAKER TO COACH:

SOME EXPERT ADVICE

**YOU'VE BEEN
PREPARING
FOR THIS!**



FOUR CRITICAL CONVERSATIONS

Academics

- What they hope to explore and accomplish
- What are your expectations?
- Grades may not be the same as high school
- Who's major is it anyway?

Finances

- Budgeting
- Credit Cards
- Employment

Health and Safety

- Health Insurance – how to use, in network vs out of network
- Caring for self – washing clothes, cleaning refrigerator, medicines
- Alcohol and Other Drugs – expectations, open conversations, safety net

Communication

- When and how – and know that this may change!
- Who they should be reaching out to for help

ANTICIPATE BUMPS ALONG THE WAY



THE BALANCING
ACT



ROOMMATE
ISSUES



FINDING FRIENDS



GRADES/FACULTY



NEW EMPLOYMENT



GETTING "IN
TROUBLE"



YOU MAY GET MIXED MESSAGES...

I already have more friends than high school!

I'm not sure what I should do this weekend

My professor is moving so quickly! I can barely keep up.

Do you mind if we just talk once a week?

The food here sucks! 😞

There is so much to do here – I barely have time to study!

Haven't really met anyone yet

I am loving this! ❤️

My roommate is driving me up a wall!

Can you talk right now?

WE'VE ALL HEARD OF "HELICOPTER PARENTING" ... AND WE MAY EVEN BE GUILTY OF IT!

Helicopters...

- Provide parenting that is high in warmth and support, but also high on control and low on granting autonomy to students
- Try to make major life decisions for students
- Feel like good parents when they solve problems for their students
- Hover over their children ready to take responsibility for their decisions and problems



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Be careful not to 'overparent' your college student

Over-parenting can lead to students experiencing:

- decreased levels of self-regulation, self-efficacy and goal setting
- more difficult time relating to roommates or engaging in extracurricular activities
- depression and difficulty with academic and social adjustment to college
- a feeling that their own actions and efforts are insufficient
- a difficult time developing effective coping mechanisms for conflict resolution and stress management



MOVING FROM CARETAKER TO COACH

**Let your student take the lead.
Do not reach out to their:**

- professor
- academic advisor
- supervisor
- RA/RD
- roommate (or their parents)
- club or organization leader

Seek Help When Your student:

- Is suffering from an illness and cannot advocate for themselves
- Is experiencing mental health challenges which interfere with their ability to make well-informed decisions
- Cannot be located
- ...Or when there are financial concerns which may impact the family's finances

MOVING FROM CARETAKER TO COACH

Wait

Wait until your child asks for advice before giving it.

Support

Ask how you can support them through the process.

Brainstorm

Help your child find answers for themselves. Ask them questions to get them thinking – like “Who could help you on campus?”

Encourage

Remind them that they can do this and that they’ve succeeded in the past!

Listen

Sometimes they just want to be heard.

REMEMBER...

“It is not **what you do** for your children,
but **what you have taught** them
to do for themselves
that will make them
successful human beings.”

-Ann Landers

Many thanks to Dr Cynthia Avery for much of this content