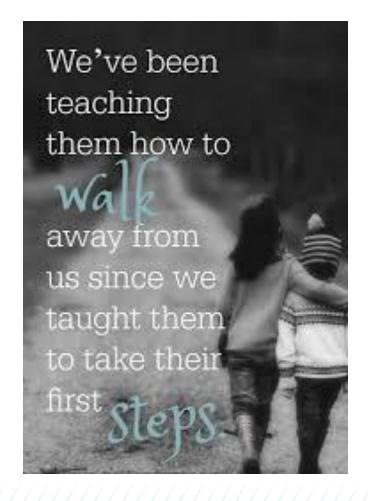


# **CARETAKER TO COACH:**

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



## 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?



#### 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



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

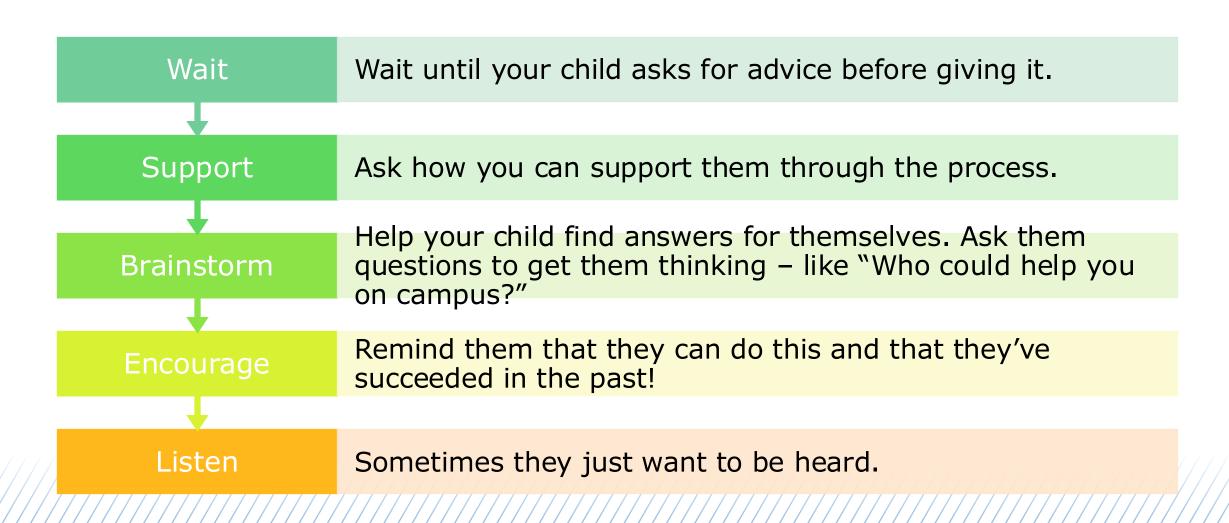
# Let your student take the lead. Do not reach out to their:

- 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



# 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