Navigating Uncharted Waters
Parents, Please…
Repeat after me . . .

“We Did!”
“The Best!”
“We Could!”
Pirate Parent Perspectives

What we hear from parents-

- One word that exemplifies how you feel
- One word that exemplifies your student’s feelings
One word that exemplifies how you feel:
One word that exemplifies how your student feels:
VIPP’s share time
College Misconceptions

- ECU has an excused absence policy
- Campus living can quickly locate your student at anytime
- A 4.0 in high school means ‘easy A’s’ in college
- Everyone is having more fun than me
  - The social media factor
  - FOMO
- An online portal exists to see student’s grades, absences, and class attendance
Letting Go vs. Letting Grow
(borrowed from University of Arkansas)

- You've invested so much in your children
- Parental self-care is important
- Are you an umbrella parent?
- Positive ways to get involved
  - Parent & Family Portal
  - Pirate Parents Live
  - parents.ecu.edu
  - College Ready 2023

**UMBRELLA FAMILY**
Stand next to your student, not in front. Hold the umbrella, freeing your students hands to do their own work.
Student Perspective – Recent Years

- Social anxiety has increased
- Difficulties in communicating
- Lagging academic motivation
- Multiple types of losses
- Impact of use of screens/social media
Student Perspective - Summer

- Closure of the end of high school
- Feeling of accomplishment—but some challenges

Changes over the summer:
- On top of the world one day, closed off the next.
- Pattern may continue through move in and the first few weeks.
- What can you do in the next couple of weeks to help?
A student who may need extra support might:

- Be unsure why they are at college
- Have difficulty asking for help and making friends
- Have trouble managing self-care and personal chores
- Might struggle with decision-making
- Appear less mature
- Have poor coping skills
A student who needs less support might:

- Seek to act independently
- Cope with conflict appropriately
- Communicate assertively
- Have more of a global view
- Know how college fits into their overall plan
- Be able to advocate for themselves
Adjustment to Campus Life

- Nothing feels like home
- Everything is different
- Student is adjusting to college academics and is worried about being successful

How would you respond?
Adjustment to Campus Life
Adjustment to Campus Life

- Set realistic expectations and know there will be challenges
- Normalize your student's experiences—let them work through issues on their own
- Self-advocacy – encourage your student to ask for help until questions are answered; staff/faculty want to help
- Encourage social contact and suggest limiting isolation
Concern For a Friend

- Notices concerning behavior
- Tried to engage friend in activities
- Wondering how to help and resources available

How would you respond?
Concern For A Friend
Connection to Resources

- Learn and use resources – SO much help available, when in doubt contact Dean of Students office
- ECU Cares - reporting "student of concern"
- CCSD – 3rd Millennium educational modules
- Many well-being, student activities, self-help and treatment options available – use HARBOR app or Well-being website..."no wrong door"
And be prepared for some of these phone calls…
We Got This!

Hello?

- Hey mom.

- Hey honey.

How's my girl doing today?

- Great.

- Sorry I missed your call earlier. I was at dinner with people from my floor.

- Nice.

- You're doing okay, then?

- Yeah, everything has been great.

- We're going to an event over in the student center in a bit, and this weekend we might head up to North Rec and take the kayaks out.

- And making time to study too, right?

- (laughs) Of course.

- My math course is a little tough, but I think I'll be okay if I put the work in. There's a lot of places to get help too if I need it.

- How are things at home?

- Good.

- Your sister's keeping us busy. She has a game tomorrow, and she was invited to the dance after the football game on Saturday, so we're going shopping.

- Grandma and Grandpa send their love and said to call them when you can.

- I'll call them this weekend.

- I miss y'all.

- We miss you too a lot, but I'm so glad to hear things are going well. It sounds like you're having a great time.

- I am.

- I really am glad I decided to come here.

- Oh, my friend Missy is here. We're going to head to the student center now.

- I'll talk to you soon. Love you.

- Love you more.
We Got This!

- Think about impact on family members

- Everyone goes through a period of adjustment when they start college - so do the family members
Communication Changes

- Changes will occur as your child adjusts to campus life and makes new connections--and it should! This is normal and healthy.

- Different manner, style and frequency in which they contact you.

- Determine appropriate times to talk—quality versus quantity.

- Care package ideas.
If all else fails...

Dear (Insert The Name of Your Student!),
We are so proud of you! We know how hard it is to adjust to college life. Since we haven’t heard from you in a while, we can only assume that you’re making new friends, studying hard, getting involved on campus and beginning to really enjoy college. Well, we couldn’t be happier for you and your hard work deserves a reward - so here’s $50 for you to spend this weekend! Have a great time...
because you deserve it!
Talk to you soon!

We love you!
Mom and Dad
(Brother or Sister, Dog, Cat, Grandma, Grandpa, Neighbor)
Send a Letter from Home
Important Resources

**Center for Counseling and Student Development**
137 Umstead Hall  
252-328-6661  
counselingcenter.ecu.edu

**ECU Disability Support Services**
Mendenhall  
252-737-1016  
accessibility.ecu.edu

**Office of Parent & Family Programs**
Bloxton House  
252-328-6847  
parents.ecu.edu

**Dean of Students Office**
125 Umstead Hall  
252-328-9297  
deanofstudents.ecu.edu  
ecucares.ecu.edu

**Center for Student Success**
282 Main Campus Student Center  
252-737-1059
Looking to the Future

- It’s a marathon, not a sprint
  - Seeing the long-range plan, even when the short view seems challenging
- Be proud of all your student has achieved so far...
- They will give you so much more to be proud of in the future!

https://vimeo.com/272815323
We will be here if you have any questions!