



UCF

Student Union

**SUPPORTING YOUR  
NEW KNIGHT**

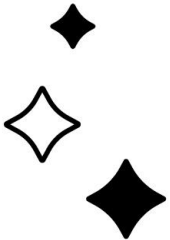
FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



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CAGLE CARTOONS.COM  
THE BUFFALO NEWS  
ZIGELS

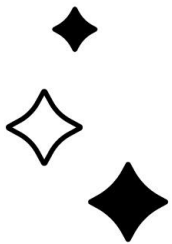


# YOUR ROLE IS IMPORTANT



*A healthy student-parent relationship is associated with:*

- Academic achievement
- Adjustment to college
- Psychological adjustment and well-being

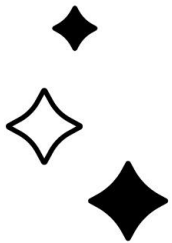


# TODAY'S COLLEGE STUDENTS



## Increased Stress and Anxiety:

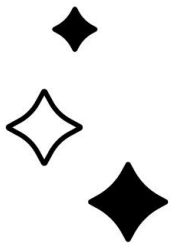
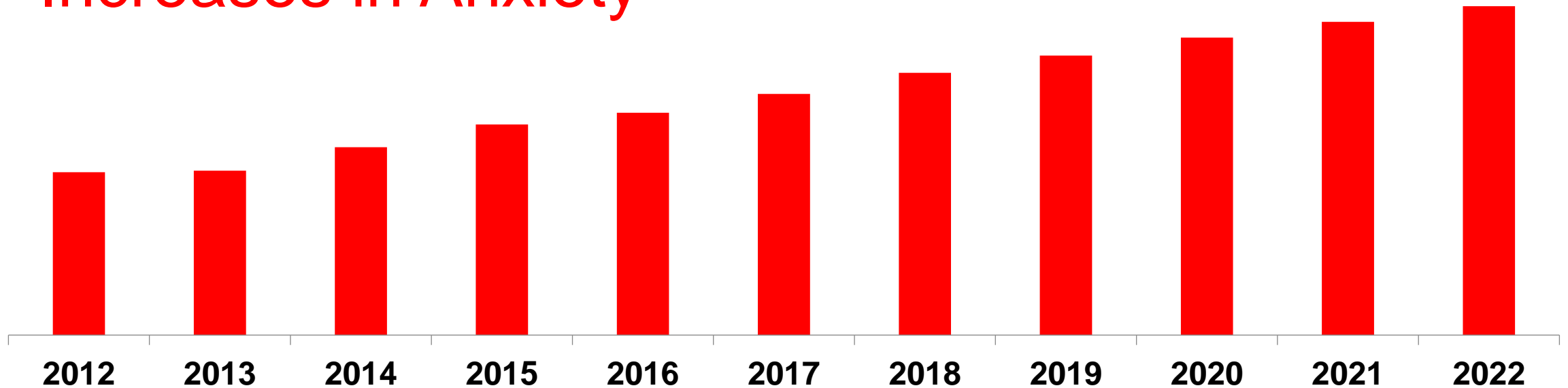
- Intensified demands
- Social media
- Socio-political issues
- Violence
- Finances
- Future uncertainty
- COVID-19



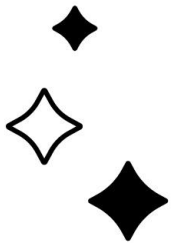
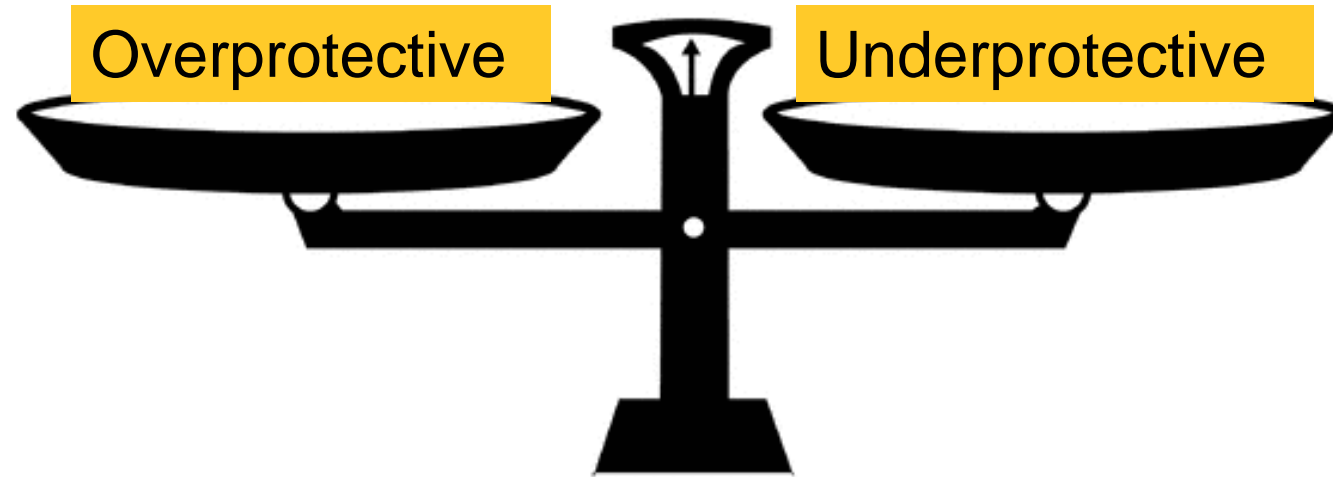
# TODAY'S COLLEGE STUDENTS



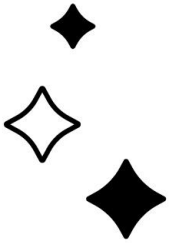
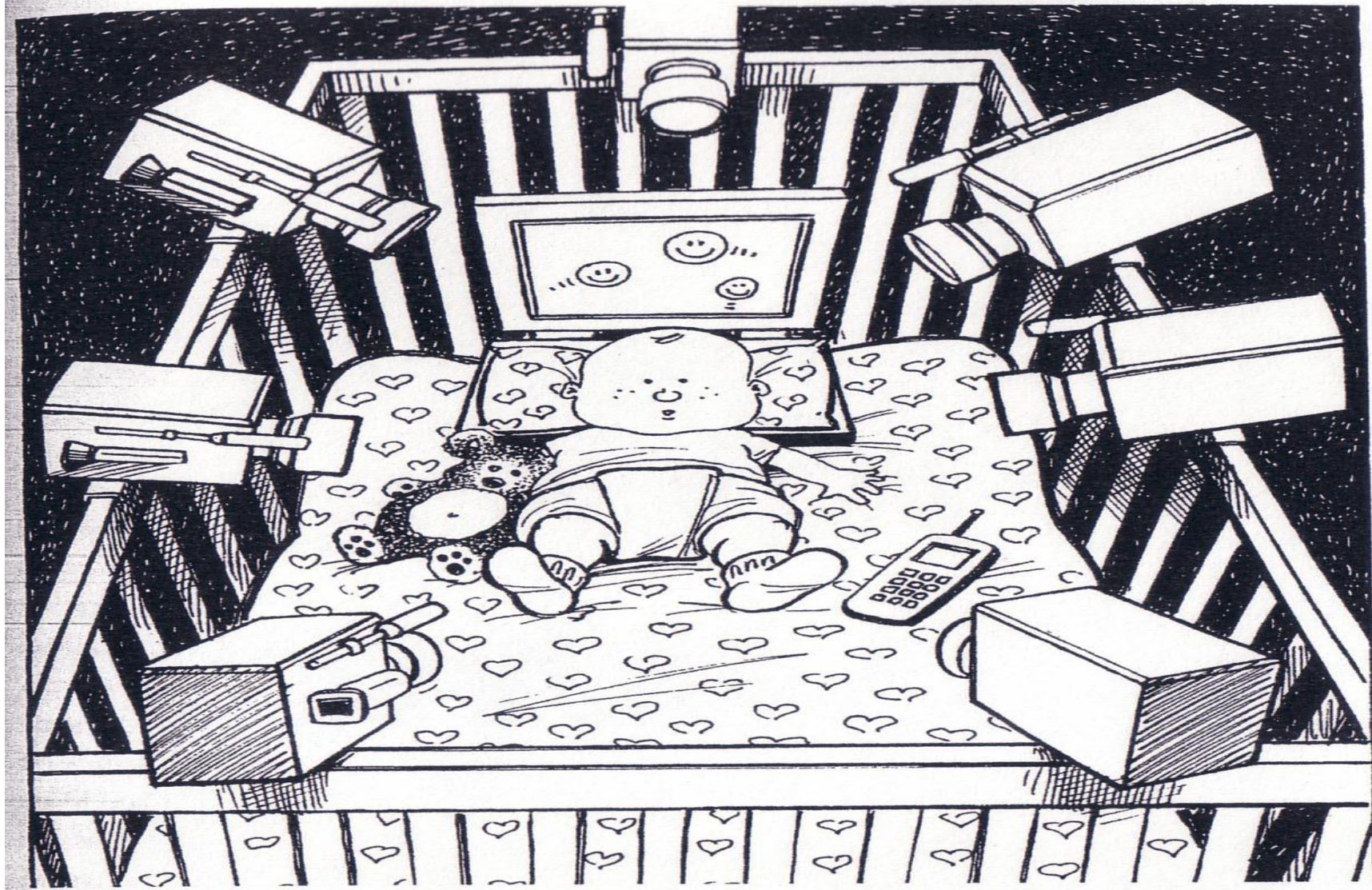
## Increases in Anxiety



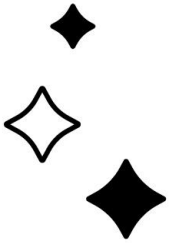
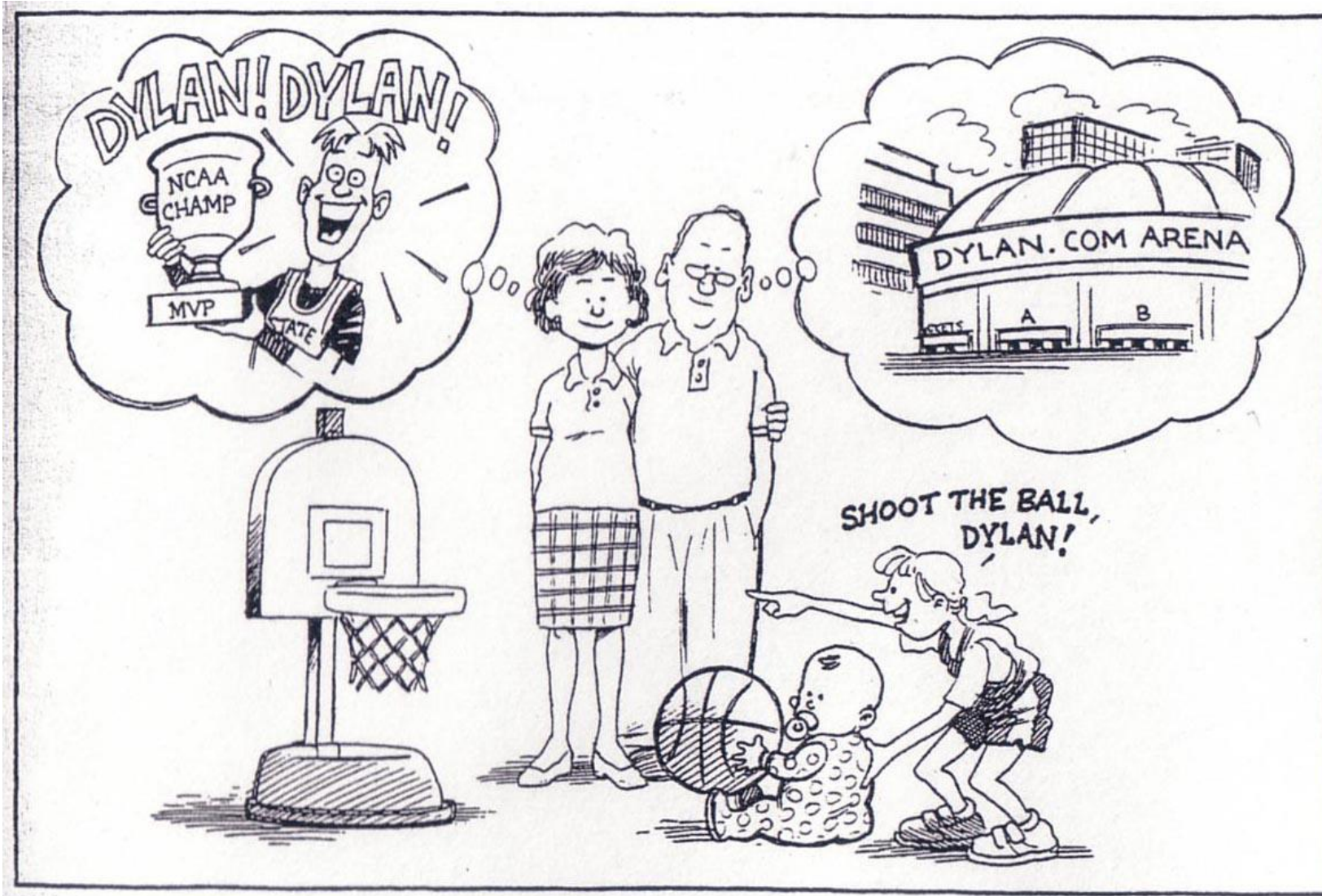
# TODAY'S PARENTS OF COLLEGE STUDENTS



# MONITORED AND PROTECTED

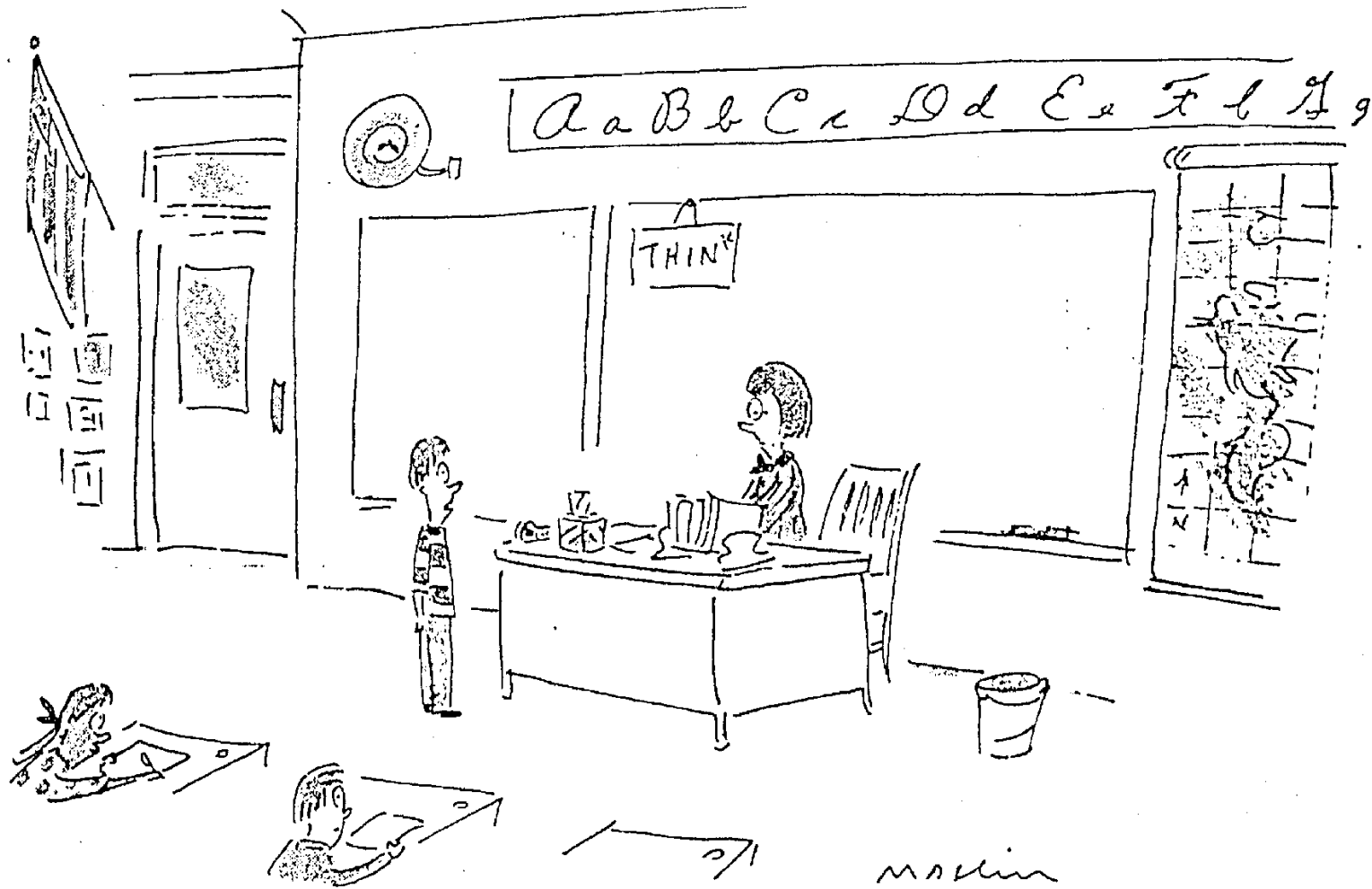


# HIGH EXPECTATIONS

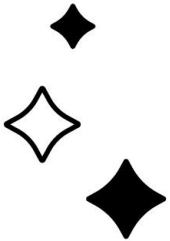




# PARENT INVOLVEMENT



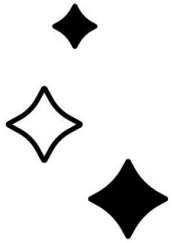
*"I don't have my homework, Miss Flynn—my parents forgot to do it."*



# MONITORED AND PROTECTED



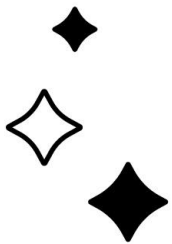
*"Be afraid to try new things!"*



## **MONITORED AND PROTECTED**

“Shelter your children when young, but if the sheltering goes on through the child’s teens and twenties, it may keep out wisdom and growth as well as pain.”

Jonathan Haidt



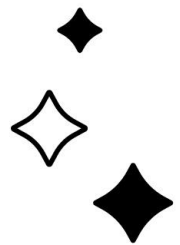


# HIGH SCHOOL PARENT

**Concern**

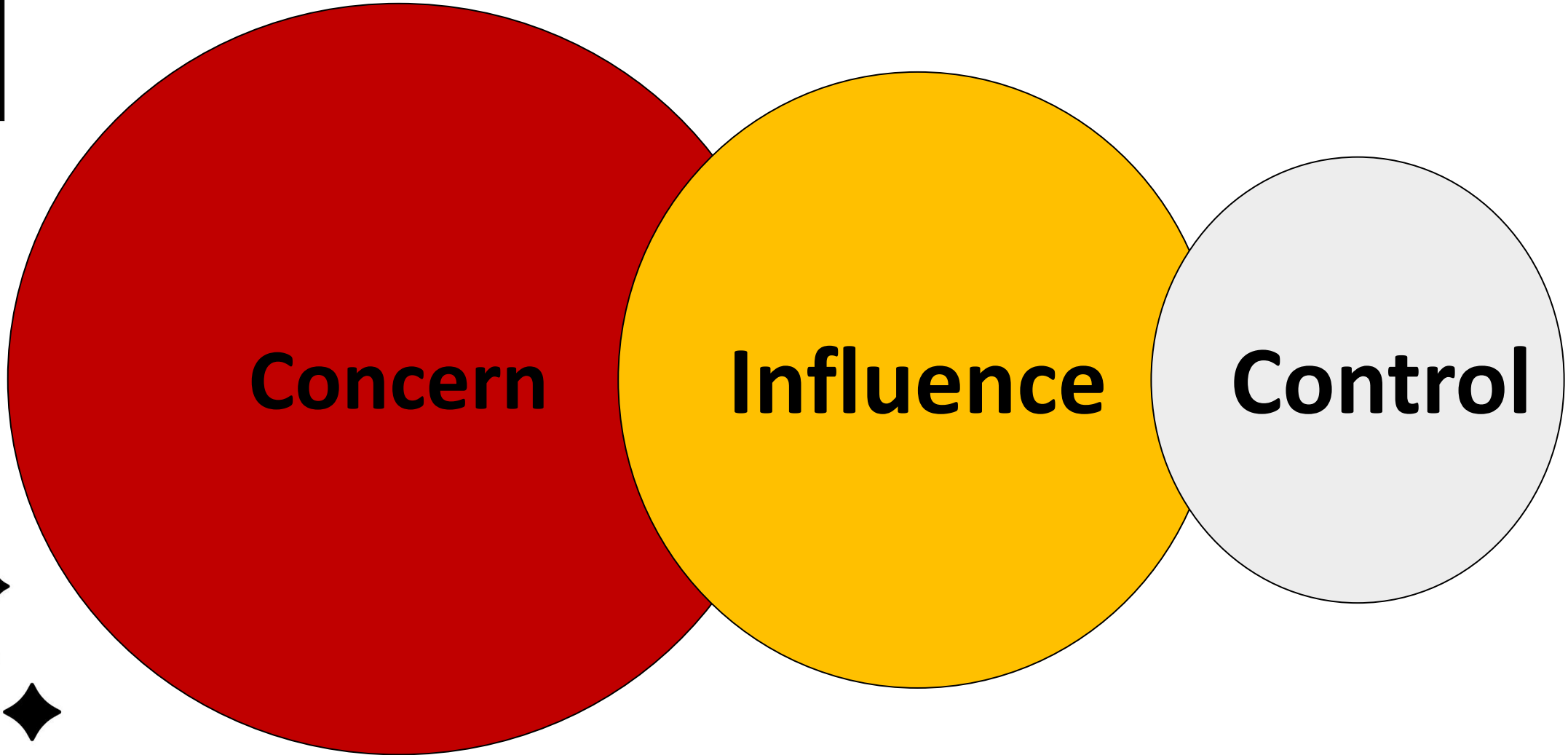
**Influence**

**Control**





# COLLEGE PARENT

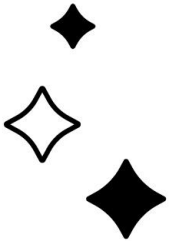




**POST-ADOLESCENT PRE-ADULT**



***Caught in  
the middle!***



# EVOLVING RELATIONSHIP



*Mom & Dad*

*College Student*

Parent

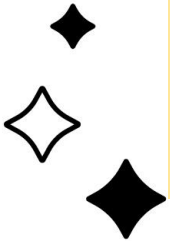
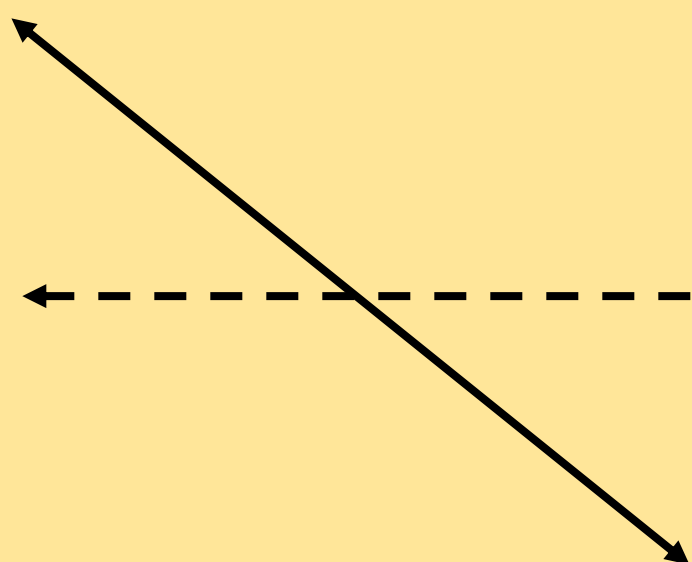
Parent

Adult

Adult

Child

Child

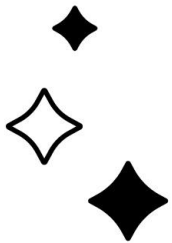


# RELATIONSHIP EVOLUTION



“When I was a boy of 14, my father was so ignorant I could hardly stand to be around the man. But when I got to be 21, I was surprised at how much he had learned in 7 years.”

- Attributed to Mark Twain





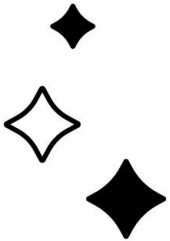


# THE CHANGING FOCUS OF PARENTS

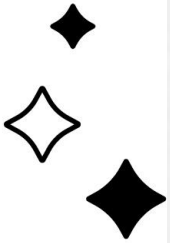
The Pre-College parent  
tends toward....

The effective College  
parent tends toward....

<i>Parental priorities</i>	→	<b>Student passions</b>
<i>Parental expectations</i>	→	<b>Student interests</b>
<i>Controlling</i>	→	<b>Facilitating</b>
<i>Directing</i>	→	<b>Advising</b>
<i>Telling</i>	→	<b>Listening</b>
<i>Prescriptive</i>	→	<b>Developmental</b>
<i>Provider</i>	→	<b>Partner</b>
<i>Manager</i>	→	<b>Coach</b>



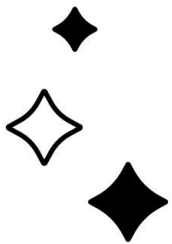
# CONTROLLING CONVERSATIONS





## **EFFECTIVE COLLEGE PARENTS**

1. Communicate openly and regularly.
2. Respect your student's new level of responsibility.
3. Shift how you help by being a consultant.
4. Understand and support the changes and transition issues that your student is facing.
5. Find support for yourself.
6. Be a partner with UCF.



## EFFECTIVE COLLEGE PARENTS

Pegasus Parent Program  
[fye.sdes.ucf.edu/parents](http://fye.sdes.ucf.edu/parents)  
407-823-5105

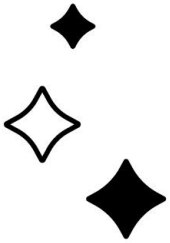
Student Care Services  
[scs.sdes.ucf.edu](http://scs.sdes.ucf.edu)  
407-823-5607



FROM  
**CARING**  
COMES  
**COURAGE**



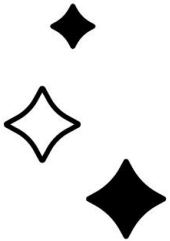
# LETTING GO AND STAYING CONNECTED



# SUPPORTING YOUR NEW KNIGHT



# Thank you!



Counseling and  
Psychological Services