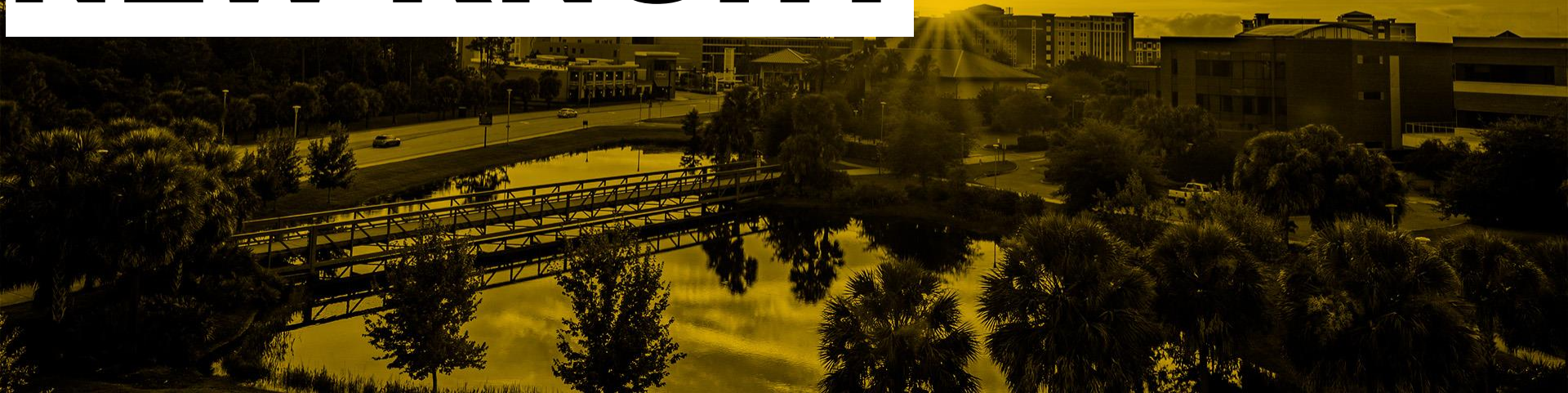
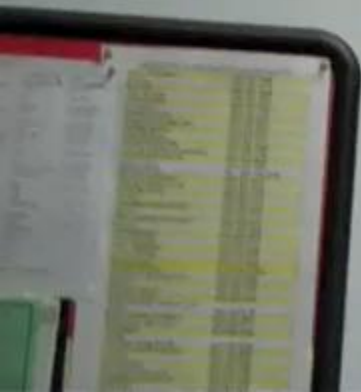




First Year
Experience

SUPPORTING YOUR NEW KNIGHT





FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



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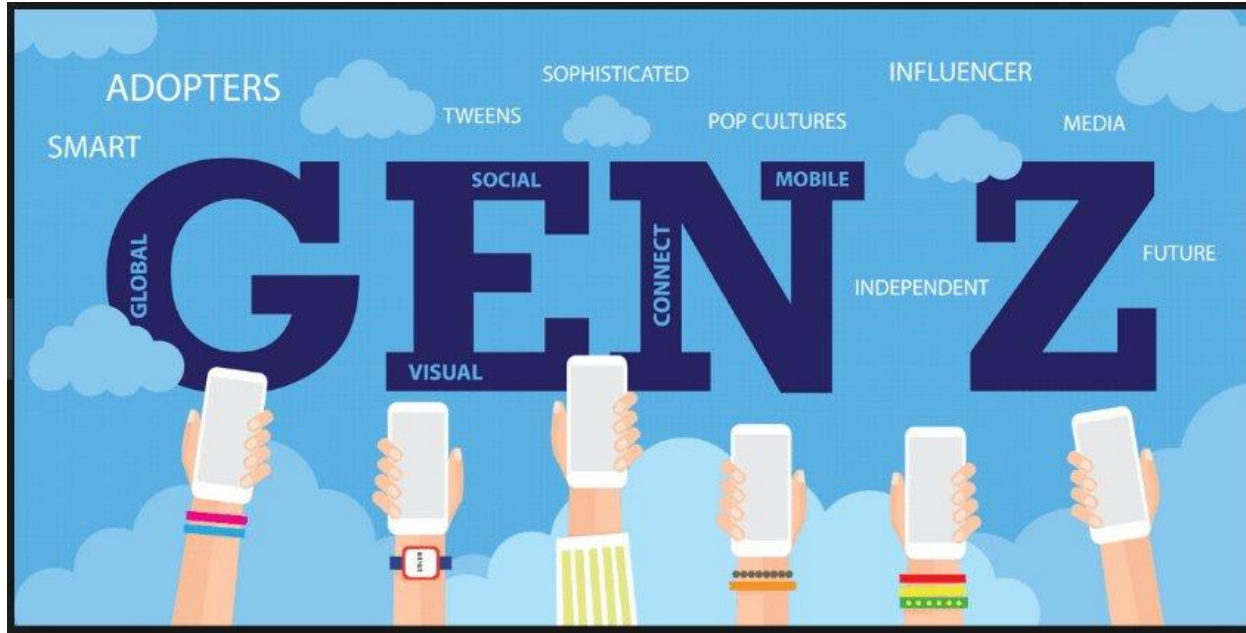
Your Role Is Important

A healthy student-parent relationship is associated with:

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



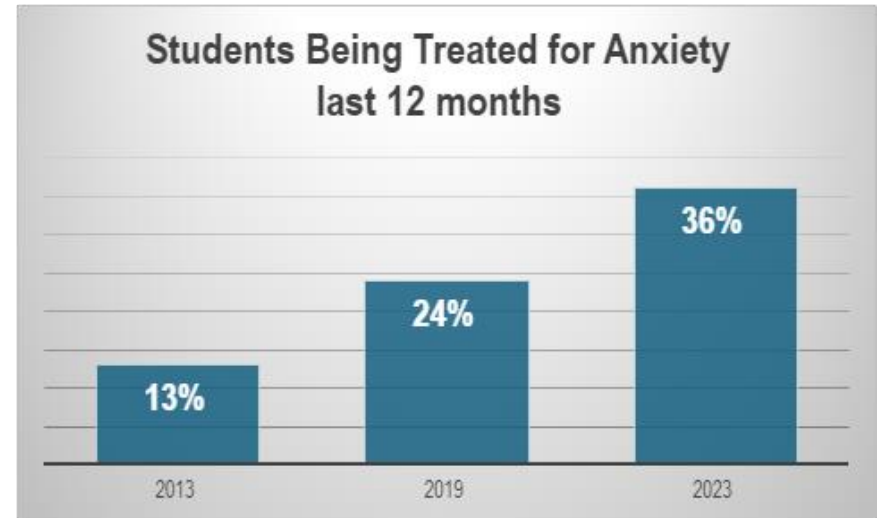
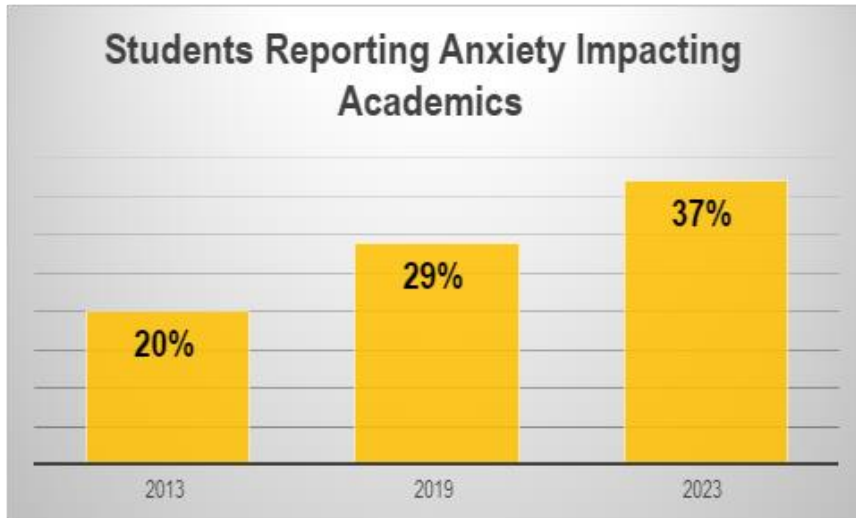
Today's College Students



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Today's College Students

Increased Stress and Anxiety



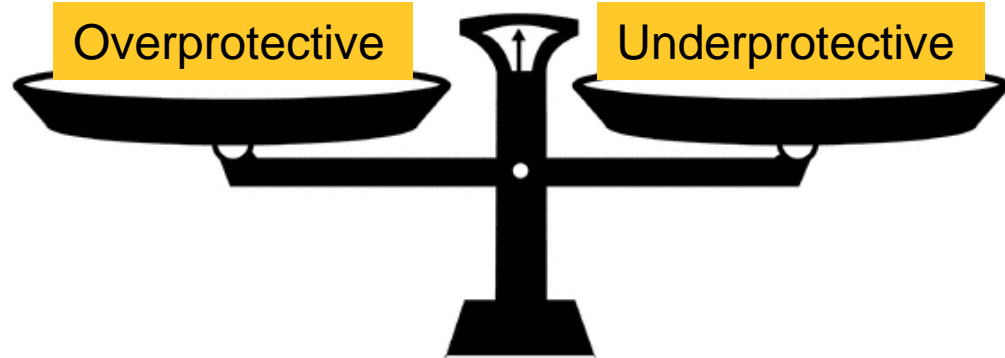
Today's College Students

Increased Stress and Anxiety:

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

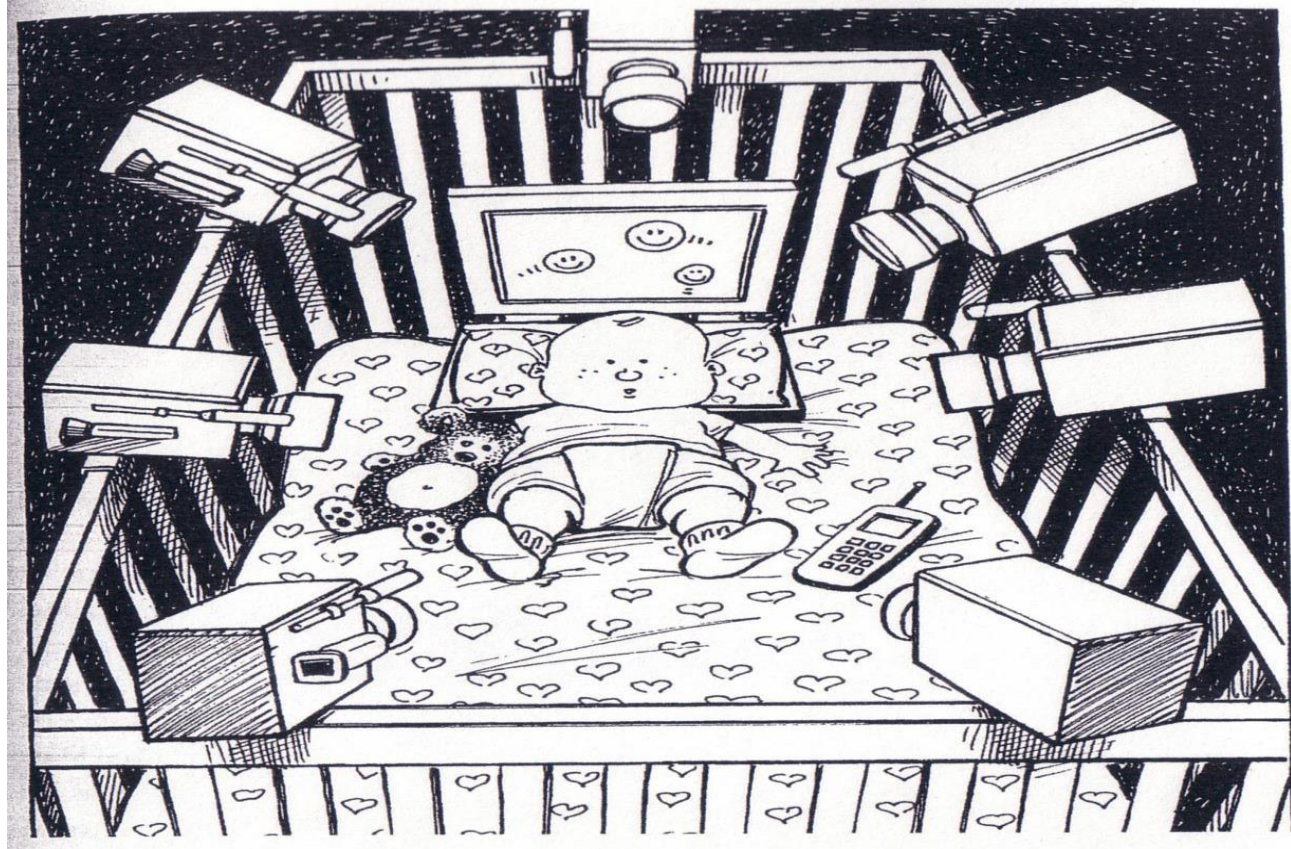


Today's Parents of College Students



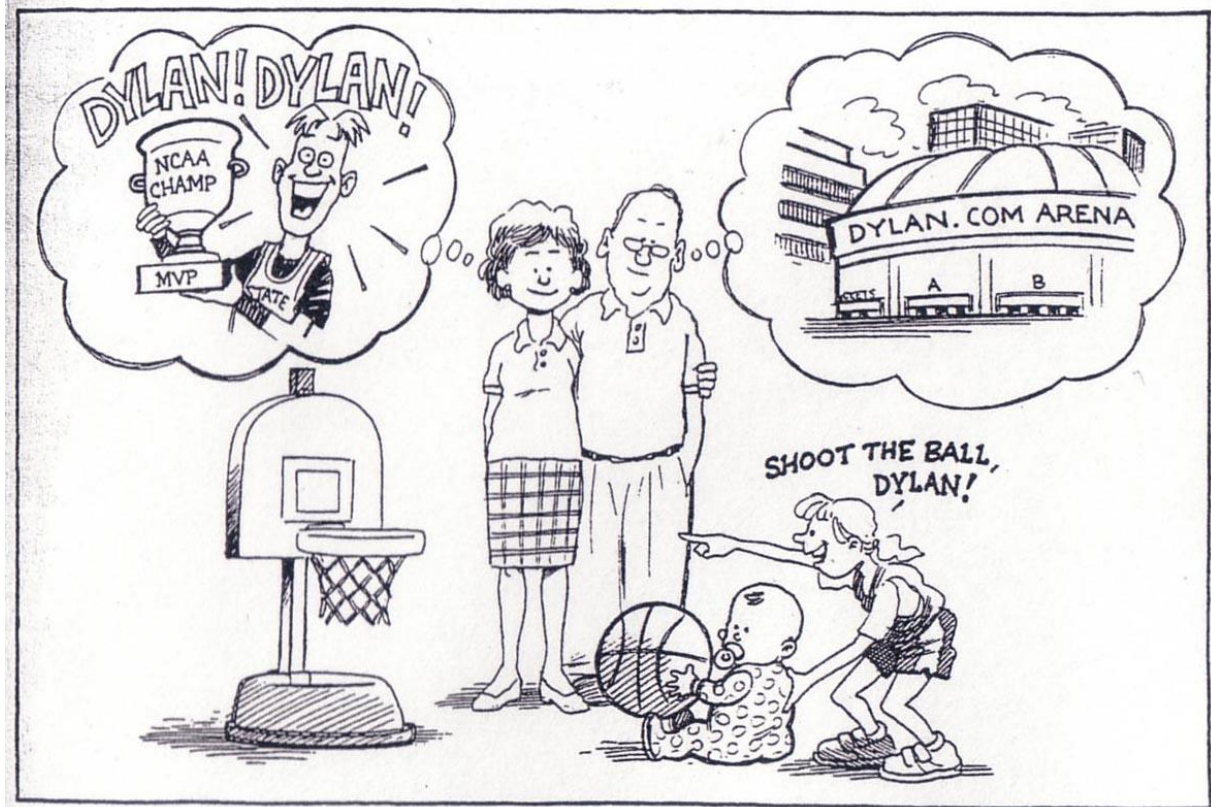
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Monitored and Protected



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High Expectations



First Year
Experience

Parent Involvement



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



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Monitored and Protected



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"Be afraid to try new things!"

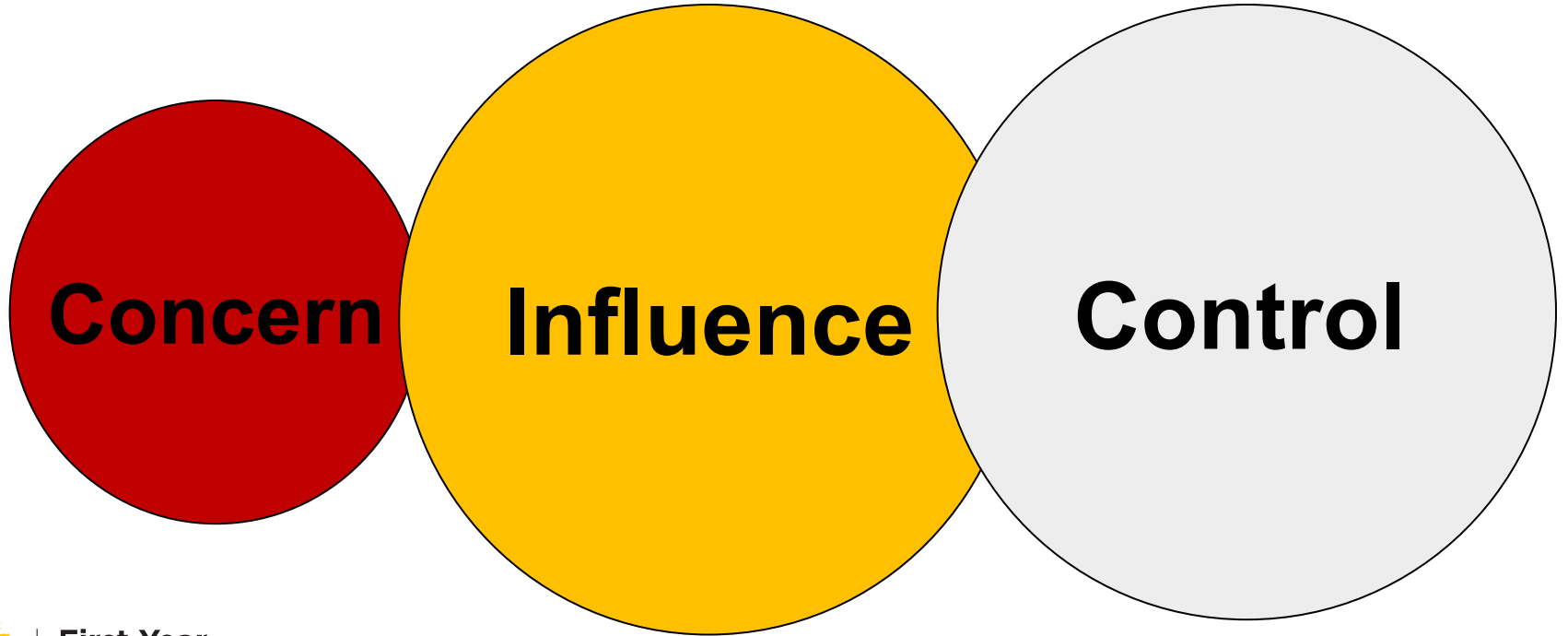
Monitored and Protected

“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.”

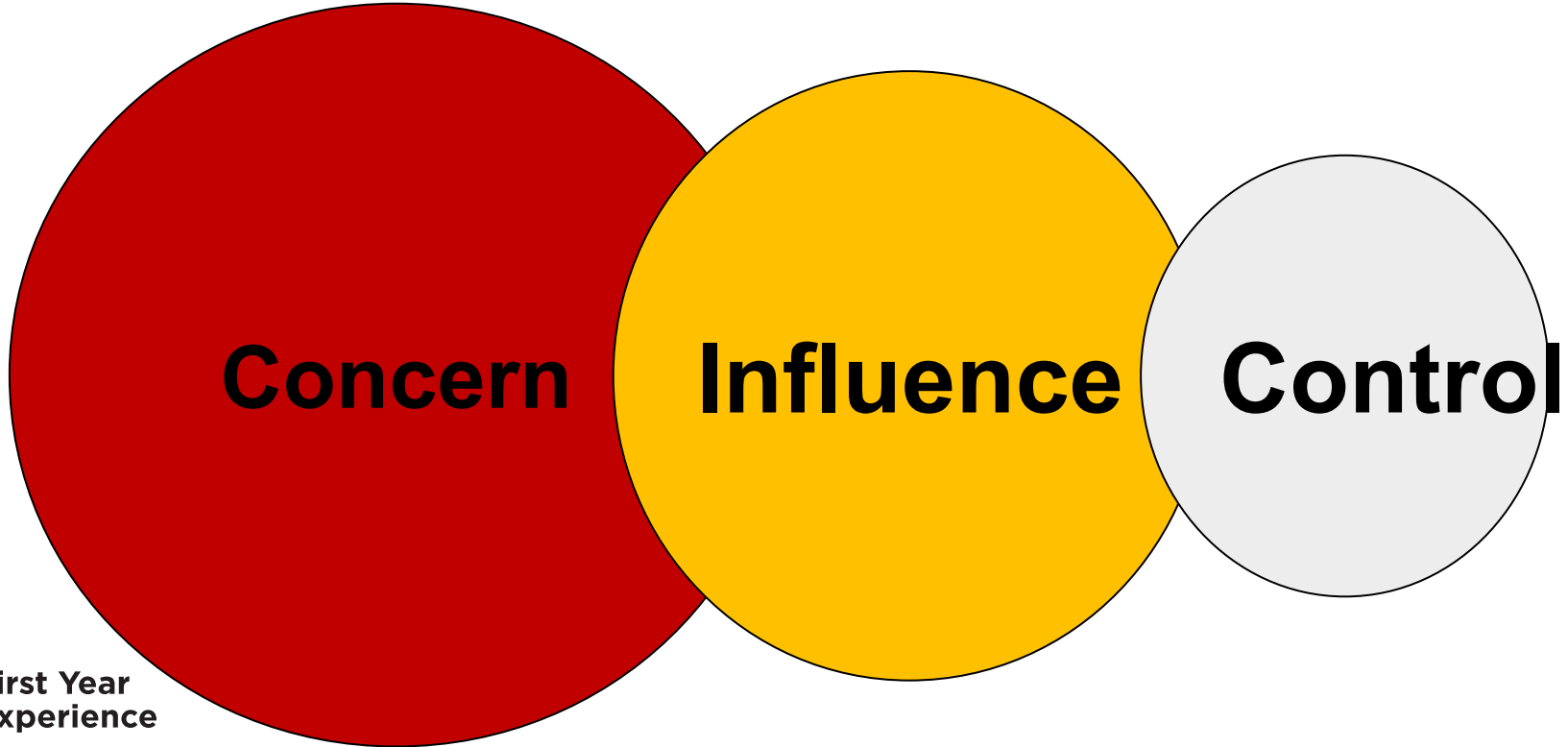
Jonathan Haidt



High School Parent



College Parent



Pre-Adolescent Pre-Adult



*Caught in
the middle!*



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Evolving Relationship

Mom & Dad

College Student

Parent

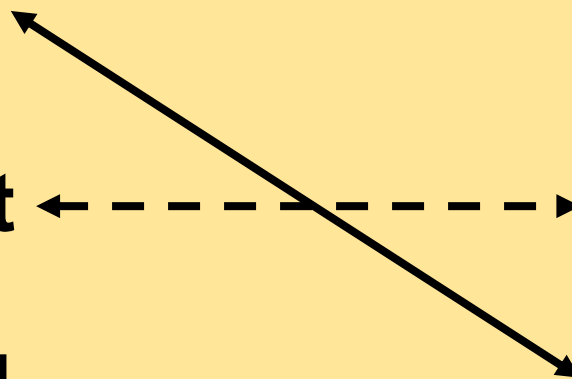
Parent

Adult

Adult

Child

Child



Evolving Relationship

“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....

Parental priorities →

Parental expectations →

Controlling →

Directing →

Telling →

Prescriptive →

Provider →

Manager →

The effective College
parent tends toward....

Student passions

Student interests

Facilitating

Advising

Listening

Developmental

Partner

Coach



The Changing Focus of Parents



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

407-823-5105

Student Care Services

scs.sdes.ucf.edu

407-823-5607



Letting Go and Staying Connected



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Supporting Your New Knight



Thank you!



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