

FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



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THE BUFFALO NEWS



First Year  
Experience

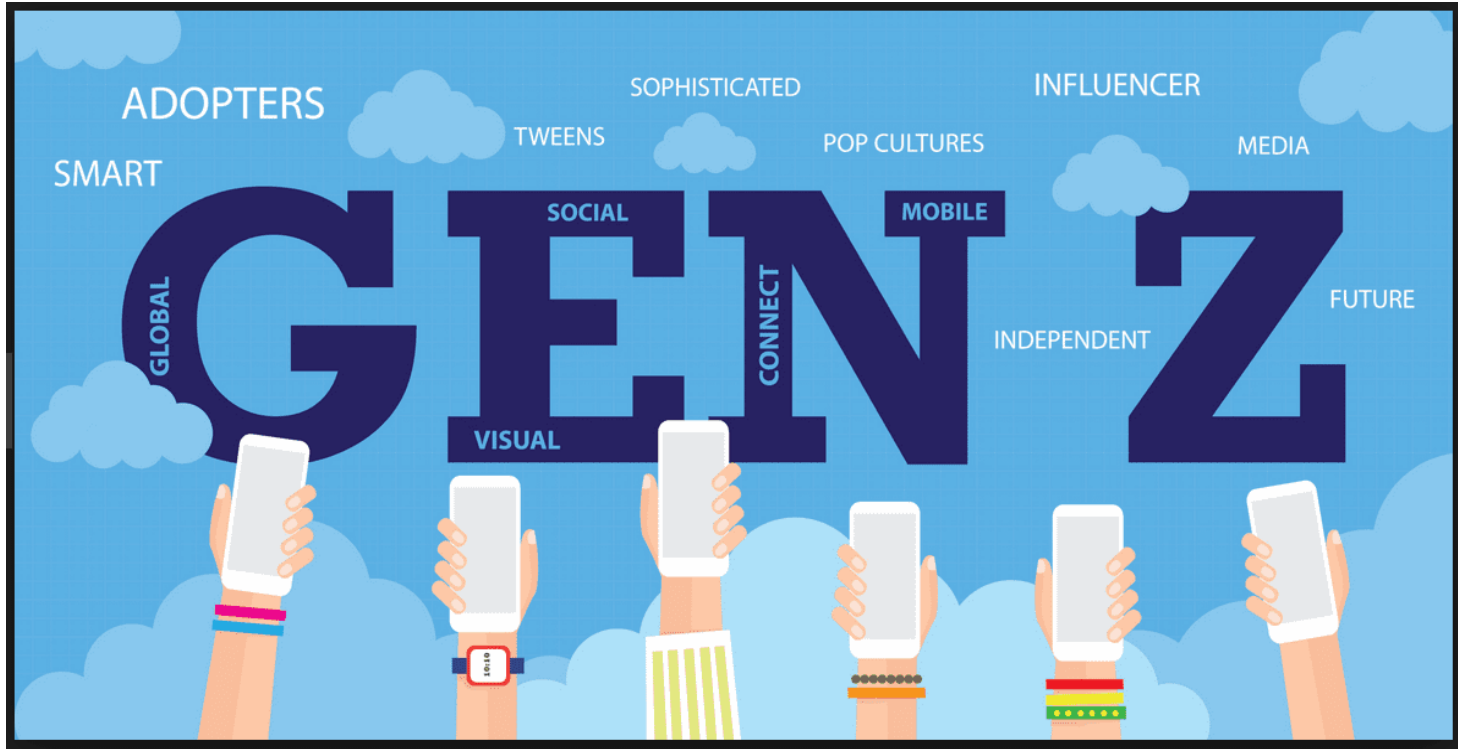
# Your Role Is Important

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

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



# Today's College Students

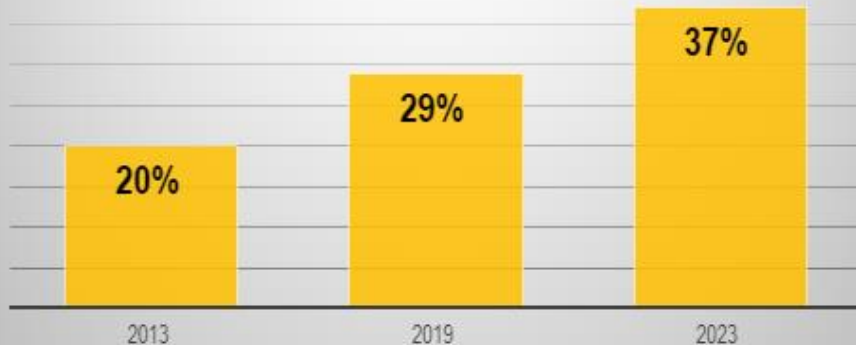


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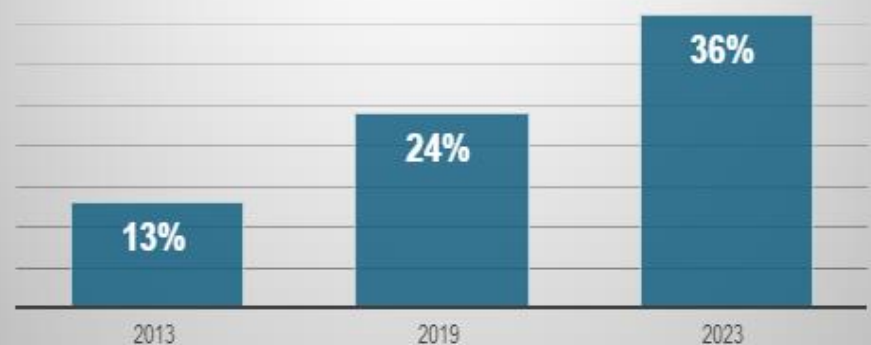
# Today's College Students

Increased Stress and Anxiety

Students Reporting Anxiety Impacting Academics



Students Being Treated for Anxiety last 12 months



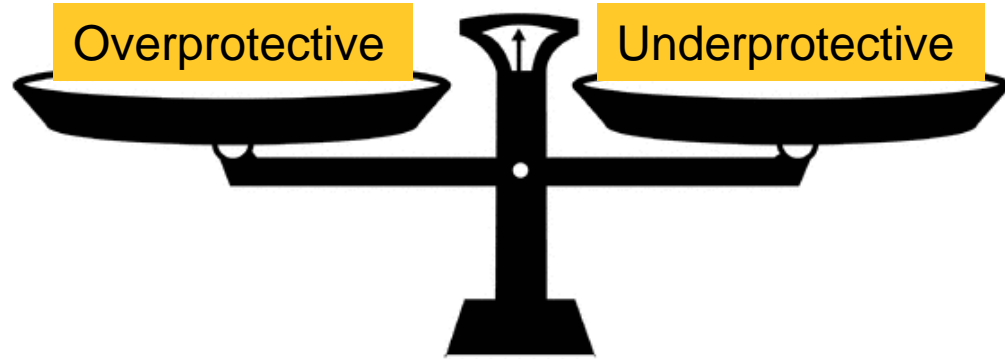
# Today's College Students

## Increased Stress and Anxiety:

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



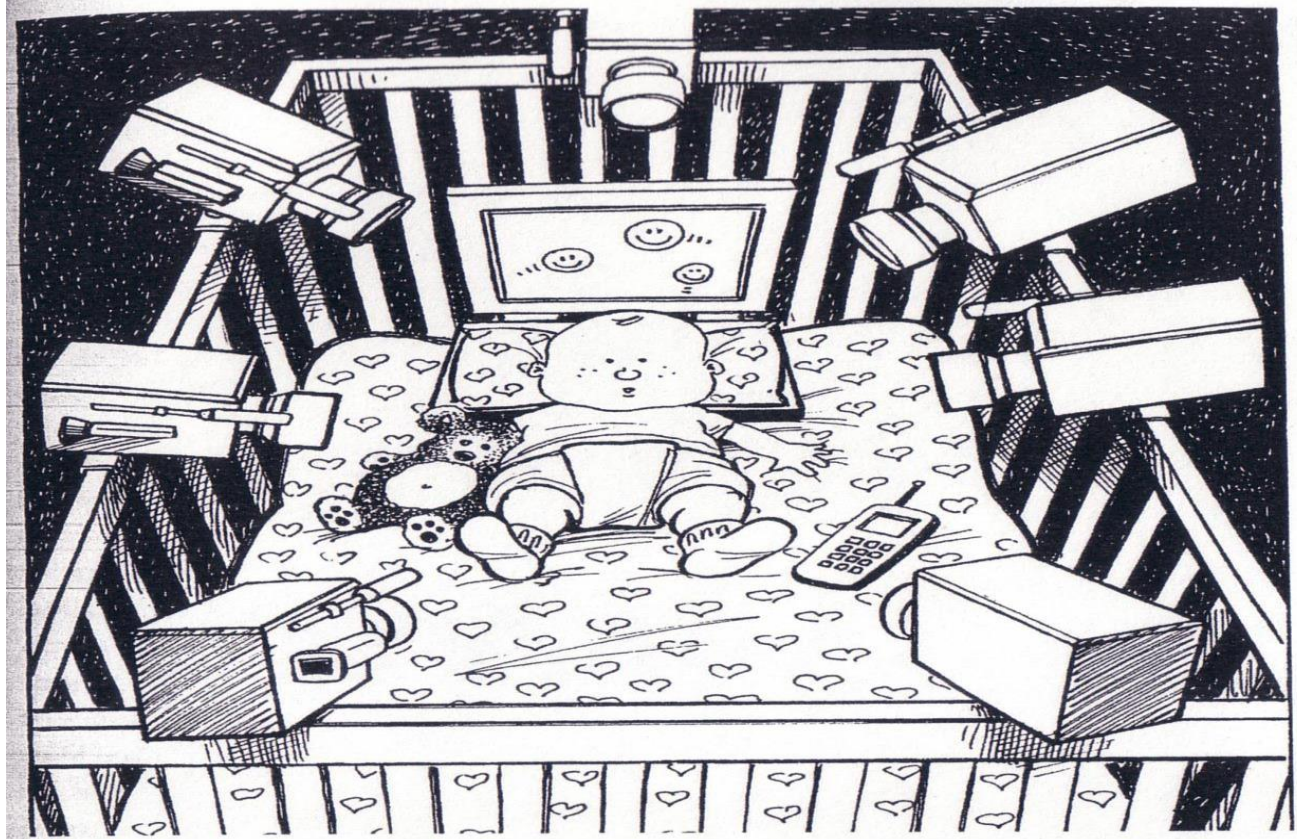
# Today's Parents of College Students



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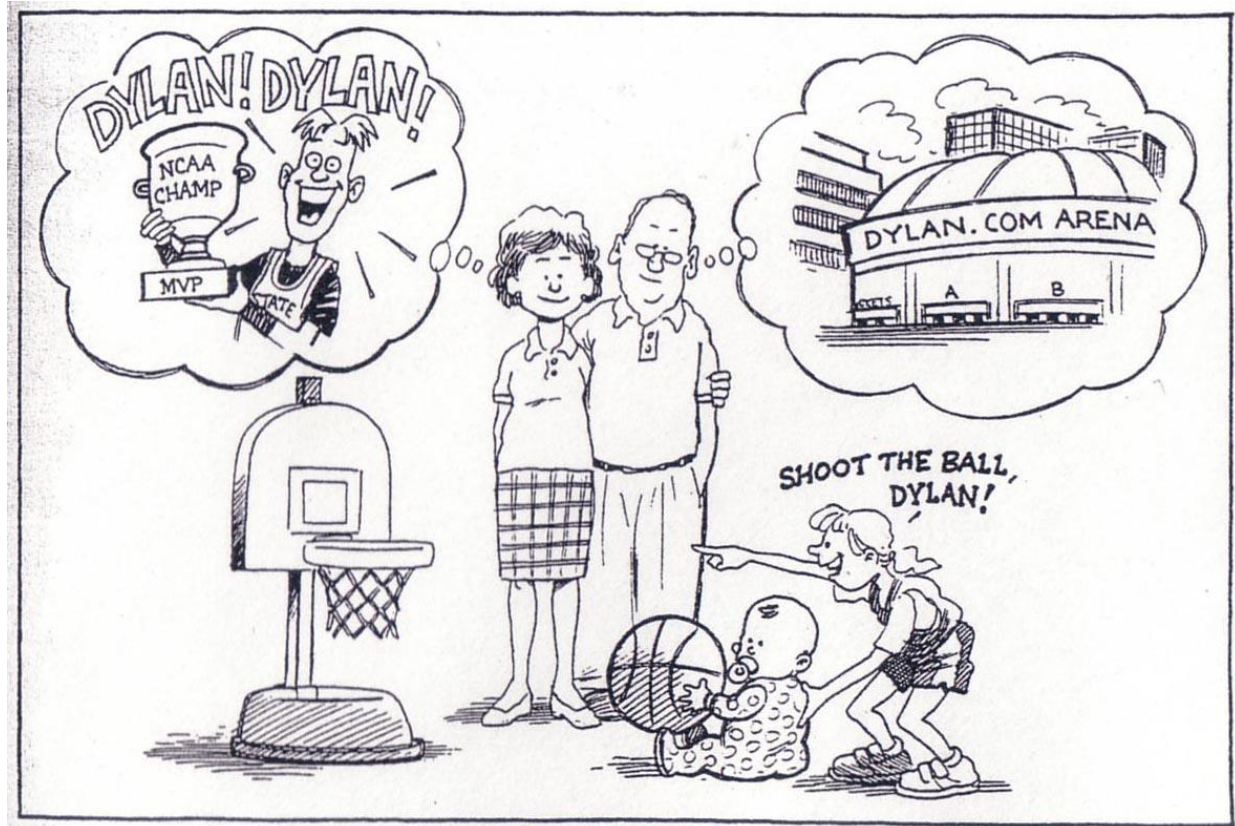


# Monitored and Protected



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# High Expectations





# Parent Involvement



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



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# Monitored and Protected



*"Be afraid to try new things!"*



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Experience**

# Monitored and Protected

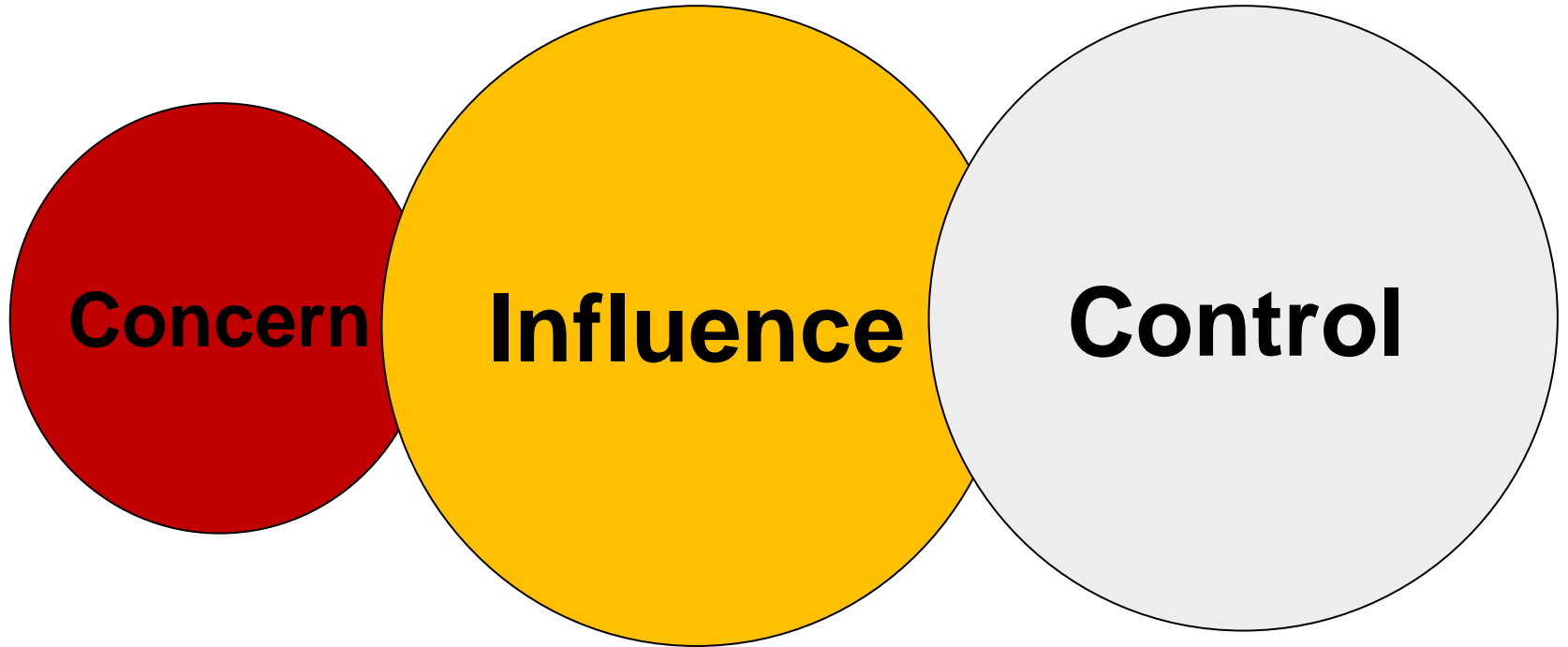
“Shelter your children when young, but if the sheltering goes on through the child’s teens and twenties, it may keep out wisdom and growth as well as pain.”

Jonathan Haidt



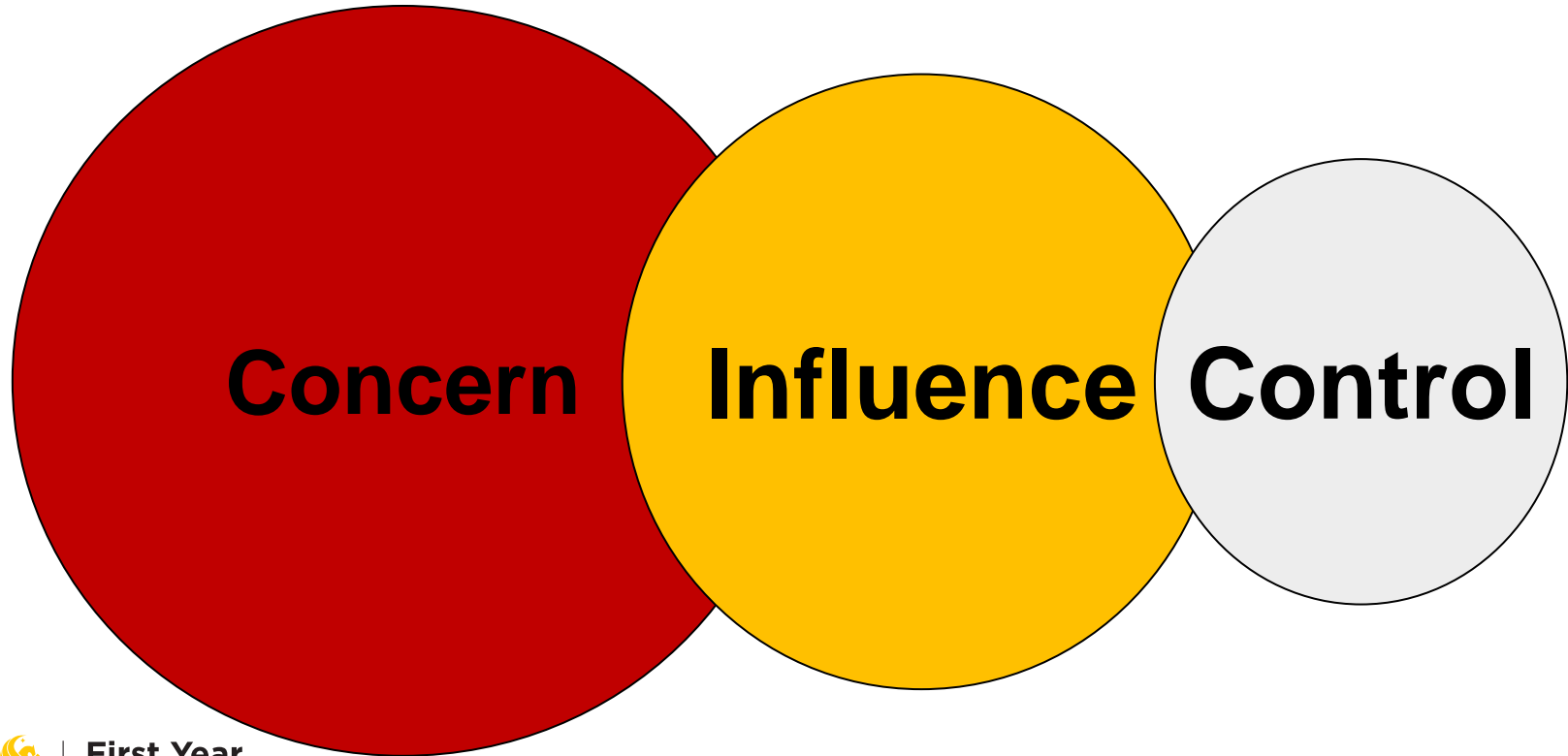
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# High School Parent





# College Parent



# Post-Adolescent Pre-Adult



*Caught in  
the middle!*



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# Evolving Relationship

*Mom & Dad*

*College Student*

Parent

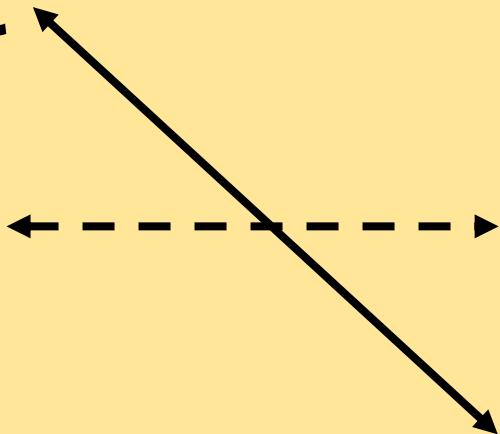
Parent

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



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# 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

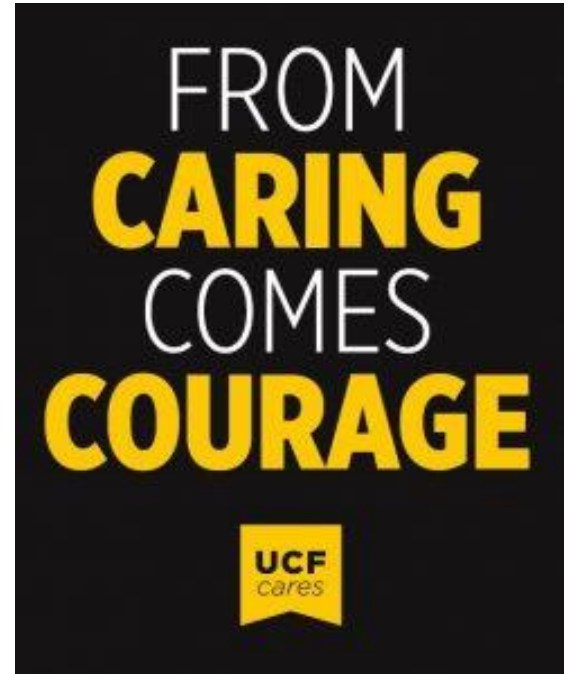
1. Communicate openly and regularly.
2. Respect your student's new level of responsibility.
3. Shift how you help by being a consultant.
4. Understand and support the changes and transition issues that your student is facing.
5. Find support for yourself.
6. Be a partner with UCF.



# Effective College Parents

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

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





# Letting Go & Staying Connected



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# Supporting Your New Knight



**Thank you!**



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