Planning for Success

Family Weekend 2012
Shawna Young
Parent and Family Program
College

What your parents are thinking.  
I'm free

What you are thinking.
Role of Parents
Anxiety and Fear

Education and Preparation
University Expectations

• Increasing self reliance
• Increasing responsibility
• Growing partner in own education
• Increasing self advocacy
Cycles & Systems

• Academic
• Financial Aid/Budgeting
• Business – processes & procedures
First Year Student Issues

• Time management
• Taking responsibility
• Study habits
• Laundry and other basics
• Budgeting
• Social skills & boundaries
• They will make mistakes – accept it
Solutions for Students

• Go to class!

• Use available resources
  – Writing and Learning Commons
  – Career Services
  – Student Support Services
  – Advising Center

• Visit professors during office hours
Sophomore Student Issues

Sophomore Slump
Feldman & Newcomb, 1969;
Lemons & Richmond, 1987;
Schaller, 2007;
Tobolowsky & Bradley, 2007

Social

 Academic

 Identity
 Crisis

 Personal
 Life

 Confusion
 Uncertainty

Courtesy of Texas A&M International University, Office of Service Learning  http://www.tamiu.edu/profcenter/SLSophomore.shtml
Sophomore Year Solutions

• Seek help from advisor
• Develop mentors
• Run a degree audit with different scenarios if considering changing majors
• Find ways to stay motivated
• Seek ways to get involved with major
Junior Year Issues
Junior Year Solutions

• Hands on experiences relating to future career
• Leadership roles on campus
• Professional opportunities – internships, research, conferences
• Extend networking circles
• Present focus but plan for future
Senior Year Issues

BORROW

STRESS

FLIP

The Diddly Squats
College Hall of Fame
Senior Year Solutions

- Balance of social life and academics
- Growth of relationship with mentors
- Being open to possibilities
- Proactive job hunt
- Pull entire college experience together into the ‘story of you’
Boomerang Families: Navigating the Parent Role as Students Move Back Home

Chelsea A. Petree
Parent Program Graduate Research Assistant
University of Minnesota

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Findings

• ‘...nearly one-quarter of 18-24 year olds have moved back home with parents after living on their own (Pew Research Center, 2012).’

• ‘...estimates have shown that up to 65-85% of recent college graduates moved home after receiving a diploma (Savage & Ziemniak, 2011).’
Living Successfully with your Young Adult

Discuss roles, responsibilities and expectations