

COLLEGE PARENTING 101: FROM HIGH SCHOOL TO COLLEGE PARENT

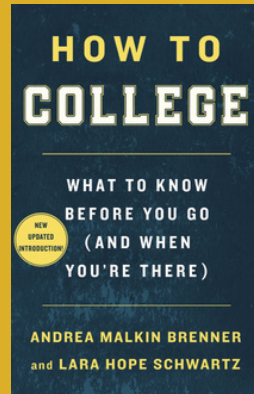


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College Transition Educator

- 25 years as a college professor and university administrator
- Speaker at high schools & colleges
- Author of resources for college-bound students and their families



Myths of New College Parents

- **College-ready kids must excel both socially and academically**
- **No one at college will “get” my kid**
- **Teens don’t want to learn from their parents**
- **The transition to college ends with acceptances**
- **Other kids have it all together**

Five Major Points

- 1. Define the differences between the role of a high school parent and the role of a college parent**
- 2. Encourage and normalize mistakes and challenges; plan ahead with your college-bound student about how they will be handled**
- 3. Work early on some teachable and important college life skills**
- 4. Support your student as they explore campus resources and prepare to seek disability accommodations before campus arrival**
- 5. Shift language to the STUDENT as the problem-solving lead and begin to discuss college scenarios, wellness, and upcoming decisions**

HIGH SCHOOL PARENT

organizes

fixes

removes obstacles

child lives under roof

provides daily reminders

reiterates expectations

COLLEGE PARENT

supports (includes supporting our student to find their own resources)

encourages

steps aside for students to traverse obstacles

child often lives under a different roof

rarely provides reminders

encourages student to set expectations

~~“Over-parenting”~~
Loving Support
vs.
Detrimental Enabling



**Perspective-taking
is crucial to prepare for
the transition to college
for students and parents.**

EXAMPLE: COLLEGE MOVE-IN DAY:

New college parent:

“It’s the *last* day we can spend time as a complete family!”

New college student:

“It’s the *first* day of my college life and I want to meet new people and explore!”



**2. Encourage and
normalize challenges
and mistakes; discuss
how your teen will
handle them in college.**

COMMON FIRST-YEAR COLLEGE STUDENT CHALLENGES:



- time management
- roommate disagreements
- getting homesick
- struggling with health
- course selection
- not being accepted into groups of choice



Common First-year College Student Mistakes:



losing or breaking something important

not using campus resources



making a poor financial decision

not asking for academic help



getting over- or under-involved

making a poor social decision



3. Begin now to work on the teachable life skills they will need for college (and beyond!)



Just Some College-level Life Skills

- do laundry, iron, basic sewing
- read schedules and book plane, train, and bus travel
- prepare simple meals: cooking, baking, toasting, microwaving, and knife skills
- care for/clean their living spaces
- learn how family is paying for college (cost, financial aid, scholarships)
- use a phone to make appointments and ask for help
- their social security number (and what information to keep confidential)
- the basics of health insurance, co-pay, and prescription filling
- treat common illnesses and manage medication dosages
- keep and record a budget
- write a professional email and leave a voicemail



- **Center for Mental Health Care & Resources**
- **Stamps Health Center**
- **Career Center in the Student Success Center**
- **Religious community/spiritual support**
- **Clubs and organizations/peer connections**
- **Academic help (tutoring, advising, faculty, TAs)**
- **Disability and learning support (OUESS)**

4. Support your student as they explore campus resources and prepare to seek disability accommodations

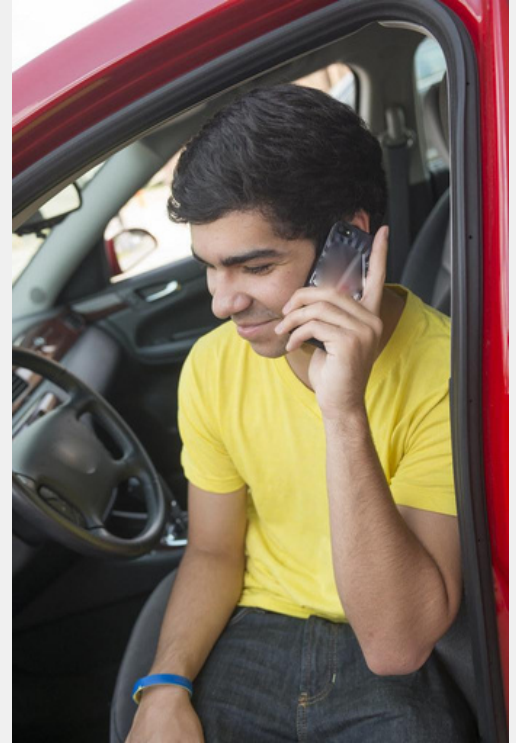


Seeking Disability Accommodations

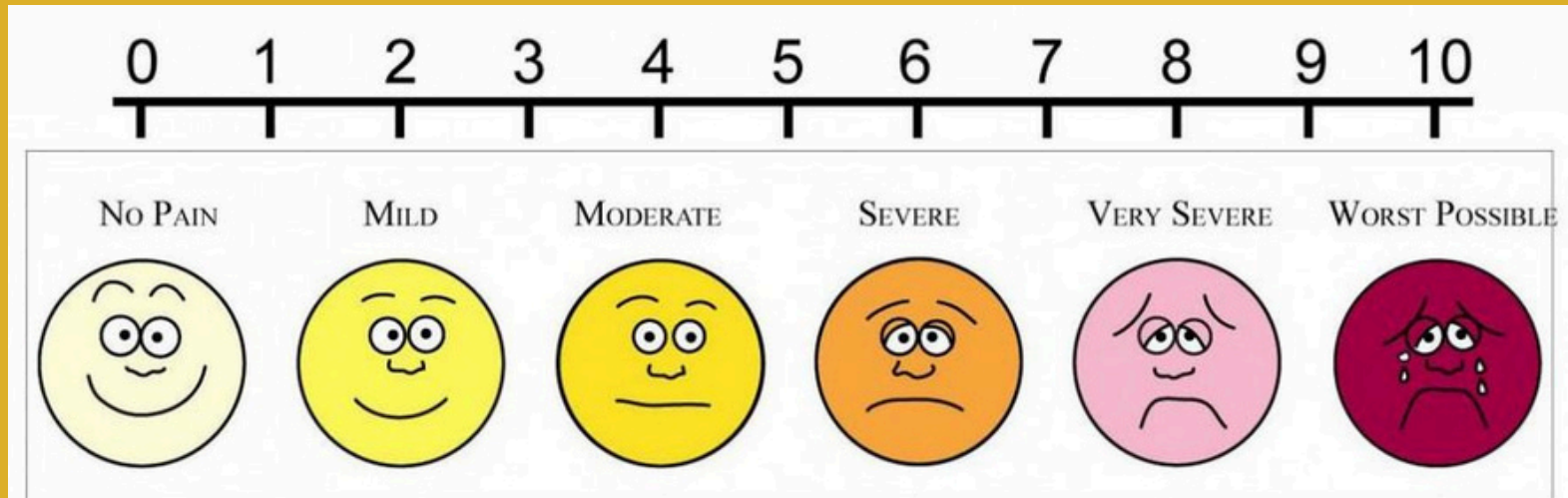
- Researching the process
- Campus-specific questions
- Narrating your disability
- “Reasonable Accommodations”
- The student as self-advocate
- Role of the parents/guardians

ACADEMIC STANDARDS	HIGH SCHOOL	COLLEGE
TIME MANAGEMENT	<p>School begins and ends at same time each weekday (approximately 35 hours of class per week in up to 7 subject areas)</p>	<p>Classes will most likely meet 1-3 times per week and schedule will vary daily (approximately 12-15 hours of class per week in 4-5 different subject areas)</p>
PROFESSIONALISM AND PERSONAL RESPONSIBILITY	<ul style="list-style-type: none"> • Parents might contact teachers/counselors or visa versa • Teachers often send reminders of work due • Many assignments throughout marking period to assess progress and grades 	<ul style="list-style-type: none"> • Student responsible for all contact with professors and academic resources • Student responsible for all deadlines • Feedback less frequent and often requires attending professors' office hours to assess progress and grades
PREPARATION FOR CLASS	<p>Teachers will often explain readings and relevant concepts in class</p>	<p>Student expected to understand most of what they read before classes begin and professors will build class lectures and discussion from there</p>

5. Shift language with **STUDENT as problem-solving lead and begin to discuss college scenarios, wellness, and upcoming decisions**



Stress — Distress Continuum



Roleplay WWYD Scenarios and Discuss Upcoming College-level Decisions

- **Are you able to narrate your personal health history to a medical provider?**
- **How would you care for a friend who has passed out from alcohol use?**
- **How might you approach a situation where a new college friend cannot afford things you can afford or when you cannot afford things that others can (restaurant meal, concert ticket, etc.)?**

Practice Reflective Listening

- **"Do you want to vent or problem-solve?"**
- **Try using "I" rather than "YOU" messages**



**Help reframe language
used by young adults from,**

"What should I do?"

to

***"Here's my plan;
what do you think?"***



Redefine What “Adulting” Means

- *To high school and college-bound students:*

Going it alone, not relying on others; a mystery

- *To adults:*

Using our resources; asking experts, family, and friends for help; owning our mistakes

What About NOW?

- 1) Tease out your teen's specific need for growth
- 2) Think about ways teens can step up and parents can step back in your particular family
- 3) Remember that roles for high school parents are different than roles for college parents
- 4) Understand that growing up is not the same as being a grown up

Goal: Help your teens help themselves and take the central role as they prepare for the transition.



Questions?

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