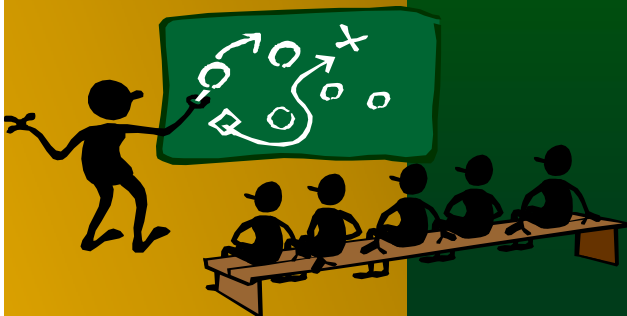


The Parent's Guide to the First Year

Dr. Martha Lou Scott, Associate Vice President for Student Life
Martha_Lou_Scott@baylor.edu 254-710-1761

Sarah Dorrell, Case Manager for Student Life
Sarah_Dorrell@baylor.edu 254-710-7069



- **Things Students Want You to Know**
- **Things You Need to Know about the Students' 1st Year**
- **Calling the Right Plays: How to Coach Your Student through the 1st Year**
 - **Transitions**
 - **Questions and Answers**

Great Coaches Push the Right Buttons: What Students Need

- Are generally interested in what they are doing in college
- Celebrate with them the opportunity of going to college
- Listen to them and speak with them
- Recognize changes
- Maintain that special place in their home for them to return to
(They want to change, but they don't want you to change.)
- Allow them to make their own decisions
- Counsel with them when their plans don't work out
- Recognize how hard they are working and really do want them to do well
- Stay in touch and show interest in their lives
- Visit-sometimes—Realize that the standards of cleanliness have changed

Great Coaches Push the Right Buttons: What Students Don't Need

- Act as though they are losing something by going to college
- Are not genuinely interested in what they are doing
- Don't listen and talk at them
- Expect them to stay the same
- Redo their room and make it into a TV room, den, etc.
- Don't let them make decisions
- Tell them "I told you so"
- Remind them "how much it's costing me"
- Visit too often or visit without calling
- Don't stay in touch and over-react to problems without knowing the entire situation

The Journey Begins



A World of Opportunities

WINNING PLAYS

- Celebrate with them the opportunity of going to college
- Are generally interested in what they are doing in college

QUESTIONABLE CALLS

- Act as though they are losing something by going to college
- Are not genuinely interested in what they are doing

Down to Business

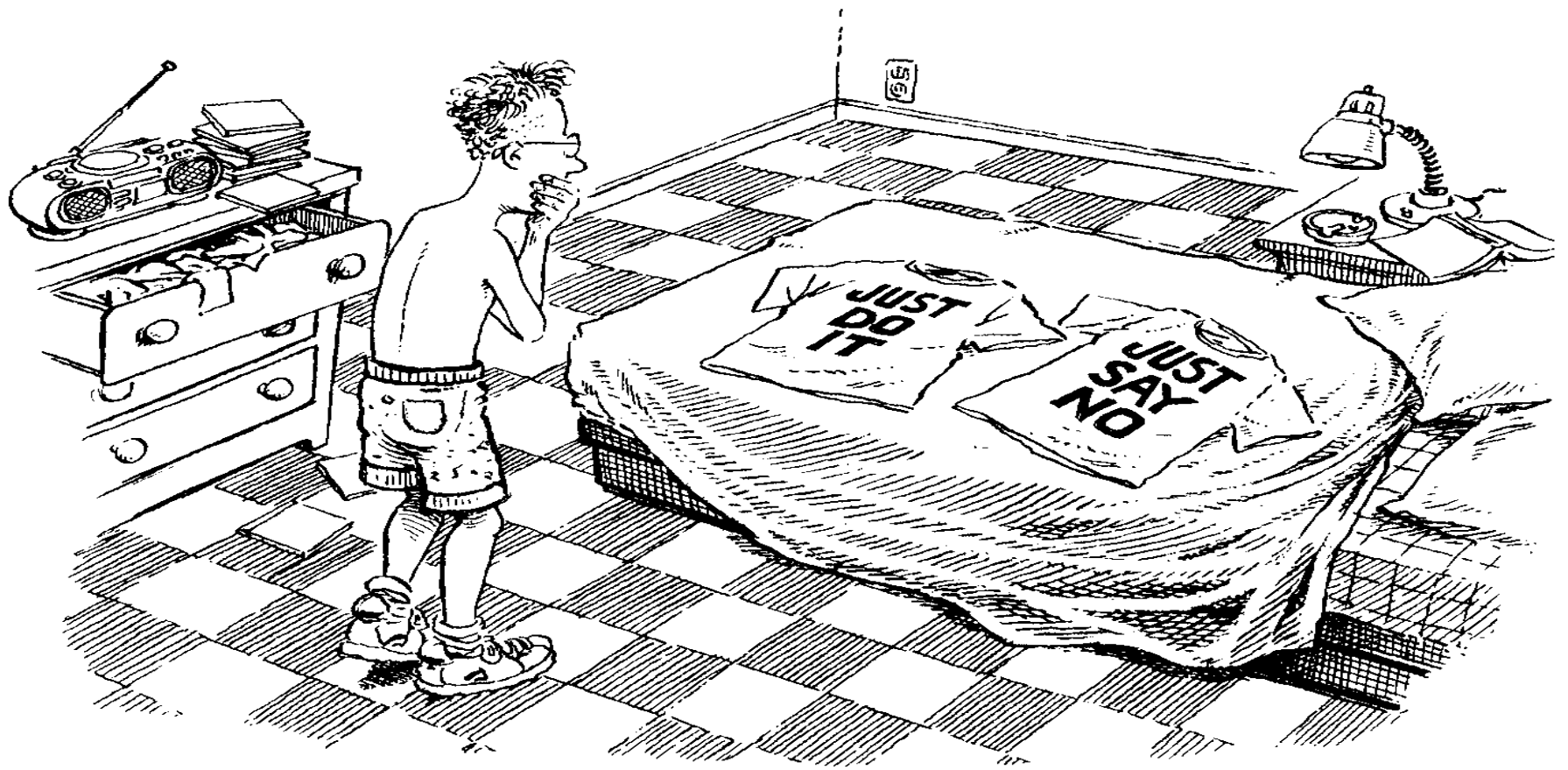
WINNING PLAYS

- Listen to them and speak with them
- Recognize changes

QUESTIONABLE CALLS

- Don't listen and talk at them
- Expect them to stay the same





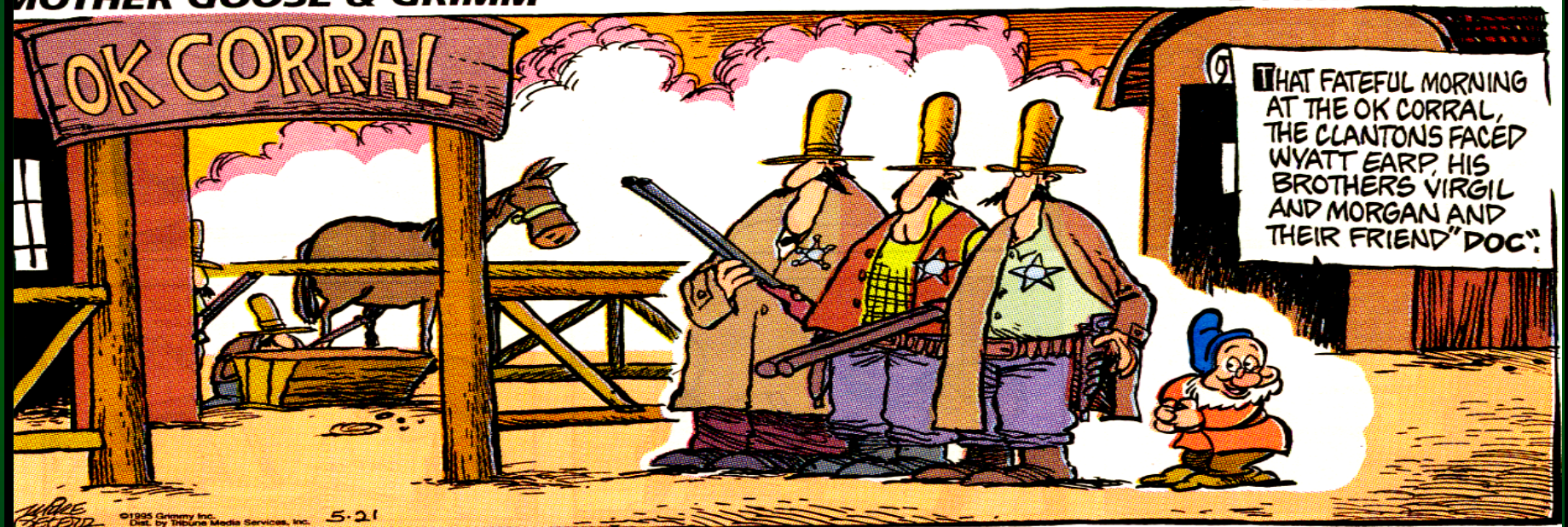
SOME DAYS IT TOOK *HOURS* TO GET DRESSED . . .

THIS IS EXCITING! I WONDER
WHAT IT IS...



MOTHER GOOSE & GRIMM

BY MIKE PETERS



WINNING PLAYS

- **Maintain that special place in their home for them to return to. (They want to change, but they don't want you to change.)**
- **Allow them to make their own decisions**
- **Counsel with them when their plans don't work out**

QUESTIONABLE CALLS

- **Redo their room and make it into a TV room, den, etc.**
- **Don't let them make decisions**
- **Tell them "I told you so"**

Staying the Course



Dear Dad,

\$chool i\$ really great. I am making lot\$ of friend\$ and \$tudying very hard. With all my \$tuff, I \$imply can't think of anything I need, \$o if you would like, you can ju\$t \$end me a card, a\$ I would love to hear from you.

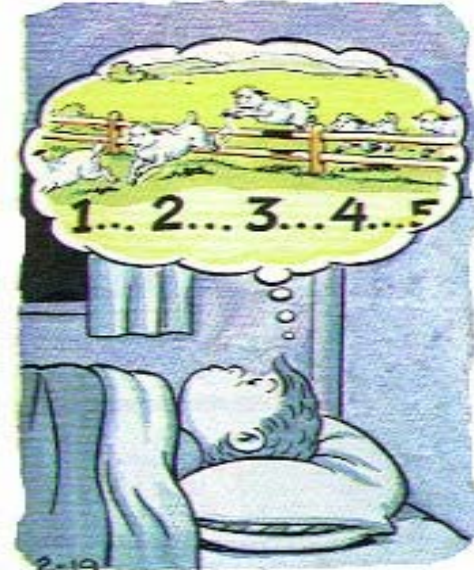
Love,
Your \$on

Dear Son,

I k**NO**w that astro**NO**my, eco**NO**mics, and ocea**NO**graphy are e**NO**ugh to keep even an ho**NO**r student busy. Do **NO**t forget that the pursuit of k**NO**wledge is a **NO**ble task, and you can never study e**NO**ugh.

Dad

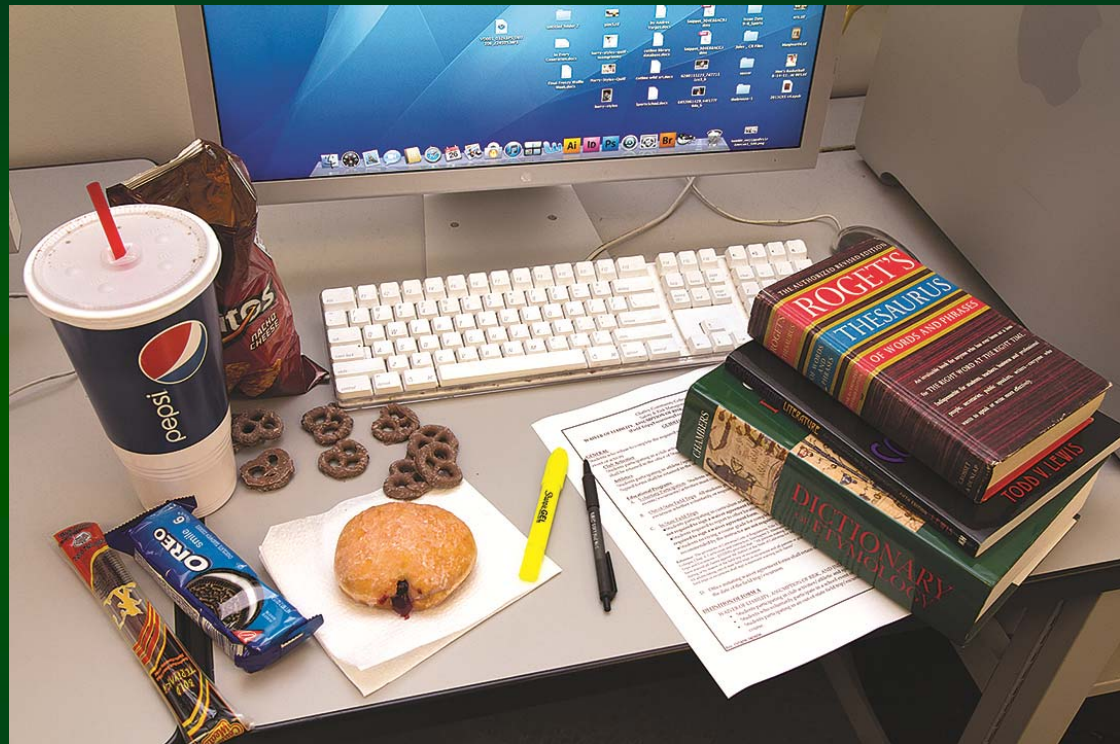
THE FAMILY CIRCUS®



By BILL KEANE

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Wrapping Up



Winning Plays

- Recognize how hard they are working and really do want them to do well
- Stay in touch and show interest in their lives
- Visit-sometimes—Realize that the standards of cleanliness have changed

Questionable Calls

- Remind them “how much it’s costing me”
- Don’t stay in touch and over-react to problems without knowing the entire situation
- Visit too often or visit without calling

Halftime Adjustments: Dealing with Disappointment

Honest Assessment

Gain Perspective

Learn from Experiences

Move Forward

Second Half: The Journey Continues

Global Education

Command of a Second
Language

Work Experience

Time Out: Taking a “Break”

Hang around the right people.

Go to class.

Don't go home every weekend or on every break.

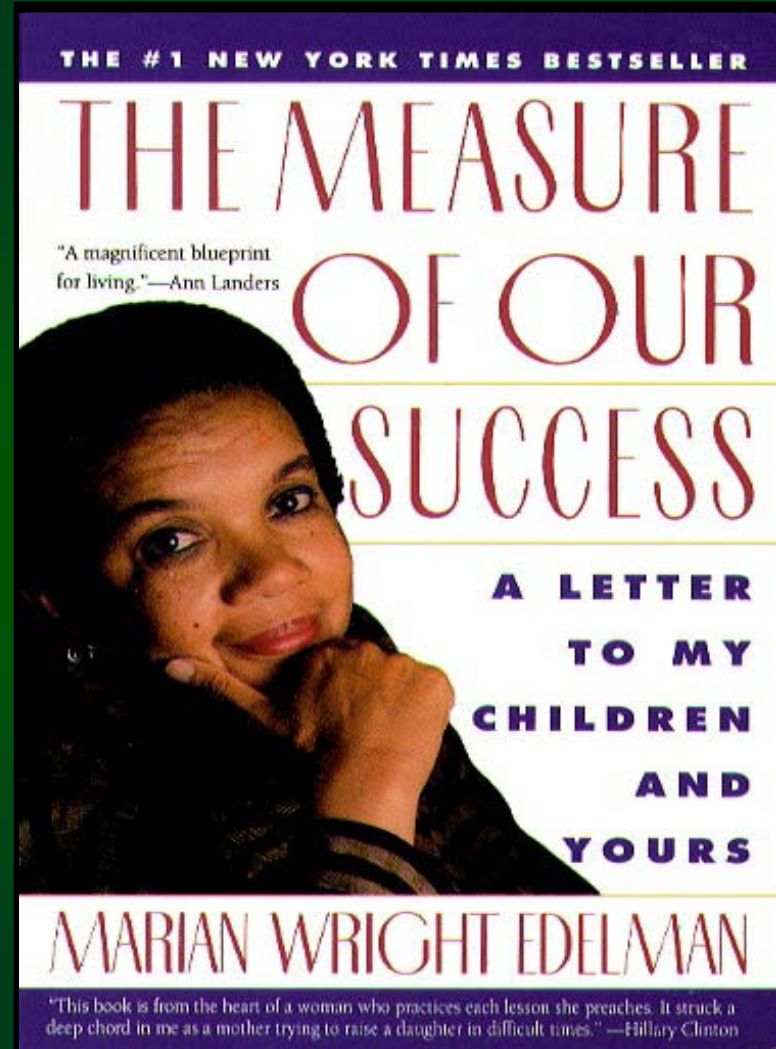
Be willing to work hard.

Two-Minute Drill

by

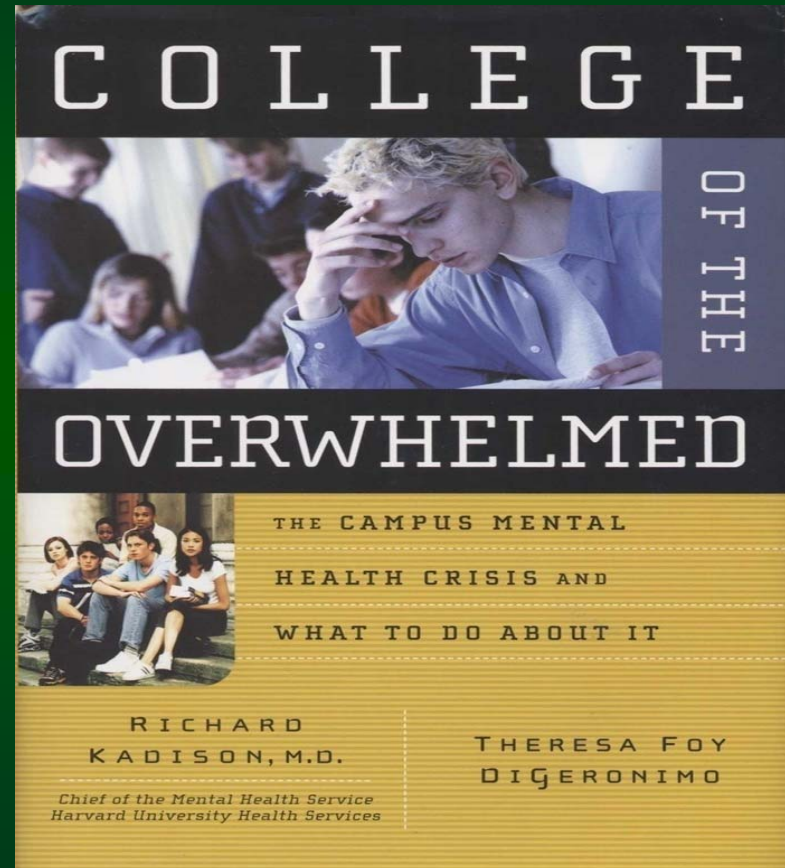
Marian Wright Edelman

Lesson 1: “There is no free lunch. Don’t feel entitled to anything you don’t sweat and struggle for.”



Two-Minute Drill

- A hands-on guide for helping students overcome stress and succeed in a college environment
- Personal stories of students under stress and how they overcame a variety of problems



<http://www.transitionyear.org>

Resources for

- Parents
- Students



The Jed Foundation

The Jed Foundation

preventing suicide and reducing emotional distress

ABOUT US PROGRAMS LEARN MORE GET INVOLVED PRESS ROOM

FOR PARENTS

FOR STUDENTS

FOR CAMPUS PROFESSIONALS

FOR SUPPORTERS

GET INVOLVED!

Make a donation >

Sign up for our newsletter >

Find out more >

FIND US ON

Facebook YouTube
MySpace Twitter
Flickr

ONE IN TEN COLLEGE STUDENTS HAS CONSIDERED SUICIDE.

FOR IMMEDIATE ASSISTANCE:
contact the National Suicide Prevention
Lifeline at 1-800-273-8255

Over the last ten years, The Jed Foundation has emerged as the leader in protecting the emotional health of America's 10 million college students. Our proven model and award-winning programs are changing the way campuses, communities and families promote mental health and prevent suicide.

As the nation's leading organization working to reduce emotional distress and prevent suicide among college students, The Jed Foundation is protecting the mental health of students across the country. With your support, we will continue to lead the way and protect the potential of tomorrow's leaders.

NEWS & INFO

Half of Us Campaign with mtvU Honored with Daytime Emmy Nomination >
The Jed Foundation and mtvU's innovative campaign on emotional health recognized by the National Academy of Television Arts & S

Teen Filmmaker Battles Bullying >
A teen battles bullies with "Love is Louder"

Love is Louder: An Interview with Courtney Knowles, Executive Director of the Jed Foundation >
An Interview with Courtney Knowles

MORE NEWS >

SPOTLIGHT

As The Jed Foundation celebrates ten years of milestones, we take a look back at what we have accomplished.

Take a look at ten years of The Jed Foundation's milestones.

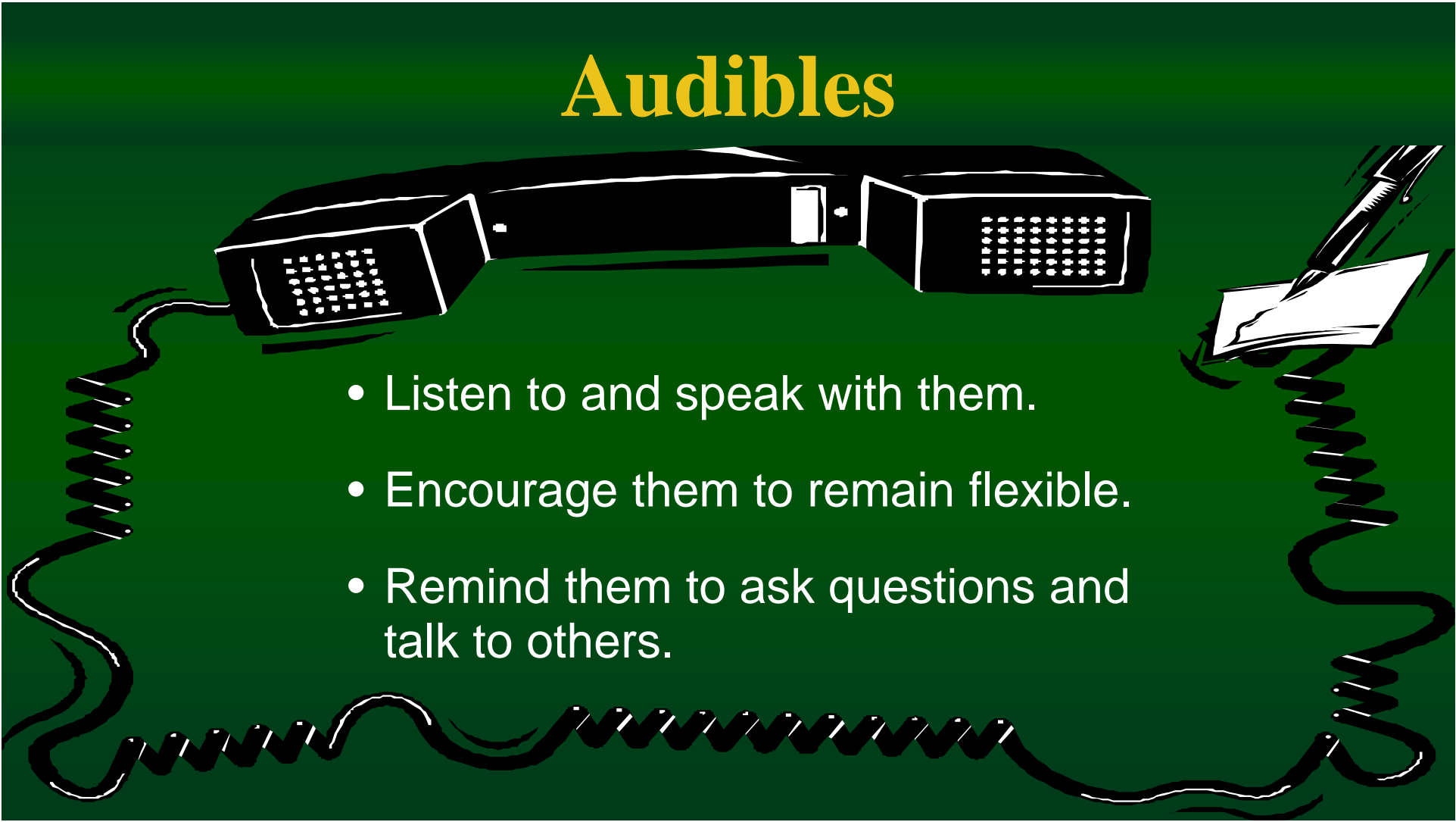
© 2011 The Jed Foundation. 1140 Broadway, Ste. 803, New York, New York, 10001, Tel: 212-647-7544 Fax: 212-647-7542 Terms of Use Privacy Contact Us All Rights Reserved.

<http://www.jedfoundation.org/> [6/12/2011 5:32:55 PM]

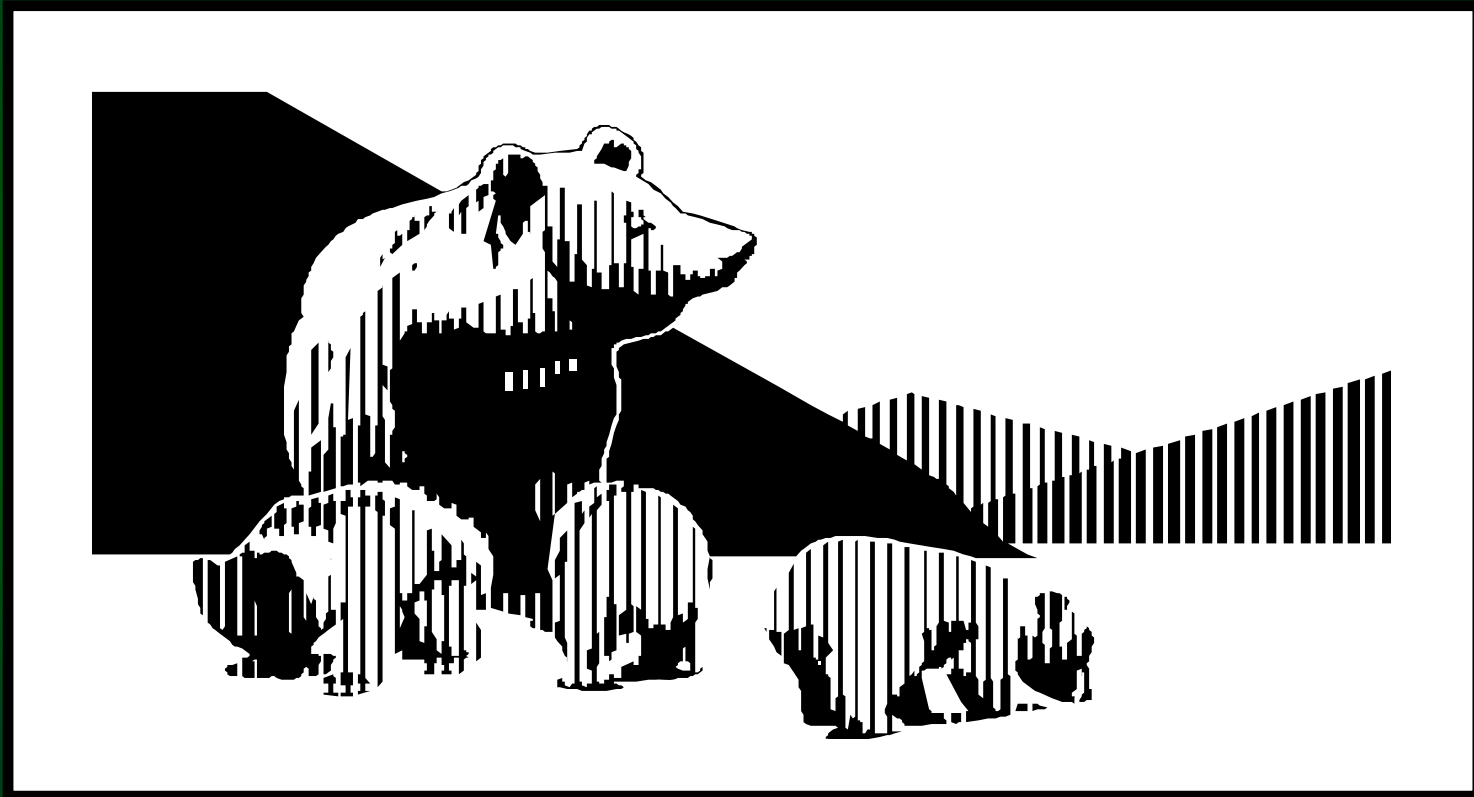
<http://www.jedfoundation.org>

The Jed Foundation works nationally to reduce the rate of suicide and the prevalence of emotional distress among college and university students.

Audibles

- 
- Listen to and speak with them.
 - Encourage them to remain flexible.
 - Remind them to ask questions and talk to others.

Heading to the Locker Room



Pre-Season

- Financial Concerns
- Credit Cards
- Insurance
- T-shirts and Pictures
- Laundry
- Directory Information
- Identification Numbers
- Operating a Vehicle in Texas
- Alcohol
- Sexual Assault

Transitions

Assistant Coaches

Baylor offers a variety of services to students who need help.

Find out what each of these services can do to help you and your student.

COUNSELING SERVICES AND PROGRAMS

are staffed by highly qualified personnel trained to help students work out many different kinds of problems.



ACADEMIC AND STUDENT LIFE DEANS

provide any needed information regarding college policies.



CAREER AND PROFESSIONAL DEVELOPMENT

helps students assess goals and abilities; assists with job placement.



FACULTY/ACADEMIC ADVISOR

guides students in selecting courses and choosing a major. Faculty members can be great resource people when it comes to career planning and placement.



STUDENT HEALTH SERVICES

provide care for minor illnesses and referrals for serious cases; gives information about family



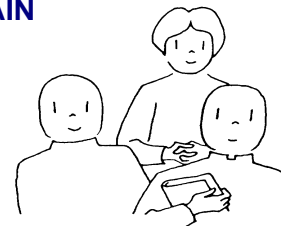
FINANCIAL AID OFFICE

assists students in their search for scholarships, loans, work-study programs, etc.



THE CHAPLAIN

counsels students who want advice and guidance.



TUTORIAL SERVICES

help students with specific courses and assist those who need to improve reading, writing math and other skills.



Questions?

Let Us Hear from You

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President for Student Life

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Sarah Dorrell, Case Manager
for Student Life

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Presentation available at http://www.baylor.edu/counseling_center
Resources for Parents

