The Parent’s Guide to the First Year

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• Shaping Expectations

• Things Students Want You to Know

• Things You Need to Know about a Student’s 1st Year

• Things We Want You to Know

• Transitions

• Questions and Answers
Students Need Parents Who

- 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
Students Don’t Appreciate Parents Who

• 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 REACTIONS

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

QUESTIONABLE REACTIONS

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

WINNING REACTIONS

• Listen to them and speak with them
• Recognize changes

QUESTIONABLE REACTIONS

• 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...
At the OK Corral, the Clantons faced Wyatt Earp, his brothers Virgil and Morgan, and their friend "Doc."
WINNING REACTIONS

• 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 REACTIONS

• 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

I can’t do it all.
I can’t handle it.
I have to get out of here.
Dear Dad,

School is really great. I am making lots of friends and studying very hard. With all my stuff, I simply can’t think of anything I need, so if you would like, you can just send me a card, as I would love to hear from you.

Love,
Your Son

Dear Son,

I know that astronomy, economics, and oceanography are enough to keep even an honor student busy. Do not forget that the pursuit of knowledge is a noble task, and you can never study enough.

Dad
• **PERSONAL SKILLS**—the ability to act as a striver (Resilience)

• **PEOPLE SKILLS**—the ability to be a team player

• **APPLIED KNOWLEDGE**—the ability to logically analyze information

• **WORKPLACE SKILLS**—the ability to solve problems and make decisions

*(Future Skills Update and Literature Review by Institute for the Future (IFTF), undertaken in partnership with ACT Foundation and Joyce Foundation)*
Wrapping Up
Winning Reactions

• 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 Reactions

• 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
Mid-Year Break: Dealing with Disappointment

Honest Assessment

Gain Perspective

Learn from Experiences

Move Forward
Spring Semester: The Journey Continues

Global Education

Command of a Second Language

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

• 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
Baylor Counseling Center

www.baylor.edu/counseling_center

- Diverse Multidisciplinary Staff
- M-F (8 am–5 pm)
  W & TR (8 am–7 pm)
- Walk-In Hours (9 am-4 pm/M-F)
- 24/7 Crisis Line (254-710-2467)

Program of Care
- Brief Consultation/Let’s Talk
- Workshop (Grit, Resilience, Mindfulness)
- Therapist Assisted Online
- Crisis Intervention
- Group Therapy
- Couples Therapy
- Individual Therapy
- Consultation/Therapy with specialty areas
http://www.transitionyear.org

Resources for

- Parents
- Students
The Jed Foundation

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.
On-going Communication

- Listen to and speak with them.
- Encourage them to remain flexible.
- Remind them to ask questions and talk to others.
Returning to the Nest
Immediate Work: Tomorrow

- Graduation Expectation
  4 or 6 years
- Acceptable Achievement
  As or Cs
- Career Aspirations
- Campus Organizations/Athletics/ Roles of Leadership
- Study Abroad
- Contingency Plan for Success
This Summer

- Financial Concerns
- Credit Cards
- Insurance
- T-shirts and Pictures
- Laundry
- Directory Information
- Identification Numbers
- Operating a Vehicle in Texas
- Alcohol
- Interpersonal Relationships
Transitions
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.

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<td><strong>COUNSELING SERVICES AND PROGRAMS</strong></td>
<td><strong>are staffed by highly qualified personnel trained to help students work out many different kinds of problems.</strong></td>
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<td><strong>CAREER AND PROFESSIONAL DEVELOPMENT</strong></td>
<td><strong>helps students assess goals and abilities; assists with job placement.</strong></td>
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<td><strong>STUDENT HEALTH SERVICES</strong></td>
<td><strong>provide care for minor illnesses and referrals for serious cases; gives information about family</strong></td>
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<td><strong>FACULTY/ACADEMIC ADVISOR</strong></td>
<td><strong>guides students in selecting courses and choosing a major. Faculty members can be great resource people when it comes to career planning and placement.</strong></td>
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<td><strong>FINANCIAL AID OFFICE</strong></td>
<td><strong>assists students in their search for scholarships, loans, work-study programs, etc.</strong></td>
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<td><strong>THE CHAPLAIN</strong></td>
<td><strong>counsels students who want advice and guidance.</strong></td>
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<td><strong>TUTORIAL SERVICES</strong></td>
<td><strong>help students with specific courses and assist those who need to improve reading, writing, math and other skills.</strong></td>
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Let Us Hear from You

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