

~ A monthly publication from Counseling Services to make your bathroom visit more informative ~



LETTING GO. . .

TIPS FOR PARENTS OF GANNON FRESHMEN

Recognize this is a time of ambivalence for all parents. The excitement and joy about opportunities awaiting your child are mixed with the waves of nostalgia and a sense of loss. Talk with other parents who are going through the same thing.

Recognize your child's conflicting emotions. Your child, like you, is being pulled between past, present and future...one day exclaiming "leave me alone; I'm 18 years old. I'm independent." and the next complaining "you're never around when I need you." Your child's ups and downs are a sign of the ambivalence of this transitional time.

Discuss academic goals and expectations ahead of time. Remember, many freshmen do not do as well academically first semester as they did in high school, and many change their minds about their proposed course of study. Ask them what they hope to accomplish academically during their first year. It is important for them to take ownership of their education. Grades are not the only indication of learning.

Talk to your child about how you'll keep in touch. Do you want a planned time to talk or do you want to be more spontaneous? A cell phone can be a wonderful way to keep in touch, or it can be, as one student described, an "electronic leash." Encourage your child to use it with discretion and not just to fill in the spaces. E-mail and instant messaging are also wonderful ways to keep in touch. Just don't count on a reply to every message.

Be a coach rather than trying to solve your child's problems yourself. College students usually call their parents for reassurance when things aren't going well, and call their friends with the latest exciting news. When you get those late night phone calls, encourage your child to use the appropriate campus resources — to go to the health service or career center, to talk to an advisor, dean, a counselor or tutor. Read resource information sent to you by the college so you can be an informed coach for your child.

Retrieved from: <http://www.greatschools.net/cgi-bin/showarticle/670>.

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