

Family Straight Talk

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Ground Rules

- We are going to endeavor to discuss topics that may be important and meaningful for you and/or your student.
- We are going to be honest (good and bad) so we can help with the transition to college.
- We see ourselves as partners with you. Our goals are often the same.
- Whatever we do not cover, know that we and many others on campus are here the next few months and can help you after June orientation.



Family Participation: From Now to Move In

Raise your hand if:

- When your student left for their part of the day, you were worried about them.
- Your student has NOT shared a bedroom/bathroom.
- You are worried that your student does not know how to do their laundry now.
- You are worried that they will not take their academics seriously.
- You are worried about how a current relationship will affect your student getting connected and doing well here.



How you can help them prepare

- Allow them to be in control of their lives this summer.
- Prepare them to connect with people and resources here.
- Have an open conversation about family and campus expectations – including about alcohol and other drugs and healthy relationships
- Talk with them about being aware of their surroundings, their friends, their decisions.
- If playing a sport, keep encouraging them to workout.
- Reach out to offices to proactively discuss any known worries/challenges.
- Talk about how you will stay in touch/connected – and do it!



How Springfield College can help

- We are here to answer your and their questions – throughout the summer
- We will be in communication. And the First-Year Student Checklist is a great reference guide for what you should be considering/discussing throughout the summer:
<http://springfield.edu/orientation/first-year-students>
- We are prepared for them to change their _____

Family Participation: Move In and New Student Orientation

Raise your hand if you are:

- Worried that you will cry on the ride home after move in day.
- Worried that they will not answer your texts/calls.
- Worried they will be texting/calling you multiple times a day.
- Worried that your student will not make their team, major, club, etc.



How you can help when they are here

- Be ready for “roller coaster” moments
- Encourage them to get engaged with people and groups on campus
- Expect that the first few days may be overwhelming for introverts. It will be okay.



How Springfield College can help

- We will do a lot of orientation when they get here.
- We will try and connect them to each other.
- We will be looking out for those struggling to connect.
- We will make them aware of wide range of services available to them.
- We will provide a wide range of activities.



Family Participation: The first semester

Raise your hand if:

- You earned one (or more) bad grade in college or high school.
- You are in a career that was not your focus in college/high school.
- You are worried your student may eat alone in their room.
- You are worried that health and/or psychological issues may impact them.
- You are worried that they may misuse/overuse alcohol and/or other drugs.
- You are worried about their ability to make good decisions regarding their health and safety



How you can help them

- Stay in touch
- Listen more, intervene less
- Help them seek out resources
- Familiarize yourself with academic policies and regulations - know that not all assignments/grades are of equal value
- Review our code of conduct and discuss our (hopefully shared) expectations
- Help them define “fun”
- Remember that failure can lead to success



How Springfield College can help

- Grades on BrightSpace
- Attendance reports
- Midterm grades
- Semester-long orientation classes (Humanics & First Year Seminars)
- Lots of engaged learning experiences
- Lots of people looking out for your student
- We are prepared for “mistakes” and “questionable” judgment
- We will hold students accountable
- Tons of services on campus to help

If You Remember Nothing Else

- BE THE PERSON YOUR STUDENT CAN CALL!
- Maintain perspective
- Communication is KEY!
- LISTEN
- Revisit expectations and know we will be compassionate and firm
- Use resources (refer your student to resource and/or consult yourself)
- Resist the urge to rescue



Campus Partners

- Individual Professors/Advisors - contact information will be provided today
- Student Affairs (413) 748-3100
- Academic Advising Center (413) 748-3379
- Academic Success Center (413) 748-3747
- Career Center (413) 748-3222
- Counseling Center (413) 748-3345
- Disability Support Services (413) 748-3431
- Health Center (413) 748-3175
- Public Safety (413) 748-5555



Additional Family Resources

- Letting Go: A Parent's Guide to Understanding the College Years by Karen Levin Coburn & Madge Lawrence Treeger
- You're On Your Own (But I'm Here If You Need Me) by Marjorie Savage
- Preparing for College: Practical Advice for Students and Their Families by John J. Rooney, John F. Reardon & Katherine Haley Will
- Helicopters, Drill Sergeants & Consultants: Parenting Styles and the Messages They Send by Jim Fay

