Managing the Rollercoaster Ride of Your Student’s First Year

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Do you like rollercoasters?

- Changes in the first semester of college can feel like an emotional rollercoaster ride for students and parents/guardians.
- This session will explore developmental changes first year college students experience, particularly with today’s cultural influences, and discuss ways parents/guardians and University administrators can partner to help students manage the ride.
Question:

- How many parents/guardians are sending their first child to college?

- Of those who have sent other children, how many of you noticed changes in their first year?
Who are they?

- Are college students children or adults?
- Do they consider themselves children or adults?
- New term - Emerging Adulthood (Arnett, 2000)
  - 18-25
  - Become more independent and explore various life possibilities
  - Can last until 30
Factors that can Have an Impact on Emerging Adulthood

“World’s Longest Umbilical Cord” – Dr. Richard Mullendore
Factors that can Have an Impact on Emerging Adulthood

- Helicopter versus Snow Plow
- Learned Helplessness
- Lack of Self Efficacy
- Cluttered Nest versus Empty Nest
Developing Competence

- **Intellectual/Academic**
  - Reading a syllabus
  - Establishing a relationship with faculty
  - Study habits and time management

- **Academic Resources**
  - Tutoring at the Study in Jenkins Hall (shift from being the tutor)
  - Workshops on time management, note taking, and course management
  - Writing Center in Maryland Hall to help with critical writing skills
Interpersonal/Social Competence

- Question: How many of your students had their own rooms at home?
- Difference between siblings and roommates
- Adjustment to communal living away from home
- Successful communal living requires Civility, Communication, and Compromise
- Cleanliness is also important
Interpersonal/Social Competence

- Need to establish a new friend group and support network
- Many are leaving long-term friendships behind
- “Get in where you fit in”
- Need to balance free time and get involved in productive ways
- Identity development and “sense of belonging”
Managing Emotions

- One of the primary factors that leads to the conduct process
- Still growing into emotional maturity
- May look “grown up” but looks can be deceiving
- Reminder of emerging adulthood
- Venting versus asking for help
Managing Emotions

- Brain is still developing well into 20s
- Need to understand, accept, and express emotions
- Difficulty of face-to-face communication and impact of technology
  - Stream of consciousness for the whole Internet
- Dealing with anxiety, depression, and/or other mental health concerns
Moving Through Autonomy Toward Interdependence

- They are now in charge of their schedule full time
- For many of you, this used to be your job
Moving Through Autonomy Toward Interdependence

- They have to begin navigating their own challenges with your support and guidance
- Total independence is not the goal—Interdependence is key
- What do you do when they call you with a problem?
Dad:
Dad there's a moth on the outside of the bathroom door can you get rid of it?

Pls hurry because I'm going to cry

Dad:

Dad:

Dad:

Dec 26, 2012 2:30 PM

Dad is dead. You're next.
Love, Moth
How to Support Your Student

- Help them brainstorm resources
- Parents/guardians are powerful referral agents
- Help them practice conversations
- Resist the urge to immediately step in
- Remind them of the resources in the Loyola community
- Help them do more than just “share” or “post”
Shared Goals

- We want to partner with you
- We often want the same things
- We may have different methods
- What is most beneficial for emerging adults?
- Who is the best person to help this emerging adult?
- Who is the person closest to this situation to help this emerging adult?
- Students have to begin to take ownership for their Loyola experience and learn to problem solve
Trust the Process!
References

References


- Jackson, M., & Murphy, S. (2005). Managing parent expectations: My how times have changed. In K. Keppler, R. Mullendore, and A. Carey (Eds.), *Partnering with the parents of today’s college students* (pp. 53-59). Washington, DC: NASPA.

References


References
