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 or Lawnmower
- Learned Helplessness
- Lack of Self Efficacy
- Cluttered Nest versus Empty Nest
Factors that can Have an Impact on Emerging Adulthood
Factors that can Have an Impact on Emerging Adulthood

- Fixed Mindset versus Growth Mindset
- “Fragile Perfects”
- Failure deprivation
- Lack of Emotional Readiness
- Lack of Executive Functioning
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

• Lack of Emotional Readiness
  ◦ Taking responsibility, ability to make friends, grit

• 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
- Do they have skills around self-management?
- Total independence is not the goal—interdependence is key
- What do you do when they call you with a problem?
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 is dead. You're next.
Love, Moth
How to Support Your Student

- Honestly assess their readiness
- Set realistic expectations
- 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
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?
- 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


