

# LINDENWOOD UNIVERSITY

College for Parents  
(and Supporters)

DISCOVER YOUR **ROAR!**

**LINDENWOOD** UNIVERSITY

# Why We're Here

- College is hard
  - Greater expectations
  - Different skillsets
  - Challenging for parents, families, and friends (not just students)
- Talk about it/share stories
  - Unlike high school, you won't see everything
  - You will ALWAYS be your student's primary supporter
  - You're not alone

# Pt 1-Starting College

3

# Summer

- You are already college parents, families, and friends 😊
- Common Student Experiences
  - Strong emotions (transition between excitement and worry)
  - Finding opportunities to hold onto K-12 friendships
  - By August, may feel stress, anxiety, or imposter syndrome
- Tips and Questions
  - Enjoy every moment—you don't know what next summer will include
  - “Have you talked to you Admissions Counselor?”
  - Check the [Admitted Student Page](#)
- Useful Referrals
  - Admissions Counselor
  - Residential Life

# Move-In/First Night

- Common Student Experiences
  - Reality begins to set in
  - Initial home sickness
  - Roommate worries
- Tips and Questions
  - Reassure your student their feelings are normal and valid
  - Remind your student of another time in their life when they overcame change
  - “What is First Year Programs doing today/tomorrow?”
- Useful Referrals
  - First Year Programs
  - Student Counseling and Resource Center
  - Residential Life

# First Week of Classes

- Common Student Experiences
  - Worry about finding/missing a class
  - Building habits (good and bad)
  - Workload hasn't hit yet
- Tips and Questions
  - Schedule a time in their first week to talk
  - All schedule adjustments must be finalized by the end of Week One
  - "Have you printed your schedule?"
  - "Have you read all of your syllabi?"
- Useful Referrals
  - Academic Advisor
  - Student Academic Support Services (SASS)

# Pt 2-The First Test & Midterms

7

# September

- Common Student Experiences
  - The Labor Day Shift
  - The first test/essay (and 4 week grades)
  - Finding Community (or not)
  - First 8 week withdraw deadline
- Tips and Questions
  - Reach out to another parent if you haven't already
  - "Have you visited the SASS office?"
  - "Have you checked Mane Connection?"
  - "Have you gone to office hours?"
- Useful Referrals
  - Student Involvement, SASS, Academic Advisor



# October

- Common Student Experiences
  - Growth or Retreat--“I can (or can’t) do this”
  - Settled into a routine (good or bad)
  - Should be involved in at least 1 thing
  - Registration for Spring begins
  - Midterm break
- Tips and Questions
  - Ask your student specific questions
    - “Have you checked your midterm grades?”
    - “What grade did you get on your last test/paper?”
    - “What is going on this week on campus?”
    - “When did you last talk to your advisor?”
  - You can contact [SASS@lindenwood.edu](mailto:SASS@lindenwood.edu) if you are worried about your student

# Pt 3-End of the First Semester

10

# November

- Common Student Experiences
  - 16 week withdraw deadline and 2<sup>nd</sup> 8 week deadline
  - The Turkey Drop
  - Stress building for final projects/tests
- Tips and Questions
  - Start getting an end of semester travel plan together
  - Consider sending a care package
  - “Have you signed up for spring classes?”
  - “What do you have left to do before winter break?”
- Useful Referrals
  - Student Counseling and Resource Center
  - Academic Advisor
  - Residential Life

# December

12

- Common Student Experiences
  - Feelings of pride or inadequacy
  - Mental burnout—need to rest (may sleep for a full day when they get home)
  - Missing new college friends
  - Check out procedures
  - FAFSA opens
  - Grades post
- Tips and Questions
  - “What do you need to do to check out of your room for the semester?”
  - Tell your student how proud you are; let them overhear you telling others
  - If the semester didn’t go well, it’s not over
- Useful Referrals
  - Academic Advising

# Tips From a Counselor

- Homesickness is normal
- The best thing you can do is talk and listen
  - Hear and validate their feelings
  - Ask about using campus connections and resources
  - Ask specifics about where and how they can connect
- Be reassuring—you are still their parent/family/friend
- Things to avoid
  - Too many trips home
  - Too many trips to campus (for you)
  - Solving every problem for them

# Final Thoughts

- You have a community
- Ask questions; if something feels odd, say something
- Vocalize your pride
- Your student will always need you