

Seven Ways to Support Student Success

Transition to university can be stressful and confusing for both students and parents. Expectations can run high on both sides. Parental support is invaluable. As a “coaching parent” you can offer support and encouragement, but you won’t play the game for them!

<p>Listen and Love</p> <p>Really hear what your student is saying about their new life at University. Support their unique strengths and qualities.</p> <p>Believe in them.</p>	<p>Celebrate Successes</p> <p>Rejoice with them in their successes. Acknowledge that there will be “opportunities for growth.”</p> <p>Be open to your student’s version of success.</p>
<p>Allow for Confusion and Uncertainty</p> <p>Most students change their minds, their majors and their directions several times! Change can be perceived as a sign of growth toward maturity.</p> <p>Be patient.</p>	<p>Encourage Balance</p> <p>Most students are juggling school with work, athletics, community involvement... Stress the importance of self-care and wellness.</p> <p>Notice when your student is over-committed.</p>
<p>Support Exploration</p> <p>University is about learning and growing. New opportunities reveal themselves as students engage in their studies.</p> <p>Be curious about what they’re learning.</p>	<p>Let Go</p> <p>Your support is invaluable as your student grows. Find a balance between providing a safety net and encouraging independence.</p> <p>Help your student find that balance.</p>
<p>Give Space</p> <p>Growth takes time. Your student is growing academically, intellectually, as well as socially and emotionally.</p> <p>Provide private space and lots of time.</p>	<p>Some questions to ask:</p> <ul style="list-style-type: none"> • How are things <i>really</i> going? • What are you learning? • What are the common threads in what you’re learning? • Have you met with your advisor to talk about how things are going and to plan your program? • How can we help you? • What are your dreams and visions for yourself?