Tips for Parents of Wake Forest First Year Students

1. Show your confidence in your student by allowing him/her to learn from his/her mistakes, as we parents learned from ours, and to fight his/her own battles.
2. “You are the safety net, not the safety harness.” (The Happy Empty Nest).
3. College is a time of self-preoccupation which can sometimes appear self-centered and oblivious to the feelings and needs of other family members. This, too, shall pass!
4. Help your student remember to put the inevitable ups and downs of college in perspective.
5. Remember that they are still practicing to be full-fledged adults. Achieving maturity is a long process.
6. Emotional ups and downs are normal but persistent changes in mood, behavior patterns, or weight are not. If you are concerned, call the University Counseling Center (336-758-5273) Student Health (336-758-5218). Residence Life and Housing (336-758-5185) or the Dean of Student Services (336-758-5226).
7. Keep phone calls brief and non-prying so he/she will still answer your calls when he/she sees your number on caller ID.
8. Encourage your student to get involved in at least one extra curricular activity in the first semester.
9. Early homesickness does not predict poor adjustment to college.
10. Encourage your student to stay on campus most weekends, especially during the first semester.
11. Surprise visits to the residence hall room are seldom welcome.
12. Send newspaper clippings from your hometown paper, forward articles on email. If applicable, this can be a good task for a younger sibling or a grandparent.
13. Try to ignore changes in clothing, hair, or language; these will eventually pass.
14. Keep his/her room at home the same for at least a semester, if possible.
15. Find new interests yourself or pursue old ones.
16. Share what’s going on in your life- he/she will know you are not just focusing on him/her.
17. Pick your battles carefully.

University Counseling Center