

*Welcome to the Red Flash Family!*

## LETTING GO

**Becoming a Good College Parent**



# Saint Francis University The Center for Well-Being

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workpartners

# Can You Relate?





# Today's Weather Forecast



# What Makes A University Good for Your Student?

If your student has a problem, you feel confident the issue can be resolved immediately and professionally.



# Letting Go... The Process Begins

Your student will face  
new decisions and new  
challenges.

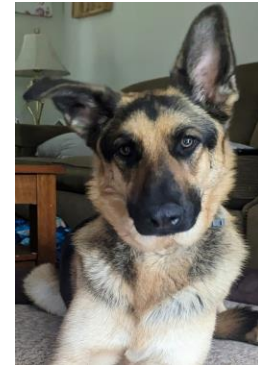
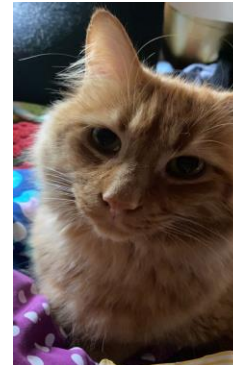


# Prepare for the Transition Early



# What Your Student Will Miss Most About Being Away From Home This Fall

- Parents
- Friends
- Siblings
- Bedroom
- Pets





# The Most Challenging Times for Students

- The first two weeks and last two weeks of a semester
- Semester exams (mid- terms and finals)
- Mid semester and holiday breaks



## Recognize the Conflicting Emotions



# 3 C's of Freshman Year

## Chaos

- New residence
- New friends
- New schedule
- New language: RA, Professor, "Torvo"
- New freedom
- New responsibilities
- New experiences



# 3 C's of Freshman Year

## Conflict

- New friends vs. old friends
- Boyfriend / girlfriend separation
- Sharing close quarters
- Rollercoaster of emotions
- Time management/ structure





# 3 C's of Freshman Year

## Crisis

- Little things become BIG things
- Everything becomes a CRISIS
- Panic- CALL HOME



Parenting nowadays is about alleviating struggles, however we need to help them build resilience and self reliance.

How do you support them- not *rescue* them?



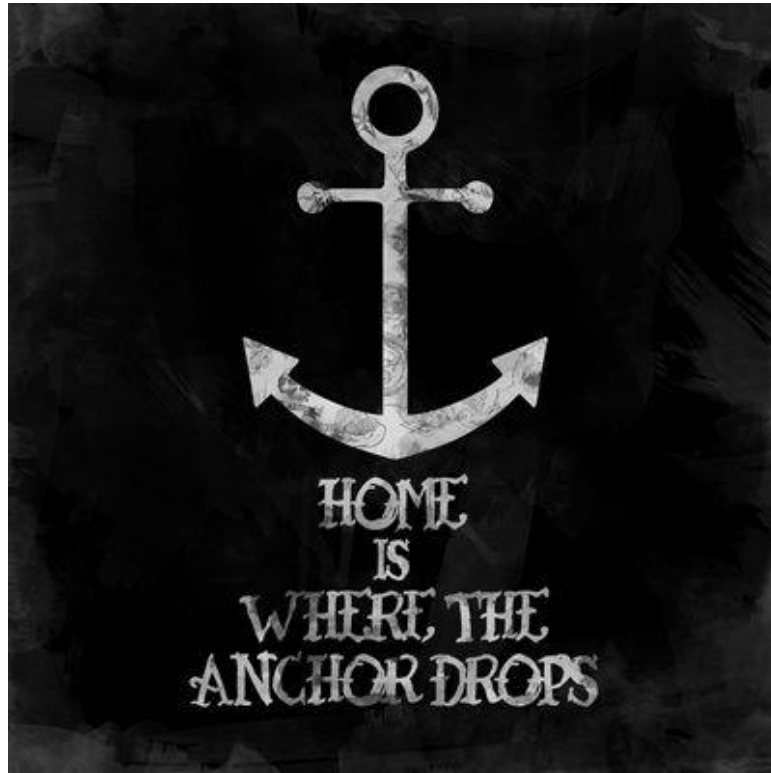
# Normalize the Struggle- Be these 4 C's for your Student

- Coach
- Cheerleader
- Comforter
- Connector

These are all important because they care more about what you think than they will say.



# You're their Anchor...



Keep them informed  
and connected.



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# Promote Wellness

- Academic goals
- Time management
- Eating healthy
- Getting enough sleep
- Studying
- Socializing
- Exercising
- Having fun



# No Need To Go It Alone



**The #RedFlashFamily has your back!**



# We have amazing student support services that care about all aspects of your student's experience.

- Counseling
- Campus Ministry
- Academic Support
- Health Services
- Student Life





# Saint Francis University

## The Center for Well-Being

We offer:

- Individual, marital, and group therapy
- Educational programs and weekly events
- Crisis intervention and consultation
- Free, short-term therapy
- Student Assistance Portal (a web page for students and families to access at any time)





# Remember to Listen- *Not Lecture*

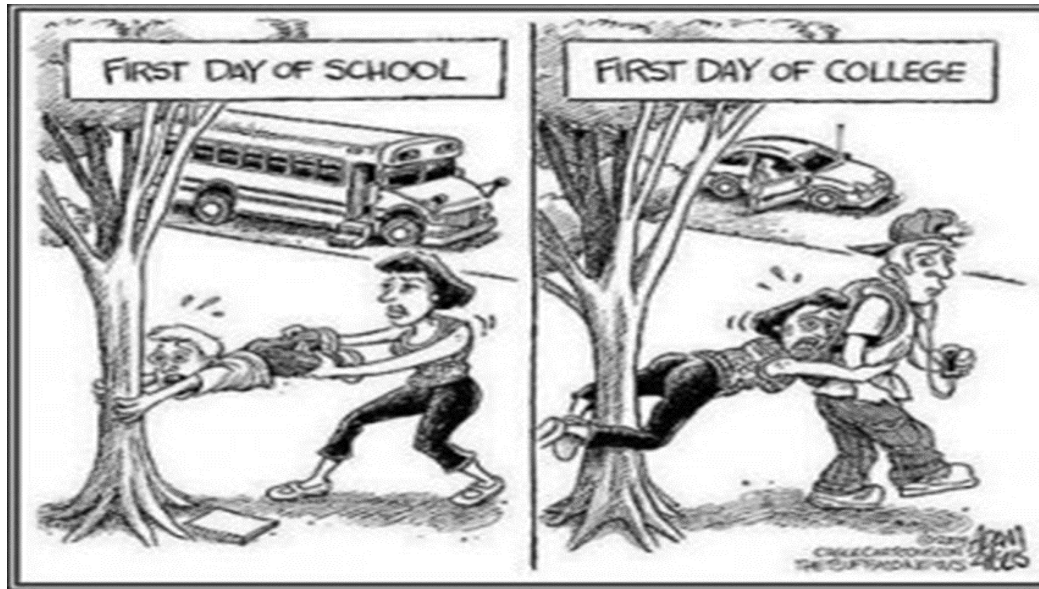
**Students have reported that they want to connect with their parents an average of 1 to 3x a week.**



# Feelings You May Experience

Relief Fear Anxiety Sadness Loneliness Peace

## Have Faith



Trust that your student's value system will win in the end.

**Say Goodbye...**  
**... send money and care packages!**

**They're not gone forever;  
I can assure you!**



# As we end, I hope your weather forecast is Sunny and Bright!

