CARETAKER TO COACH: SOME EXPERT ADVICE
YOU’VE BEEN PREPARING FOR THIS!

We’ve been teaching them how to walk away from us since we taught them to take their first steps.
FOUR CRITICAL CONVERSATIONS

**Academics**
- What they hope to explore and accomplish
- What are your expectations?
- Grades may not be the same as high school
- Who’s major is it anyway?

**Finances**
- Budgeting
- Credit Cards
- Employment

**Health and Safety**
- Health Insurance – how to use, in network vs out of network
- Caring for self – washing clothes, cleaning refrigerator, medicines
- Alcohol and Other Drugs – expectations, open conversations, safety net

**Communication**
- When and how – and know that this may change!
- Who they should be reaching out to for help
ANTICIPATE BUMPS ALONG THE WAY

- The Balancing Act
- Roommate Issues
- Finding Friends
- Grades/Faculty
- New Employment
- Getting “In Trouble”
I already have more friends than high school!

My professor is moving so quickly! I can barely keep up.

The food here sucks!

Haven’t really met anyone yet

My roommate is driving me up a wall!

I’m not sure what I should do this weekend

Do you mind if we just talk once a week?

There is so much to do here – I barely have time to study!

I am loving this!

Can you talk right now?
WE’VE ALL HEARD OF “HELICOPTER PARENTING” …AND WE MAY EVEN BE GUILTY OF IT!

Helicopters…

• Provide parenting that is high in warmth and support, but also high on control and low on granting autonomy to students
• Try to make major life decisions for students
• Feel like good parents when they solve problems for their students
• Hover over their children ready to take responsibility for their decisions and problems
We’ve all heard of “helicopter parenting” …and we may even be guilty of it!

Be careful not to over-parent your college student.
Over-parenting can lead to students experiencing:

• decreased levels of self-regulation, self-efficacy and goal setting
• more difficult time relating to roommates or engaging in extracurricular activities
• depression and difficulty with academic and social adjustment to college
• a feeling that their own actions and efforts are insufficient
• a difficult time developing effective coping mechanisms for conflict resolution and stress management
MOVING FROM CARETAKER TO COACH

Let your student take the lead. Do not reach out to their:

• professor
• academic adviser
• supervisor
• RA/RD
• roommate (or their parents)
• club or organization leader

Seek Help When Your student:

• Is suffering from an illness and cannot advocate for themselves
• Is experiencing mental health challenges which interfere with their ability to make well-informed decisions
• Cannot be located
• …Or when there are financial concerns which may impact the family’s finances
MOVING FROM CARETAKER TO COACH

**Wait**
Wait until your child asks for advice before giving it.

**Support**
Ask how you can support them through the process.

**Brainstorm**
Help your child find answers for themselves. Ask them questions to get them thinking — like “Who could help you on campus?”

**Encourage**
Remind them that they can do this and that they’ve succeeded in the past!

**Listen**
Sometimes they just want to be heard.
REMEMBER...

“It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.” -Ann Landers

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