

There Will Be Change

How Families Can Adapt to Changes

- Be open-minded about changes in your student.
- Don't pressure your student to choose a major but encourage career exploration
- Understand that change is often difficult for you and your student.
- Be patient, change is common during the first year at college.
- Remember your student is discovering who they are and their place in the world.



Remember to Trust

- Have faith in your student's ability to make the right decision.
- Instead of telling your student what to do, ask questions and offer advice.
- Tell your student you trust them to make the best decision.
- Listen first without interruption.
- Avoid rescuing your student when a situation arises.
- Recommend using campus resources to resolve problems.
- Encourage your student to talk with a faculty or staff member.

College Students can benefit from:

- Managing time and using a planner.
- Exercise, vitamins, sleep, and eating regular meals.
- Participating in co-curricular activities.
- Arranging a course schedule in consultation with an academic advisor.
- Taking responsibility for the consequences of decisions.

What Families Can Recommend

- Use Support Services (tutors, computer labs, study skills workshops, etc.).
- Use an advisor to help plan the semester.
- Manage time. Set up a daily schedule & stick to it. Prepare a monthly schedule of all commitments and plan ahead.
- Assess study habits and use those skills that best fit their learning style.
- Use note cards for study and take them with you so you can study during free time.
- Study with a group – this often helps memory and enhances the retention of the information for long term use.
- Remember to use the Health Clinic when ill.
- Remember there are professionals on campus – who are there to help you!
- Tell them to study hard but have fun, try new things, and meet new people.

Resource: Missouri State University Parent Orientation