

**Letting Grow:
Parental
Adjustment to
College**

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NEW STUDENT ORIENTATION



West Texas A&M
UNIVERSITY™

Freshmen Development

- The transition from home to university involves increased demands for autonomy and responsibility for the student.
- Students with secure attachment respond independently and adaptively to new challenges from parents when allowed.
- The majority of students manage the changes without distress or significant loneliness.
- Positive parent relationships predict better coping, academic, social, & institutional adaptation to college.

Parents help when...

- Parents can renegotiate the relationship to allow for continued emotional support yet greater independence of the adult-child.
- Students who live apart from family report more positive development in relationship with parents/caregivers.
- Female students may experience higher levels of parental attachment; male students prefer greater independence and autonomy.
 - College-age men and women may process being away from home differently.
- Parents continue to play a role in self-competence, psychological distress, and college adjustment.

Parental coping

- Accept the timing. Avoid comparing your child's timetable to your own experience or expectations. Instead, focus on what you can do to help your child succeed when he or she does leave home.
- Keep in touch. You can continue to be close to your children even when you live apart. Make an effort to maintain regular contact through visits, phone calls, emails, texts or video chats.
- Redefine yourself. Parenting has been your identity. Now is the time to explore who you are! Develop and cultivate your interests and hobbies!
- Turn into your relationships! Now is the time to lean on your social supports romantic partners, friends, family.

How to help from home.

- Get to know the campus resources.
- Invite struggle as an opportunity for growth.
- Help them develop a budget or financial plan.
- Encourage class attendance and building relationship with professors.
- Encourage campus involvement. Clubs and activities on campus help build social relationships!

QUESTIONS?

Contact Us!

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