



Surviving the Transition

SRU Student Counseling Center

M & F 8AM-4:30PM

Tuesdays 8AM to 7PM

Wednesdays 8AM to 7PM

Thursdays 8AM to 7PM



Overview of Topics

- What parents can expect during this transition
- How you can be most helpful to your loved one during this exciting and challenging time
- How the Student Counseling Center can be supportive to your loved one and you

Welcome

SRU welcomes your child with all the Rights and Responsibilities of an...

...Adult

Who feels that your child is ready for that?

Changes You Can Expect

BELIEFS, IDEAS, FRIENDS, and APPEARANCE

- Exposure to lots of new things and trying on “different hats”
 - Community living
 - Diversity
 - Academics

You Can:

- Provide space and opportunity to explore
- Collaborate to develop boundaries

Changes You Can Expect

BEHAVIORS

- Withdraw
 - Students might pull away, want to spend more time with new friends or studying
 - Exploring their independence and autonomy
- Clingy
 - Students might experience homesickness
 - Through exploring their limits, realize all that has been done for them until now
- Mistakes
 - Accept that students will make mistakes

How to Support Students Through Changes

Communication

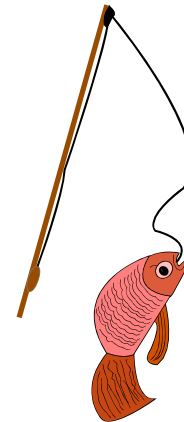
- Maintain Consistent Communication
- Technology: Friend or Foe?
 - You **can** reach them all the time...You can reach them **all** the time
 - Boundaries should be used with technology
 - Use phone/text as a bridge not a leash
 - Discuss expectations with your student
 - Realize this will likely be an adjustment from past
- Rule of Thumb: Listen **at least** 2x amount you talk

How to Support Students Through Changes

Trust

- Allow your adult-child to problem-solve, don't rush to "fix it" ---> CONFIDENCE, EFFICACY and RESILIENCY

"Teach them how to fish..."



- Know that your adult-child has support from SRU community

Benefits of a Trusting Relationship

Students who feel trusted by their parents:

- have more self-confidence
- can stand up for what they believe
- know they have support back home
- are better able to say “no” when the situation warrants

Students who feel mistrusted by their parents:

- may defy authority because it's expected
- won't communicate about what's happening in college
- will look to others for support, some may be bad influences
- will keep secrets that could be harmful

Roles That Could Help

- CHEERLEADER
- ENCOURAGER
- CONSULTANT
- SAFETY NET



If They Do Struggle

Encourage Your Loved One to:

- Get Involved
- Get Connected
- Talk to Residence Hall Supports (CAs & GAs)
- Talk to Friends
- Call the Counseling Center

Student Counseling Center

- All information is confidential
- All services are free of charge
- Referrals can come from:
 - Students (self-refer)
 - Roommates/Friends
 - Residence Hall Staff
 - Student Health Center
 - Faculty/Coaches
 - Parents

Services

The Student Counseling Center:

- Provides **counseling** to students through developmental, social adjustment, academic preparedness and psychological challenges
- Maintains a **safe, confidential, non-judgmental environment** for all students
- Provides programming on issues relevant to students
- **Promotes wellness** through programming, training, and consultation to the Slippery Rock University community
- Can be a **link to other Support Services**
- Assists during crisis situations

With Change Comes Opportunity

- Chance to know your child on a different level
- Catalyst for good, sometimes necessary conversation
- Opportunity for you both to try new things and stretch beyond your comfort zones
- Opportunity to miss and often gain a renewed sense of appreciation for one another
- Start or continuation of your adult relationship with your child

Visit Our Website

- <https://www.sru.edu/life-at-sru/health-and-wellness/counseling-center>
 - **SERVICES**
 - **PROGRAMS**
 - **FACULTY, STAFF AND PRACTICUM/INTERN STUDENTS**
 - **SCOPE OF PRACTICE**
 - **COUNSELING RESOURCES FOR PARENTS AND STUDENTS**

Student Counseling Center

118 RHOADS HALL

(724) 738 – 2034

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WEBSITE FOR MORE INFO

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