

New Parent & Family Webinar

June 20 | New Student Transition & Support



Northwestern University

Agenda

- College Transition with Dr. Susan Anderer

www.susananderer.com

- Health & Safety with Dean Mona Dugo
- Q & A
- Wrap Up



COLLEGE TRANSITION

Parenting a College Student 101

Challenges of Transition



Different concerns



Parental Roles

- ▣ The Relentlessness of Modern Parenting
 - New York Times December 2018

What do you see as the role of parents in supporting transition?



What are your goals of your student's college experience?



Gen Z



What Undermines Resiliency

- ▣ Rise of Anxiety – 41% of incoming freshman say they feel “overwhelmed by all they have to do” during the previous year
- ▣ Negative thinking cycle
- ▣ Overactive fight/flight
- ▣ Shift in parental resistance to failure

How to build Resiliency

- ▣ Marty Seligman – triad of positive emotions
 - Gratitude for past experiences
 - Life Satisfaction with current experiences
 - Hope for positive future experiences

Capitalize on adolescent developmental challenge to build positive identity formation

- Optimize choices
- Extend identity beyond school success

Building Resiliency

- ▣ Let the student experience failure
- ▣ Support Independent Problem solving:
 - Questions to ask:
 - ▣ How do you think you want to approach this?
 - ▣ Who are some people who you think might be helpful?
 - ▣ What ideas have you considered?

Short-term Vs. Long-term goals

- "At age 23, Tina Fey was working at a YMCA.
At age 23, Oprah was fired from her first reporting job.
At age 24, Stephen King was working as a janitor and living in a trailer.
At age 27, Vincent Van Gogh failed as a missionary and decided to go to art school.
At age 28, J.K. Rowling was a suicidal single parent living on welfare.
At age 28, Wayne Coyne (from The Flaming Lips) was a fry cook.
At age 30, Harrison Ford was a carpenter.
At age 30, Martha Stewart was a stockbroker.
At age 37, Ang Lee was a stay-at-home-dad working odd jobs.
Julia Child released her first cookbook at age 39, and got her own cooking show at age 51.
Vera Wang failed to make the Olympic figure skating team, didn't get the Editor-in-Chief position at Vogue, and designed her first dress at age 40.
Stan Lee didn't release his first big comic book until he was 40.
Alan Rickman gave up his graphic design career to pursue acting at age 42.
Samuel L. Jackson didn't get his first movie role until he was 46.
Morgan Freeman landed his first MAJOR movie role at age 52."

Practical Strategies

- ▣ Setting Expectations
 - Contact
 - Safety
 - Finances
 - Academics
 - Social Media

Preparing for the first sad phone call or text

- ▣ It's coming – be prepared
- ▣ Stay steady & calm
- ▣ Don't over problem solve
- ▣ Medicine kit

Preparation before they leave

- ▣ Increase independence at home
- ▣ Increase choices
- ▣ Extend curfew
- ▣ Stop Life 360!
- ▣ Try practical skills

Saying Good-bye

- ▣ Practical advice?
 - Move in – timing, shipping, scheduling
 - Talk with your student about what they want the day to look like and what is your role – let them be in control and the focus
 - Leave a little something behind
 - Know your student and what works best
 - ▣ Know your own emotional tone and how it impacts your student
 - ▣ Know their own coping style and how to best manage it.

Prepare for Re-entry

- ▣ When will be the first visit?
- ▣ Change in room/living situation?
- ▣ Sibling relationships

Enjoy



KEEP
CALM
AND
GO
'CATS

The Northwestern Safety Net

Mona Dugo

**Assistant Vice President of Wellness &
Dean of Students**

The Dean of Students Office

We support students
in understanding how
to navigate support
and resources at
Northwestern



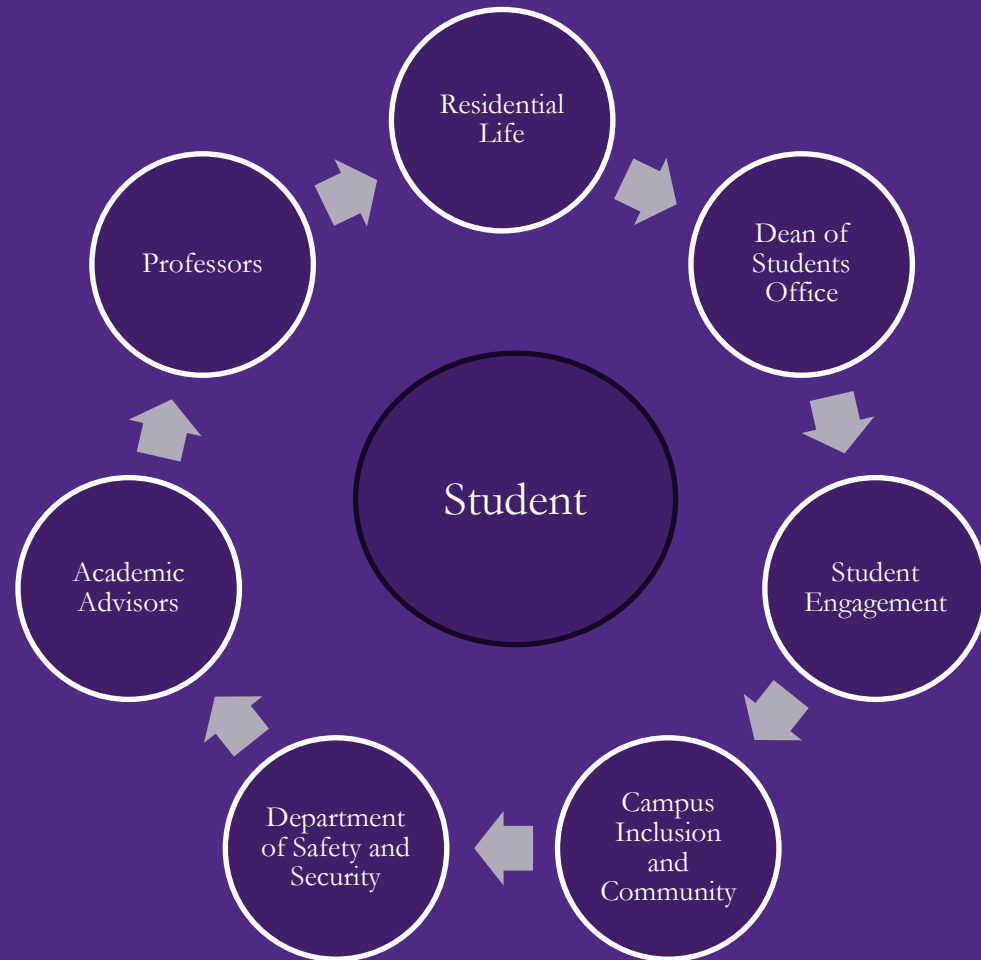
Nuhelp

Single website that contains resources for:

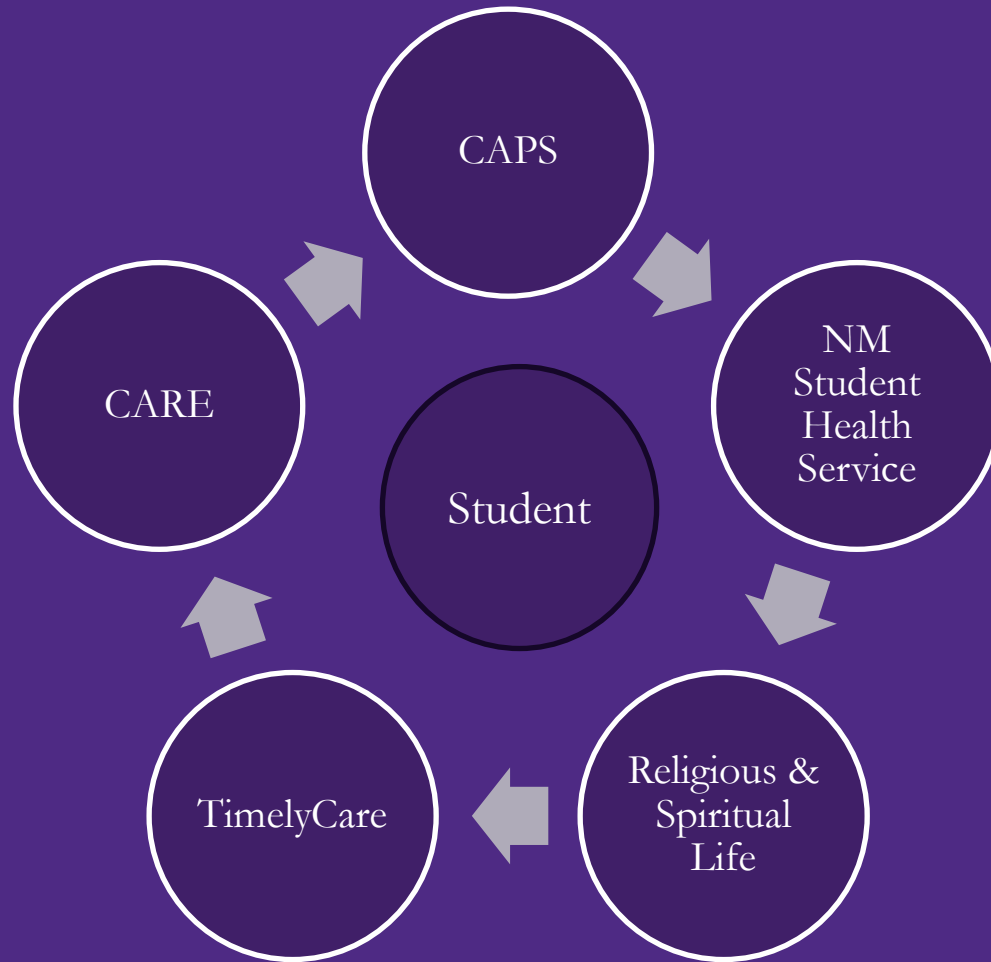
- Academic support
- Crisis response
- Reporting concerns
- Safety
- Wellness Resources



Non-Confidential Support



Confidential Support



We will call you when...

FERPA allows us to contact you for health and safety concerns

- Significant or serious concern for your student
- Your student has been admitted to the hospital for any reason and we are aware (not an evaluation in the ER but an admission)

Questions?

Questions After the Webinar?

- Purple Prep for Class of 2028
- Purple Prep for Transfers
- Family Engagement
 - family@northwestern.edu
- Residential Services/Move-In
 - housing@northwestern.edu
- International Students & Scholars Services
 - intoff@northwestern.edu
- Student Health Insurance
 - student.insurance@northwestern.edu
- Student Finance Office
 - studentaccounts-ev@northwestern.edu

Northwestern Resources Continued

- Academic Support Learning Advancement
 - <https://www.northwestern.edu/academic-support-learning/>
- Undergraduate Advising
 - <https://www.northwestern.edu/undergraduate-advising/about-advising/index.html>
- Undergraduate Financial Aid
 - <https://undergradaid.northwestern.edu>
- Counseling and Psychological Services (CAPS)
 - <https://www.northwestern.edu/counseling/>
- Student Health Service
 - <https://www.northwestern.edu/healthservice-evanston/>

Parent & Family Orientation

Webinar Series

7 pm – 8:15 pm CDT

July 17

- Wildcat Chat with NU Parents & Family Members

August 13

- Introduction to Campus Inclusion & Community (CIC)

August 25

- Final Details: Move In, Wildcat Welcome & Parent & Family Orientation

Go 'Cats!

