

WHAT CAN YOU DO TO HELP? (CONT.)

6. Expect changes in academic matters.

Expect your child to make many changes during his or her academic study. The average college student changes academic majors four different times. It is common that many university students are not able to graduate within four years.

7. Expect changes in the parent/child relationship.

Expect there will be changes in your relationship with your child. Change is inevitable. It is best to understand this and to facilitate positive changes within the relationship rather than attempt to prevent change from occurring.

8. Trust your own parenting.

There may be some conflict, but the things you have given your child over the past 17-18 years are very much a part of him or her and will always be there.



TIMES OF TRANSITION ARE EXCITING YET DIFFICULT. PLEASE GIVE YOURSELF AND YOUR CHILD THE GIFT OF PATIENCE.

05/16

HOURS

Monday through Friday • 8 a.m. – 5 p.m.

FOR AN APPOINTMENT

Call UCR's Counseling and Psychological Services during regular office hours

(951) UCR-TALK • (951) 827-8255

Or (951) 827-5531

On Campus: 2-TALK (2-8255)

COUNSELORS ARE ALSO AVAILABLE BY PHONE

24-hours Daily

(951) UCR-TALK • (951) 827-8255

Or 951-827-5531

On Campus: 2-TALK (2-8255)

ADDRESS

UC Riverside Counseling and Psychological Services
Veitch Student Center, North Wing
Riverside, CA 92521
counseling.ucr.edu

Made available by UCR's Counseling and Psychological Services

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CRITICAL RESOURCES

RIVERSIDE HELPLINE 1-800-686-HELP

1-(800) 686-4357 • (24 Hours)

NATIONAL SUICIDE HOTLINE 1-800-SUICIDE

1-(800) 784-2433 • (24 Hours)

STUDENT HEALTH SERVICES (951) 827-3031

We offer free confidential services to registered students. Our services include individual, couples and group psychological counseling for personal concerns, vocational counseling for career decision-making, and biofeedback for relaxation. Our staff includes licensed psychologists, licensed marriage and family therapists, a psychiatrist, and psychology interns.

Guide for Parents



CALL 24-HOURS A DAY:
(951) UCR-TALK
(951) 827-8255

Sending a child off to college is a time of great transition – for your student and for you.

We'd like to make that transition as smooth as possible.

CONGRATULATIONS!

Your child is now a university student. But that means that there are many changes on the horizon. For your child, this will be a time of intellectual growth and exploration, making decisions and plans for the future, developing increased autonomy, an ability to govern himself or herself, developing a greater sense of identity, and clarifying values and beliefs. The process of clarifying values and beliefs will require an examination of self, of family and friends, of the many values and beliefs that are shared with you, and of those that are different.

Sending a child off to the University is also a new stage of life for YOU, the parent. It is a time of “letting go.” Your role as a parent is to understand these changes. With change, there is often a sense of loss. Even though you expect the outcome will be positive, temporary losses, such as a child being away at school, are losses, nonetheless. It may be helpful to realize that change and growth are inevitable. The relationship between you and your child will change as your child meets the challenges of developing autonomy and creating a life of his or her own. This is the major developmental task of young adulthood.

As the parent of a new college student, you probably have fears and concerns that are quite normal. You may fear that the cultural and family values you have worked hard to instill in your child may be lost or diluted. You may fear “losing” your children as they become increasingly autonomous. You may wonder if they really can take care of themselves and have enough discipline to deal with alcohol, drugs, or sex. You may wonder how your child’s success or performance will reflect on you as the parent.

How will your child make sense of the new experiences he or she encounters and how can he or she deal with them in a productive, positive way? It may be helpful to understand that your child’s response to this new situation is the culmination of a lifetime of responses to other situations. All the learning they have received from you up to now is a part of who they are; it is a part of what they bring to any new situation. Your child will need time to adjust to the new situation, need time for “trial and error,” for exploration and experimentation. As a parent you are in the best position to help your child through this period of adjustment.

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“PART OF THE GROWING PROCESS MEANS THAT YOUR CHILD WILL GO THROUGH PERIODS OF QUESTIONING, SOMETIMES QUESTIONING VALUES YOU HOLD DEAR.”

WHAT CAN YOU DO TO HELP?

1. Be supportive.

Support your child’s growing sense of autonomy and offer guidance.

2. Communicate.

Communicate regularly and with loving support. How openly do you and your child discuss feelings, concerns, differences in opinions?

3. Listen.

Get to know your child’s reactions to his or her new world. Your child’s reactions are not the same as yours. Your child is not you and may have different needs, likes, skills and desires than you have.



4. Teach your child to problem-solve.

When you problem-solve with your child, encourage him or her to take an active and equal role in the problem-solving. Do not immediately tell your child how to resolve a problem. Instead, ask your child “What ideas do you have? How would those ideas work?”

5. Be alert.

Be alert to signs of stress in your child. Experiencing some stress is quite normal. But if the stress persists over time, encourage your child to seek help from the many student support services that are available on campus.

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