

Navigating Uncharted Waters



Center for Counseling & Student Development
Center for Student Success
Disability Support Services
Parent & Family Programs



Parents, Repeat After Me...



“We Did!”

“The Best!”

“We Could!”

Pirate Parent Perspectives

What we hear from parents –

- One word that exemplifies how you feel
- One word that exemplifies how your student is feeling



One word that exemplifies how you feel:



One word that exemplifies how your student feels:



VIPF's Share Time



Correcting College Misconceptions



- The University doesn't track your students' location
- A 4.0 in high school doesn't mean 'easy A's' in college
- There are many paths to graduation
- Everyone is trying to "figure out" college and life even if it looks like they know what they're doing

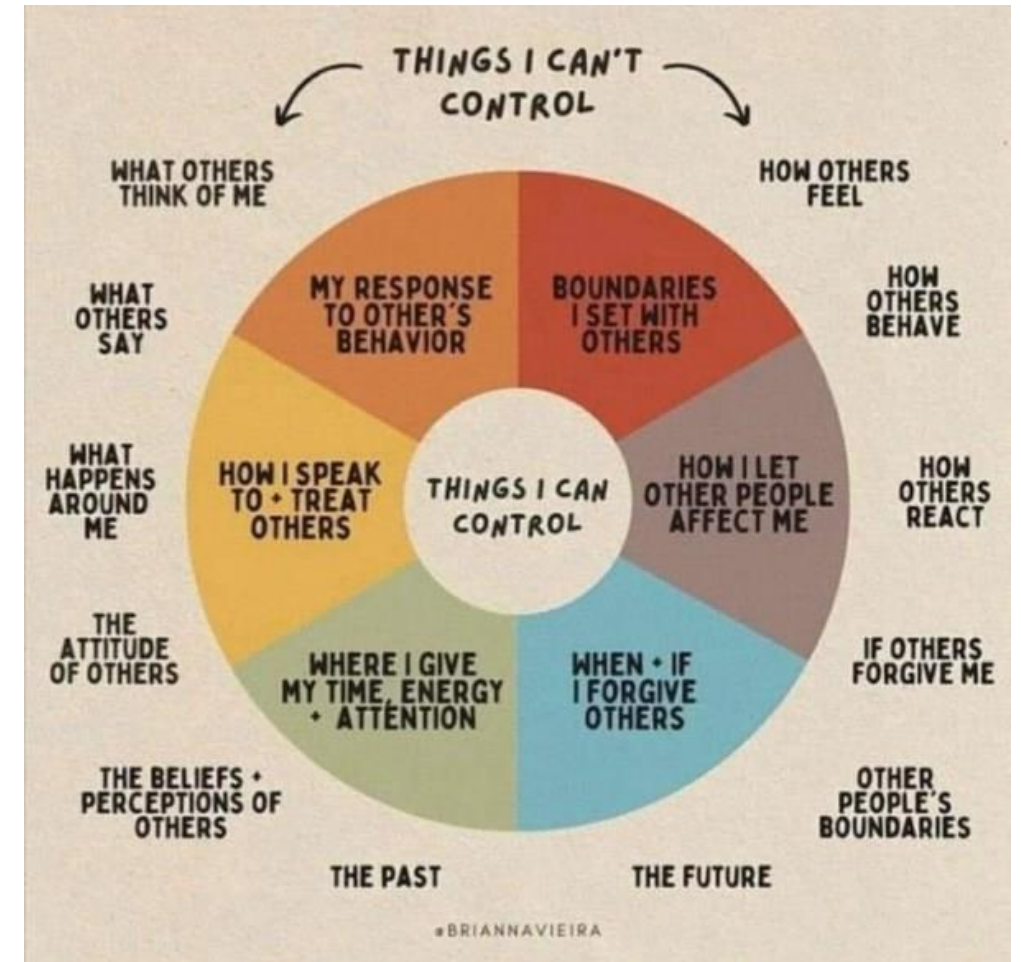
Student Perspective this Summer

- Closure of the end of high school
- Feeling of accomplishment—but some challenges
- Changes over the summer:
 - On top of the world one day, closed off the next.
 - Pattern may continue through move in and the first few weeks.
 - What can you do in the next couple of weeks to help?



Resiliency and Coping Strategies

- Normalize some experiences and discuss challenges and obstacles
- Know your student and help them develop healthy habits
- Letting students work through issues
 - What is within your realm of control?
 - What is outside of your control?
 - What can we change about this situation?
 - What can't we change about this situation?



Letting Go vs Letting Grow



- You've invested so much in your students
- Parental self-care is important
- Are you an Umbrella Parent? 🌂

Communication Changes

- Changes will occur as your child adjusts to campus life and makes new connections--and it should! This is normal and healthy
- Different manner, style and frequency in which they contact you
- Determine appropriate times to talk—quality versus quantity



Adjustment to Campus Life

- Nothing feels like home
- Everything is different
- Student is adjusting to college academics and is worried about being successful

How would you respond?



Adjustment to Campus Life

- Set realistic expectations and know there will be challenges
 - Fitting in vs. Sense of belonging
- Normalize your student's experiences – let them work through issues on their own
- Self-advocacy – encourage your student to ask for help until questions are answered
 - Staff/faculty want to help
- Encourage social contact and suggest limiting isolation – getting involved on campus
 - Involvement Fair, Get A Clue, Residence Hall Assoc., The Pirate Experience

Concern for a Friend



- Notices concerning behavior
- Tried to engage friend in activities
- Wondering how to help and resources available

How would you respond?

Connection to Resources

- Learn and use resources – SO much help available, when in doubt contact Dean of Students Office
- ECU Cares – reporting “student of concern”
- CCSD - *3rd Millennium* educational modules
- Many well-being, student activities, self-help and treatment options available – “no wrong door” – ask for help somewhere

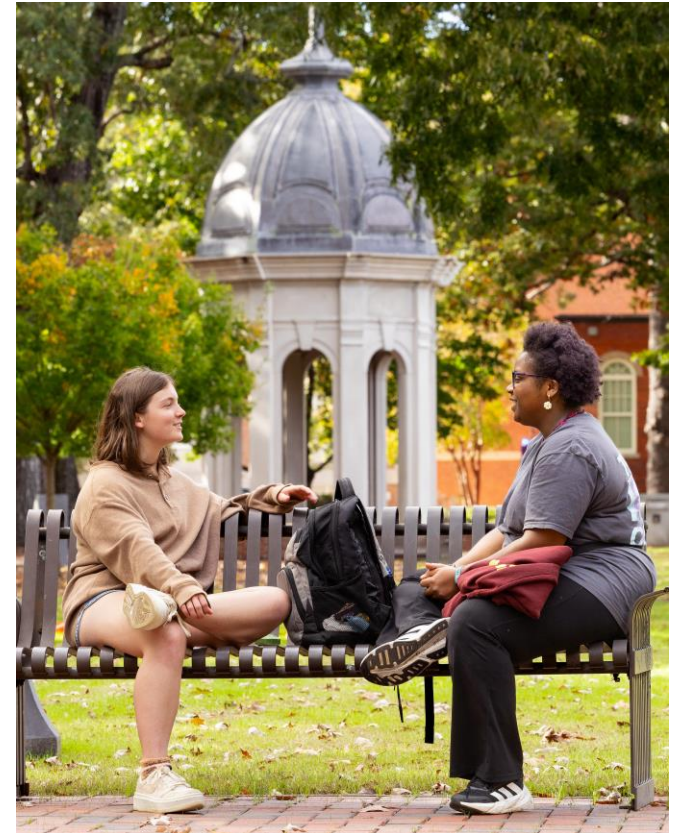
We Got This!

- This about impact on family members
- Everyone goes through a period of adjustment when they start college – so do the family members



Common Tasks for First-Year Students

- Managing relationships (conflict, social anxiety)
- Learning how to study effectively
- Developing healthy self-care routine
- Finding balance
- Asking for help/advocating for oneself



Student Success at ECU



Student Success is ECU's #1 priority!

- Academic resources: Pirate Academic Success Center, University Writing Center, Advising, PeeDee texts
- Student Success Hubs: Financial Wellness, Career, and Health & Well-Being
- Outreach from Student Academic Success Services, Center for Student Success, and First Year Cares Initiative

Important Resources

Center for Counseling & Student Development

137 Umstead Hall

252-328-6661

counselingcenter.ecu.edu

Dean of Students Office

125 Umstead Hall

252-328-9297

deanofstudents.ecu.edu

ecucares.ecu.edu

Parent & Family Programs

Bloxtton House

252-328-6847

parents.ecu.edu

Center for Student Success

254 Mendenhall

252-737-1059

studentaffairs.ecu.edu/studentsuccess

Disability Support Services

109 Mendenhall

252-737-1016

dss.ecu.edu

Looking to the Future

- It's a marathon, not a sprint
 - Seeing the long-range plan, even when the short view seems challenging
- Be proud of all your student has achieved so far...
- They will give you so much more to be proud of in the future!



Four Takeaways:

Next year will bring challenge, change, and growth:

1. Support for you through Parent & Family Programs
2. Numerous services to support your student's success, well-being, and safety
3. Ask for help somewhere – there is no “wrong door” for you and your student
4. Make sure all your questions are answered before Orientation ends
– Taking Care of Business

We will be here if you have any questions!

