



# SUPPORTING YOUR STUDENT

The transition to college can be exciting, difficult, lonely, and rewarding. As your student navigates their educational journey, they may need your support. Below are tips for supporting your student's growth and fostering independence.

## **Stay connected**

Continue to show your care for your student by staying connected through text messages, phone calls, video chats, or whatever means you & your student prefer. The connection shows your student you care, even if they don't respond to every contact. It can be helpful to have a conversation with your student about how often & when they would like to connect with you.

## **Encourage the use of campus resources**

Provide support to your student by encouraging them to utilize campus resources. Most campus resources are specifically designed for students, so it is often most helpful for your student to independently contact resources for support. As a caregiver, you can do your own research on the university's website to familiarize yourself with available resources; share your knowledge of available resources with your student.

## **Invite conversation**

Provide opportunities for your student to share their feelings, ideas, and experiences with you. Your student may find comfort in knowing that you are curious and want to hear about their transition to college. It is important to listen to your student, without judgement, to increase the likelihood they share any challenges they are facing with you. If you are concerned about what your student shares, encourage them to connect with a campus resource.

## **Expect change**

Your student will change. Their college experience will likely influence their choices, behaviors, and beliefs. Practice acceptance of this transitional period, and seek your own support through books, podcasts, or community resources if you are struggling.

## **If you are concerned...**

About your student's mental health, express your concerns and encourage them to contact the Counseling & Testing Center (CTC). CTC offers confidential and voluntary counseling services to currently enrolled students. To get connected or learn more, your student can call CTC or visit the CTC website.