



Weekly Newsletter

Tuesday Newsletter: Tips to help you and your new college student transition to college life

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Is your child headed off to college this fall? Do you have concerns about your

child adjusting to college life? Are you worried that your child will not have the skills necessary for surviving college? Do you think you'll have trouble letting them go? If so, here are some tips for you as parents to help smooth you and your child's transition.

1. Discuss expectations ahead of time.

Whether these expectations are financial or academic, it is important to address your expectations before dropping your child off at their college dorm. On the academic side, it is important to remember that many freshmen do not do as well academically as they did in high school. The combination of a new environment, new academic standards, as well as more distractions can lead to lower grades than you may be used to. However, it is important for you as a parent to allow them to figure some things out on their own, including how they can best manage their studies. On the financial side, be clear about what your child is expected to pay for while they are away from home. Give them tools on budgeting and spending responsibly so that they are able to manage their funds away from home. By having this discussion ahead of time, there can be less stress on move-in day.

2. Figure out the best form of communication.

During a child's freshman year, the first thing on their minds may not be to call or FaceTime their parents. First, know that this is normal, your child will be experiencing so many new things and they will forget to call or send that text often. However, talk with your child before they leave to figure out what the best form of communication would be for them and the best time for communication. One part of this is to get your child's school/activity schedule so that if you need to call, text, or FaceTime with them, you can do it at an appropriate time.

3. Don't try to solve all of their problems

As a parent, it can sometimes be hard to not jump in when your child is struggling or in need, however, college is a time of growing and learning about independence. By giving your child the room to solve their own problems, they will be able to learn skills that will help them in other aspects of their lives. There are some situations that may call for parental intervention. If you believe your child brings you one of these situations, ask if they would like your help first and then proceed depending on their answer. Sometimes, your child may just need a listening, non-judgmental ear, whereas other times, they may look for help, discerning which they are after is the key.

4. Get the logistics sorted out.

On a logistic level rather than social level, make sure that you and your student have figured out things such as financial aid, meal plans, and living arrangements. Whether that be through loans, scholarships, grants, or out of pocket, make sure that everything is squared away before move-in day. Make sure your student knows stay on top of deadlines for FASFA, scholarships, and payments to the university before dropping them off. Living arrangements should be looked into for each college as each one has different requirements and types of housing. It would be beneficial for your child to look at the college's housing options and have an idea in mind as well as look at deadlines for signing up for housing and roommates. Meal plans should also be looked at before so that you and your child can figure out the best plan for them and their eating habits.

5. Remember that this can be hard for your child too.

Through all of the stress and worry, it can be difficult for you and your child to breathe and enjoy the process. Although it may be worrisome to you as a parent, you should also be excited for your child to have the opportunity to experience new people, activities, and knowledge. However, your child may also be worried about having these new experiences and being away from home for possibly the first time. As hard as this transition may be for you, it may be even harder for your child. Understanding that they too are going through a major life transition can help you as a parent be more empathetic to their concerns even if they seem trivial to you.

Although these tips were for you as a parent, there is an opportunity for your child to gain some knowledge and skills that would be helpful as they enter college. In our College Survival Guide Camp, your child will learn the skills needed to adjust to college and campus life including engagement, planning, goal setting, study skills, problem solving, and creating healthy boundaries and support systems. Discuss important topics related to personal Safety, Alcohol & Drug safety. Students will develop a college survival guide that includes developing a safety plan in the event of an assault or unexpected circumstances.

For more information visit: <https://ncpsychologist.com/summer-camps>.

Now Enrolling!

Visit <https://ncpsychologist.com/gro...> to learn more

or email info@ncpsychologist.com

Virtual Resilience Skills Group for Tweens

Tuesdays from 5-6pm

\$50 per meeting

\$200 Deposit

Teens experience so many stressors,
bullying, body image, school
demands, social pressures, etc.

Learning resilience skills to grow
their strengths, cope positively, and
challenge negative thinking are
more important now more than ever

Email: info@ncpsychologist.com

Call: 919 935 1901

Tween Social Activities Club

\$20 a meeting

Every other Friday (2-3) Times a Month

When social distancing is preventing your teen from the social interactions they need, we can help!

Struggling socially, need help making friends, need positive interaction, we can offer this through our group!



Many teens are struggling with social distancing, our bi weekly group can help fill in the gaps where social interaction is needed.

Call 919 893 9444

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