



Parent & Student Worries About Going to College



Questions Frequently Asked by Parents:

- **How will my child be able to organize her time to get to classes?**
 - Your child is provided with a class schedule and a planner to assist her in organizing time
 - If time management becomes a problem, services such as Talent Development Center & Counseling Center can assist
- **What if his values change?**
 - Values/morals are deeply rooted within your child
 - Though some may change due to new exposures, most will remain solid
- **What if my child becomes ill?**
 - Your child should take with him/her all necessary medical information
 - A health center is located on campus with a licensed physician
 - There is also a hospital in town
- **How often should I call?**
 - Communication with your child is key
 - Talk with your child & decide together how much contact is needed
 - Phone calls may be more abundant at first or when your child is really stressed
- **Should I give her a credit card, a phone card?**
 - Children need to learn responsibility. However, if the card is in your name you will be the one responsible
- **What if he stays out all night?**
 - Part of college is being independent & making one's own schedule
 - Your child will have to take responsibility for his own actions
- **Should I turn her room at home into a computer room?**
 - Your child has gone to college, not left for good
 - Talk with your child before making room changes
- **What if my child gets homesick?**
 - Keep the communication flowing – be aware of the emotions that are occurring
 - By going home all the time, your child will not be emotionally independent
 - Encourage him to become involved in campus activities
- **What if my child is sexually assaulted?**
 - A report can be filed with the Campus Safety department or with Maryville Public Safety (if it occurred on campus)
 - Emotional as well as some physical support may be needed
 - Seek out all outlets with your child – such as going to the Counseling Center if needed
- **Should we still set curfews when he comes home?**
 - Discuss with your child the expectations & come to a compromise
 - Be aware that your child is independent & responsible for his own actions
- **What if my child becomes suicidal?**
 - Talk with your child & discuss seeking help – calling the Counseling Center
 - If immediate danger arises, personally contact Campus Safety, Counseling Center, or the Hall Director

Where can Parents get Support?

- Family
- Friends
- Other parents with college students
- Community organizations/activities
- Keep involved, maintain your current activity

Problems College Students May Encounter:

- **Relationship concerns**
 - Average college romance lasts 3 months
 - Break-ups result in lots of heartache
- **Depression**
 - Usually short term
 - Often as a result of relationship concerns
 - Sometimes due to seasonal changes
 - Sometimes due to exhaustion
 - Sometimes more serious issues are the cause
- **Family disputes**
 - Hearing via phone of problems that are occurring
 - Unable to be the “caretaker” or “protector” of family members
- **Roommate difficulties**
 - Boundary issues
 - Common courtesy problems
 - Agreeing on room rules (study time, friends over, etc)
- **Loneliness/Isolation**
 - Seems to be the worst midway through fall semester
 - Contact with family/friends decreases
 - Lack of involvement
- **Fears about parents managing without them**
 - Unable to keep the active role within the family
 - Need to discuss these issues with family – learn what he/she can do while away from home (write letters, make phone calls, etc)
- **Trauma**
 - Accidents
 - Illnesses with friends or family
- **Eating problems**
 - Many freshman gain weight due to decrease in physical activity – creates a mind set of becoming “fat”
 - Precursors for an eating disorder may begin
- **Identity formation**
 - With new exposures to people & places – one tries to fit in
 - The identity that was held in high school is changed
- **Divorced parents**
 - Finances – tuition & living money
 - How to maintain relationships with both parents – being caught in the middle

Concerns Students Often Express:

- **They are worried that they will disappoint their parents**
 - May not get the best of grades
 - May not want to major in the area that the family approves of
- **They are worried that the family will go on without them**
 - Lack the immediate information of what is occurring within the family
 - Daily conversations are now weekly/monthly
- **They are worried that their parents will make choices without them**
 - Not there to put in their opinions
- **After a breakup, sure that they are doomed to single life forever**
 - A lot of heartache is felt after a relationship has ended
 - Unsure if they want that negative experience again
 - If it was a long-standing relationship, there may be uncertainty about how to begin dating again
- **Worried that no one will like them here**
 - All their friends went to other schools
 - Miles away from home
 - Unsure on how to make friends & or participate in activities



Where can Students get Support?

- * Family & Friends
- * Counseling Center
- * Faculty, Staff, & RA's
- * Campus organizations/activities