

## **Parent and student questions about college**

### **Parent questions:**

#### **How will they be able to organize their time to get to class?**

All students will be provided with a class schedule and planner to assist organization of time. If time management does become a problem, services such as the Talent Development Center and Wellness Center – Counseling can assist.

#### **What if their values change?**

Values and morals are deeply rooted within a person. They will be exposed to new things and values are ultimately up to them.

#### **What if they become ill?**

The student should take all of their medical information with them to college. The Wellness Center is available on campus with a licensed physician and there is also a hospital in town.

#### **How often should I call?**

Communication is key. Have a talk with them and decide together how much contact is needed. Phone calls may be more abundant at first and when they are stressed.

#### **What if they stay out all night?**

Part of college is being independent and making one's own decisions. They will have to take responsibility for their own actions.

#### **What if my child gets homesick?**

Keep the communication flowing – be aware of the emotions that are occurring. By going home all the time, they will not be emotionally independent. Encourage campus and community involvement with activities available.

#### **Should I leave their room the way it was or change it?**

They have gone to college, but not left for good. Talk with them before making any room changes.

**What if they is sexually assaulted?**

A report can be filed with Campus Safety or with Maryville Public Safety. Emotional as well as physical support may be needed. Seek out all outlets, such as the Wellness Center – Counseling.

**Should we still set curfews?**

Discuss with them the expectations. Be aware that they are now independent and responsible for their own actions.

**What if my child becomes suicidal?**

Talk with them and discuss seeking help. If immediate danger arises, personally contact Campus Safety, the Wellness Center, or the Hall Director.

Where can parents get support?

Friends, family, other parents, and community organizations/activities

**Problems college students may encounter:****Relationship concerns**

The average college relationship lasts about three months. Break ups tend to result in lots of heartache that can affect academic and personal life.

**Depression**

This is usually short term due to seasonal changes, relationships concerns, exhaustion, or more serious issues. Encourage your child to seek help.

**Family disputes**

Hearing about disputes over the phone rather than being present may cause the student anxiety about not being able to help the situation or family members.

**Roommate difficulties**

This can come from boundary issues, room rules, friendship conflicts, study/quiet time conflicts, and common courtesy problems. Encourage the student to talk to the RA if conflict cannot be settled.

## **Loneliness/Isolation**

This seems to be the worst midway through fall semester. Note if the student decreases contact with friends and family or if the student decreases involvement.

## **Fears about parents managing without them**

They may feel that they are unable to keep an active role within the family. Try to discuss these issues with the family and learn what they can do to stay involved while away from home.

## **Trauma**

Accidents and illnesses with friends and family may occur while the student is away at college. Work with them and talk through what they can do to support their loved ones.

## **Eating problems**

Many freshman gain weight due to decrease in physical activity and this may create a mindset of become "fat". Note if your child mentions issues with weight/food because this may be a precursor to an eating disorder. Encourage them to seek help.

## **Divorced parents**

There may be conflicts with tuition and living money if the student has divorced parents. They may also have issues about how to maintain relationships with both parents.

## Concerns students often express:

### **Worried that they will disappoint their parents**

They may have highs and lows of grades and they may major in an area that the family does not necessarily approve of. Try to be supportive of their decisions.

### **They are worried that the family will go on without them**

The lack of immediate information of what is occurring within the family may be concerning for them. Make sure to keep communication open.

### **They are worried that their parents will make choices without them in mind**

Students often worry that their opinions will not matter to the family any more. Again, make sure communication is open.

### **After a break up they feel that their world will never be the same again**

A lot of heartache is felt after a relationship has ended. They may not be sure they want to feel that negative experience again. Try to support them and let them know it gets easier to deal with.

### **They may be worried no one will like them**

Most of their friend went to other schools or stayed home and they may be unsure of how to make new friends or participate in activities.

### Where can students get support?

Friends, family, Wellness Services, faculty and staff, RA's, and campus organization/activities

Wellness Center can be reached at (660)562-1348 or [health@nwmissouri.edu](mailto:health@nwmissouri.edu)