



Parent & Family Guide to College Success



Parent & Family
Programs

uafamily.arizona.edu

Goals of session

- Provide information and resources to help adjustment to college
- Discuss differences between high school and college
- Share tips from experienced families



Differences Between High School and College

- Academics
- Living environment
- Time Management
- Communication
- Changing Relationship



Academics

- Faculty are professors not teachers – students responsible for learning
- Content often lecture – expectation for student listen/learn and form ideas
- Need to learn new culture/standards
- Focus is on education for sake of knowledge not credentialing
- Higher level of academic rigor
- Need to ask for help



Parsons, K.M (2015)



Living Environment

On campus living

- Community bathroom
- Sharing small space
- Learning how to communicate with roommate

Off campus living

- Shared space with friend/roommate
- Landlord, lease, paying rent, utilities

Living at home

- Students need to spend time on campus
- May want new rules about coming/going
- Roles/expectations may change



Time Management

- Less time in class
- 3 hours of studying per credit hour taking
- Need to figure out how to work with all the free time
- Being involved or working on campus helps
- Planning downtime/relaxation time



Communication

- Don't panic if they don't call/text
- Set up a weekly talk/skype time
- Discuss more than just academics



Changing Relationship

- FERPA
- Moving from parent to coach
- Help them learn to find solutions/resources
- Learning life skills
 - Conflict management, negotiating, problem solving, assertiveness, face to face communication



Things to work on

- Doing laundry
- Defining clean
- Budgeting/money management
- Time management
- Things they can do for fun and stress relief



Resources

- Residence Life Newsletter
- Parents Matter
- Think Tank
- Student Assistance Program – Dean of Students Office
- Cultural Centers
- Advising Resource Center
- Calendar resources



UA Parent & Family Association

- Enhanced communication: Paw Prints E-News letter, Parent & Family Magazine
- Involvement opportunities
- Events
- PFA Facebook Page
- uafamily.arizona.edu
- UA Student/Family Agreement



Experienced Parent Tips for Students



- Use TA to review homework before submitting
- Use the Think Tank early and often
- Go to faculty office hours
- Take advantage of the wonderful opportunities available: clubs, events, rec center, sporting events – there is something for everyone
- Get involved in something: a club, your residence hall, your major
- Keep your door open in you residence hall when you can so people can pop by and chat.
- Don't worry if their schedule isn't perfect at first, they will add/change classes all summer
- Use the Ship to Program and Bed Bath & Beyond's online ordering items will be waiting when you arrive



Experienced Parent Tips for Families



- Get involved with PFA!
- Get connected on social media
- You made a great choice! Tucson is a terrific city, the U of Arizona campus is traditional and trendy, and the families of U of Arizona are there to support them, now, and in their life journey.
- Give your student space-if they don't call or text right back
RELAX
- Enjoy the moment – it goes quickly!
- Breathe – your kid's got this!



Experienced Parent Tips

“They are spreading their wings for the first time and will sometimes crash as they learn to fly solo...just be there for them with love, encouragement and advice and remember when you first took your solo flight.”

- Rick Voth



Questions?



Contact Us!

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