



Advice to Parents on Letting Go

1. Be prepared for your child's – and your own – conflicting emotions as the day of departure approaches.
2. Discuss academic expectations ahead of time. Encourage your daughter to set her own academic goals.
3. Make a financial plan and openly discuss expectations with your child.
4. Discuss expectations about communication/phone calls, emails and letters.
5. Discuss use of alcohol and other lifestyle choices your daughter will have to make, but don't give lectures.
6. If you take your child to school, don't expect to spend a lot of time together. Orientation is designed to foster separation.
7. Be a coach rather than a rescuer: encourage your daughter to use the resources at college. Learn what the academic and personal support services are. Keep the parents' handbook and materials from orientation in an accessible place.
8. Don't make major changes at home without informing your daughter.
9. Be an anchor. Listen with an open mind and be supportive.
10. Keep in touch; write/send care packages.

Additional information can be found in *Letting Go: A Parents' Guide to Understanding the College Years* by Karen Levin Coburn and Madge Lawrence Treeger (paperback, \$13.95, 0060521260).

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Advice to Students on Letting Go

1. Leave time during the summer to be with friends – to say goodbye.
2. Fill out roommate and housing questionnaire carefully. Open and answer all mail from your college.
3. Bring part of home with you – pictures of friends and family, yearbook, posters.
4. Get to know physical environment of campus and campus services.
5. Seek out faculty members and your advisor. Take advantage of office hours.
6. Remember, being independent doesn't mean you have to do everything yourself. Seek help when you need it.
7. Explore academic options. Most college freshmen do not know what they want to major in. Most will change ideas about majors; not to know is normal.
8. Remember, new friends can't immediately fill the gap left by separation from long-standing friendships.
9. Get involved in at least one campus activity first semester.
10. Make time in your schedule for exercise, sleep, and "sit-down" meals.

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