



LEARNING GO: A GUIDE FOR PARENTS OF NEW KEMNERING STUDENTS

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The background features a stylized globe with blue and white curved lines. A red banner with white text is positioned across the middle of the globe.

Letting Go: Why it's important.

- ◆ **It's time!**
- ◆ **It's *essential* for your student's success!**
- ◆ **It's liberating for parents, too!**

Students' Transition: The First Term

- ◆ **Excitement: New ventures and new-found freedom**
- ◆ **Homesickness and/or loneliness**
- ◆ **Frequent calls and visits home**
- ◆ **Academics → disappointment**
- ◆ **Anxiety: Classes, suitemates, social experiences, “Do I belong here?”**
- ◆ **September: Sadness about leaving Kettering; anxiety over starting work.**

Parents' Transition: The First Term

- ◆ **Pride**
- ◆ **Excitement: New ventures, new-found freedom**
- ◆ **Anxiety: New ventures, new-found freedom**
- ◆ **Sadness and loneliness**
- ◆ **Desire to call and/or visit frequently**
- ◆ **Student's academic performance → disappointment**
- ◆ **Excitement and/or anxiety over student returning home**

Parents' Role in Student Success

- ◆ **It's essential!**
- ◆ **Support growing independence: Your student cannot successfully grow into adulthood—or succeed at Kettering—without your support.**
- ◆ **Let go: Trust yourself and your child-rearing experience.**
- ◆ **Learn! Familiarize yourself with Kettering's resources for students and recommend them to your student.**

Survival Skills for Parents

College is not High School

- ◆ **Kettering's rigorous academics**
- ◆ **Attendance**
- ◆ **Time management**
- ◆ **Expectations & self-determination**
- ◆ **Professors and their role**

Survival Skills for Parents

- ◆ **Don't ask if your student is homesick and/or lonely**
- ◆ **Write or email frequently; don't expect immediate replies**
- ◆ ***Call infrequently***
- ◆ **Ask general questions; don't interrogate**
- ◆ **Students often become emotional; stay calm!**

Survival Skills for Parents

- ◆ **Expect bumps in the road**
- ◆ **Discuss finances**
- ◆ **Prepare for their return**

Letting Go: Empower Yourself & Your Student

- ◆ **Empower yourself: Familiarize yourself with transition issues. (Get involved in the Parents' Association!)**
- ◆ **Empower your student: Insist s/he take initiative, solve his/her own problems; with other students, faculty, and staff**

Letting Go: Trust

- ◆ Trust yourself!
- ◆ Trust your student!
- ◆ Trust us!