

Recent research has found that parents can have a powerful impact on the successful transition to college life. All it takes is communication. Talk to your son or daughter BEFORE they head off to UNL, and keep talking to them while they are here.



the power of parenting

The Power of Expectations



College is a time of independence, and the "real life" education that comes from making choices and experiencing rewards or consequences. You can help by talking about your expectations for how to handle finances, using alcohol, attending class, and balancing studies and social activities. Don't be afraid to let your student know the kind of behavior you expect. Pick your battles, though --choose the issues that are most important to you. Know that your son or daughter is listening to you. And keep talking. You can also help them find real answers to common misperceptions about college life, so that your student has realistic expectations about the academic and social experience.

The Power of Coaching

You can have a great impact during the academic year as well by helping your student work through problems. The ability to make good choices is one of the most important skills your student can learn at college. Coach your student by helping them think about consequences and outcomes of different choices. Talk about what resources are available on campus. Don't be afraid to offer suggestions or share your experiences, but encourage your son or daughter to find solutions and to use resources to solve their own problems. If you step in to fix things, you may be robbing them of a great learning opportunity.



“The List”

- Spending on a Budget
- Using Credit Cards
- Attending Class
- Developing Study Habits
- Getting to Know Faculty
- Drinking & Drug Use
- Roommate Relations
- Being Involved
- Staying Healthy



TALKING MATTERS





The Power of Resources

The University of Nebraska–Lincoln offers a wide range of resources to help your son or daughter be successful in every aspect of his or her academic, physical, emotional and spiritual life. Encourage your student to use the resources listed below whenever needed.

UNL has resources for parents as well. Our **parental notification policy** is designed to let you know when your son or daughter exhibits a pattern of dangerous behavior that has resulted in campus sanctions or certain criminal citations from the Lincoln Police Department. Some UNL Colleges also have referral programs to intervene when academic performance shows a sudden change. Together, we can make a great team that will keep your son or daughter on the road to academic success while at college.

People

At the University Health Center:

- Health Education
- Counseling and Psychological Services (CAPS)

At the Student Affairs Office:

- UNL Parents Association
- Student Judicial Affairs
- NU Directions

At the Nebraska Unions:

- Student Involvement
- The Women's Center
- LGBTQ and Ally Programs and Services
- Student Legal Services

Online

University Health Center:

<http://health.unl.edu>

Student Affairs:

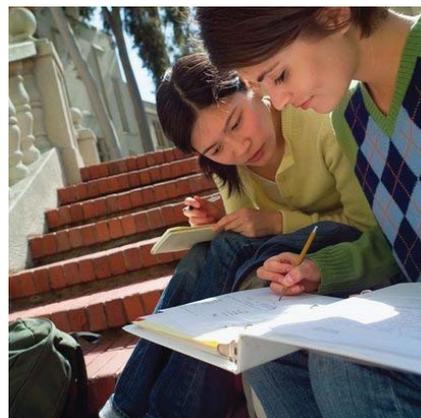
<http://stuafs.unl.edu>

Student Involvement:

<http://involved.unl.edu>

Student Legal Services:

<http://www.unl.edu/asun/sls>



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