



— HELP YOUR NEW —
**COLLEGE
STUDENT
SUCCEED.**

BE A COACH RATHER THAN TRYING TO SOLVE YOUR STUDENT'S PROBLEMS YOURSELF.

You're likely to hear more than your share of challenges. College students usually call their parents for reassurance when things aren't going well, and call their friends with the latest exciting news. When you get those late night phone calls, and you will, you can encourage your student to use the appropriate campus resources – talk to their RA or

other hall staff, go to the career or health center, talk to an advisor, or seek out a tutor.

DISCUSS ACADEMIC GOALS AHEAD OF TIME.

Ask your student what they hope to accomplish academically during their first year. Help them to identify goals, how to achieve them, and find places to study.

Many halls have community spaces which are great for hosting study groups.

MAKE A FINANCIAL PLAN AND DISCUSS EXPECTATIONS WITH YOUR STUDENT.

Develop a tentative budget and be clear about who will pay for what. Also have candid discussions about credit cards as they can help and/or hurt your student's financial future.



TALK TO YOUR STUDENT ABOUT HOW YOU'LL KEEP IN TOUCH.

Do you want a planned time to talk or do you want to be more spontaneous? A cell phone can be a wonderful way to keep in touch, but remember their schedules have changed since living at home, so they might not pick up every time. E-mail, instant messaging, and text messaging are also wonderful ways to stay connected.

SHARE NEWS FROM HOME.

Keep your student informed about changes at home. College students want their parents to accept all the changes they are making, but want everything at home to stay the same. So it's important to keep them informed about changes at home, whether it's moving a younger sibling into their room or, on a more serious note, about an illness in the

family or the death of a pet. They need this from you in order to feel secure and maintain a sense of trust.

ENCOURAGE YOUR STUDENT TO GET INVOLVED.

Hall staff host a variety of programs like Neon Night, Rock the Block, and All Hall Basketball to introduce residents to each other and the university. Besides hall programs, VCU hosts over 450 clubs and other programs ranging from Recreational Sports to cultural events. Encourage your student to attend. It is a great way to meet people and national research shows that students who are involved in their campus community have higher GPAs.



VCU

VIRGINIA COMMONWEALTH UNIVERSITY

Residential Life and Housing