

# LETTING GROW

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**THE ROAD MAP TO A  
SUCCESSFUL TRANSITION**

Family Programs

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# TODAY'S DRIVE

We want you to:

- Feel prepared to be family members of Missouri State students and learn about resources available to you
- Identify topics to discuss with your student in preparation for their transition
- Further your thinking about the changes you'll experience at home
- Leave today excited that your student has chosen

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01.

TRANSITIONING  
FROM THE DRIVER  
TO THE PASSENGER

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# HOW SUCCESSFUL PARENTS

## Ride in the passenger seat

- Recognize and normalize transition to adulthood
- Recognize the difference between when to listen and when to give advice
- Encourage and support independent decision making & problem-solving
- Serve as a referral or source



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# HOW SUCCESSFUL STUDENTS

## Drive the car

- Make independent choices
- Accept responsibility for self and actions
- Deal with conflict independently
- Become financially independent
- Develop consideration for others
- Experiment with roles in career, values, relationships
- Make mistakes



# FROM A PERMIT TO A LICENSE

## Transition from High School to College

Develop strong independent living skills:

- Get up on time, manage own schedule
- Make decisions about social and relationships

Academically:

- More independent (out of class) study
- Set own study priorities
- More freedom and distractions





02.

FOLLOWING THE  
ROAD SIGNS

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## FIND YOURSELF ASKING IF THEY'RE HOME SICK?

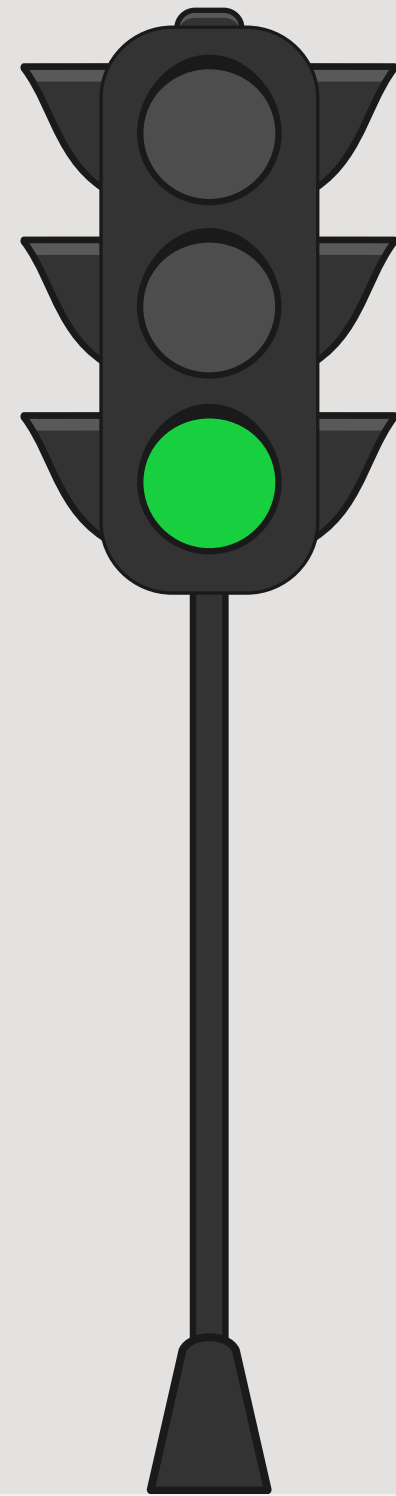
- Make a U-turn!!!

## TAKE A DIFFERENT ROUTE

- Ask open ended questions
- Listen carefully so you can point out positives later
- Offer advice and suggestions







## THINKING ABOUT WRITING TO YOUR STUDENT?

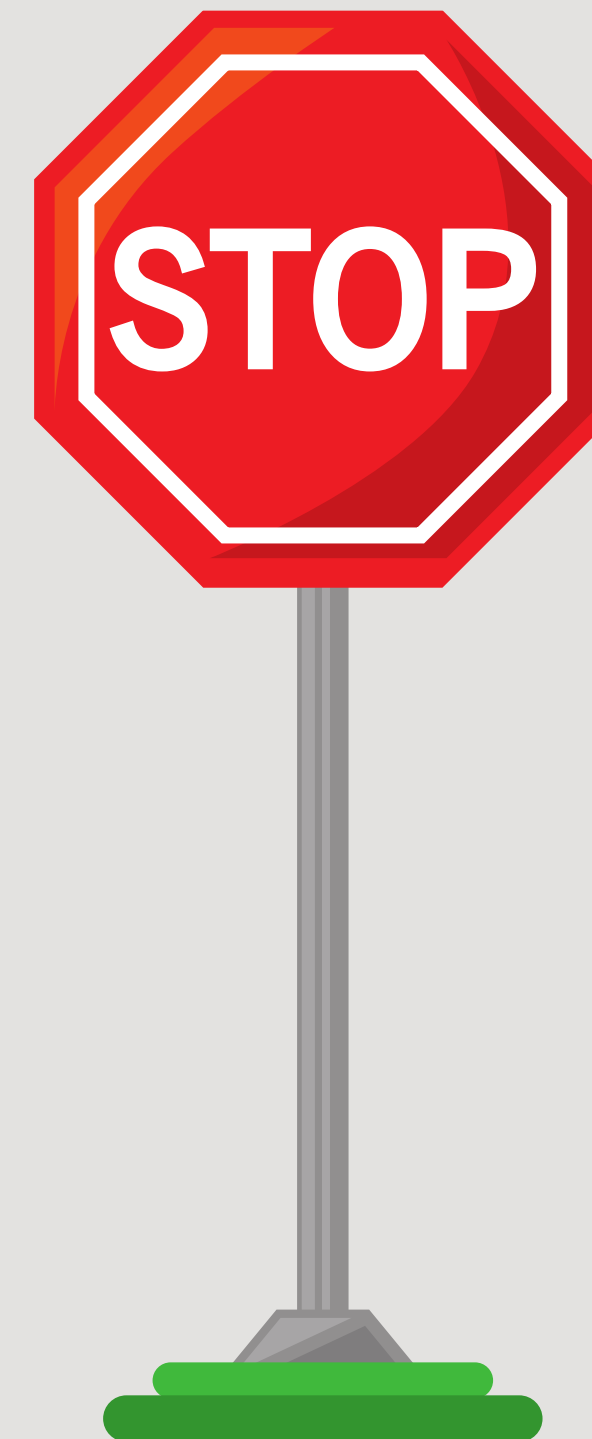
Green Light!!

- Write to them even if your student doesn't write back!
- Quick notes & cards are appreciated
- Care packages are even better
- Encourage other family members & friends to do the same
- Include news from home like newspaper clippings!

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# FIND YOURSELF EXTREMELY WORRIED ABOUT EMOTIONAL PHONE CALLS?

- Stop!
- You are the safe place for your students to vent
- Allow your student to be upset and process without trying to fix the problem
- Guide your student to campus resources
- Let them know "this too shall pass"



# WANT TO VISIT YOUR STUDENT?

Make sure to map it out!

Make sure they know you are coming!

**1**

**2**

Plan to eat & shop while you're here!

Let your student make some of the plans!

**3**

Offer to bring stuff with you/ take stuff back!

**5**

**4**

Include your student's friends in an activity!



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## WANTING TO SAY, "THESE ARE THE BEST YEARS OF YOUR LIFE"?

Yield and think about the impact of your action!

- This can add extra pressure on your student
- There are highs and lows in college
- Encourage your student to take advantage of unique campus opportunities
- Remind your student to take care of themselves

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03.

YOU'VE REACHED

YOUR DESTINATION

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# WHERE TO GO FROM HERE

You've been a phenomenal passenger, now make sure to check all of these boxes after your trip!

- ✓ Provide encouragement and express confidence in their abilities
- ✓ Show patience for errors in judgment
- ✓ Remind them of campus resources
- ✓ Ask questions about their new life
- ✓ Enjoy the view of your students experiencing their own road trip

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# STAY CONNECTED

## 1.

### **Monthly newsletter:**

is emailed out to all family members - fill out the pink sheet in your family folder to be added to this list!

## 2.

### **Website:**

<https://www.missouristate.edu/bearsfamilies/> is a central location where you can find all of our information

## 3.

### **Family Folder:**

This holds various information from resources all across campus so you can be extra informed!

## 4.

### **Social Media:**

Facebook:  
Missouri State University Family Association  
Instagram:  
@mostatefamily  
Twitter:  
@bearsfamilies

## 5.

### **Ask Priscilla:**

Email:  
pchildress@missouristate.edu  
Phone Number:  
417-836-3060