

LETTING GROW

Letting Your Student Lead the Hike

**Missouri State University
Family Orientation**



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Director, New Student
Orientation, Family Programs
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Events



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Family Assistant

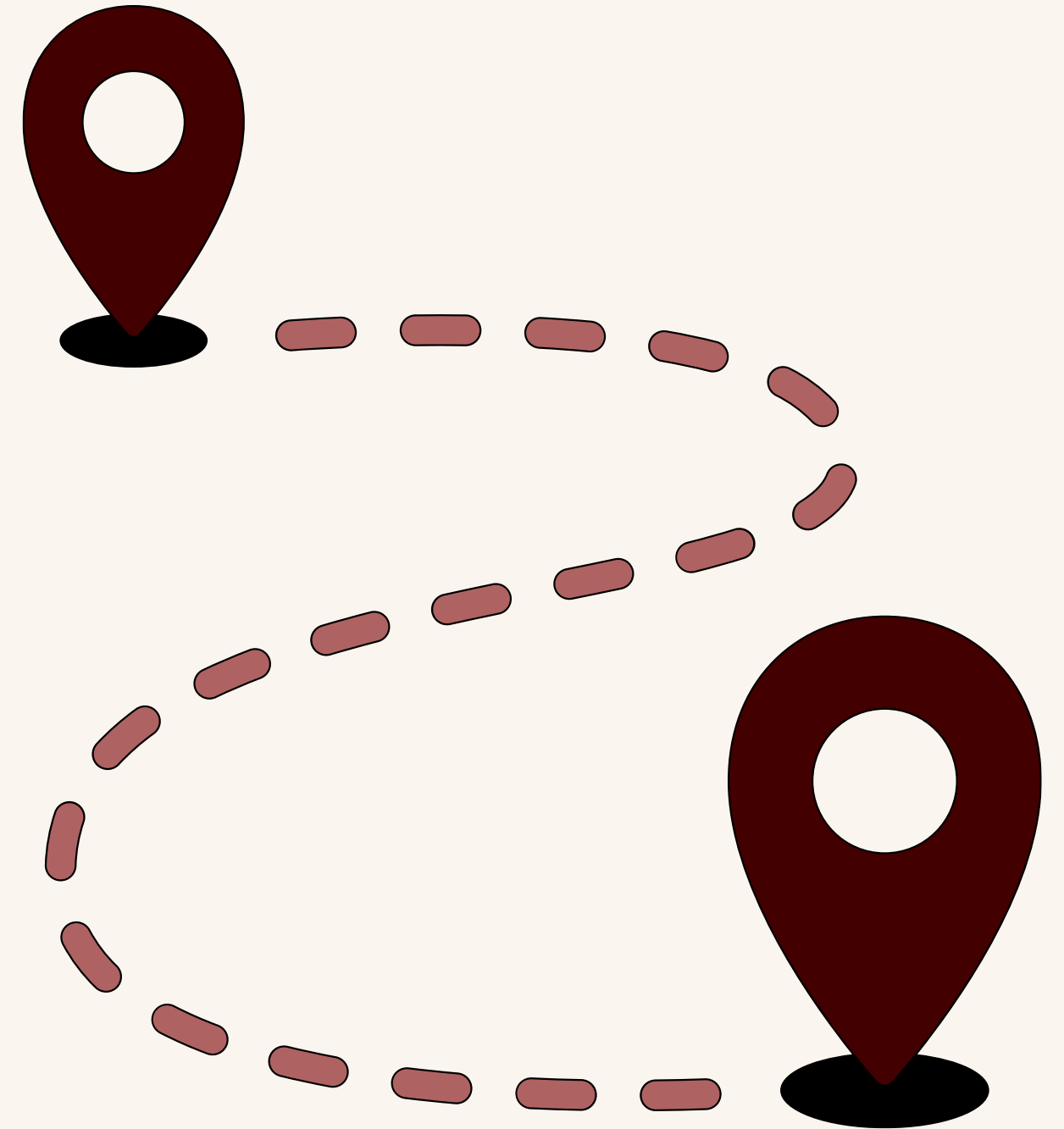
URSA Logistics Leader



OUR GOAL

To help YOU to succeed too!

- Show resources that help you and your student
- To feel confident letting your student lead this journey!
- How to navigate the steep climbs



STARTING THE HIKE

How You Can Be A Successful Companion Adulthood and Transitions

- Feeling uncomfortable during this time is **NORMAL!**
- It's a Family Transition!



When to Listen vs When to Give Advice

- Listen when: emotions are high
- Give advice when: directly asked for it

Independence and Confidence

- Learning basic life skills-Laundry? Cleaning?
- Confidence grows when they learn from mistakes



STARTING THE HIKE

How Students Can Be Successful

Making Independent Choices

- Take ownership of decisions
- Learn from mistakes
- Set small goals before big ones

Navigating Academic Pressure

- Focus on progress, not perfection
- Make connections

Using Their Resources

- Use the Resources they Learned about at SOAR



FROM LEADING TO SUPPORTING

The High School to College

- You are still their support system; it just looks different!

Navigating Support vs. Independence

- Shift from directing to encouraging
- Natural consequences are part of growth

Communication

- Ask open ended questions
- Avoid fixing, just encourage
- Set expectations for how often you will communicate



WHEN THINGS GET ROCKY

Common things you could hear:

“I miss home”

“It seems like everyone else is doing fine except for me”

“I haven’t made friends”

“Classes are harder than I expected”

- **Be patient with them**
- **Sometimes they could fail a test, say they hate it here, or anything of that matter, do not panic! When troubles often become too much, things can get heated quickly – explain you are there for them but won’t come to get them, trust that they will get through this and encourage them to use their resources**



STUDENTS VS FAMILIES

Top 10 Student Concerns

1. Finances/Paying for College
2. Time Management
3. Academic Success
4. Making friends/fitting in socially
5. Homesickness/missing family
- 6. Roommates/living situation**
- 7. Transition to college life**
- 8. Balancing school & personal life**
- 9. Doing “college right”**
10. Independence/adult responsibilities

Top 10 Family Concerns

1. Finances/Paying for College
2. Time Management
3. Academic Success
4. Making friends/fitting in socially
5. Homesickness/missing family
- 6. Health and medical needs**
- 7. Safety/security**
- 8. Mental health**
- 9. Decision making/peer influence**
10. Independence/adult responsibilities

RESOURCES FOR ALL BEARS

Safety

- Campus Safety - 417-836-5509
- Bear Shield App
- 24/7 staff & Springfield Police Department Substation

Bear CLAW

- Academic tutoring and help for all courses

Counseling Center

- Mental health resources, crisis services, personalized care plan

Magers Health & Wellness Center

- Women's center, laboratory, X-Ray, full-time physicians, Nurse Practitioners

Disability Resource Center

- Disability related accommodations & accessibility services

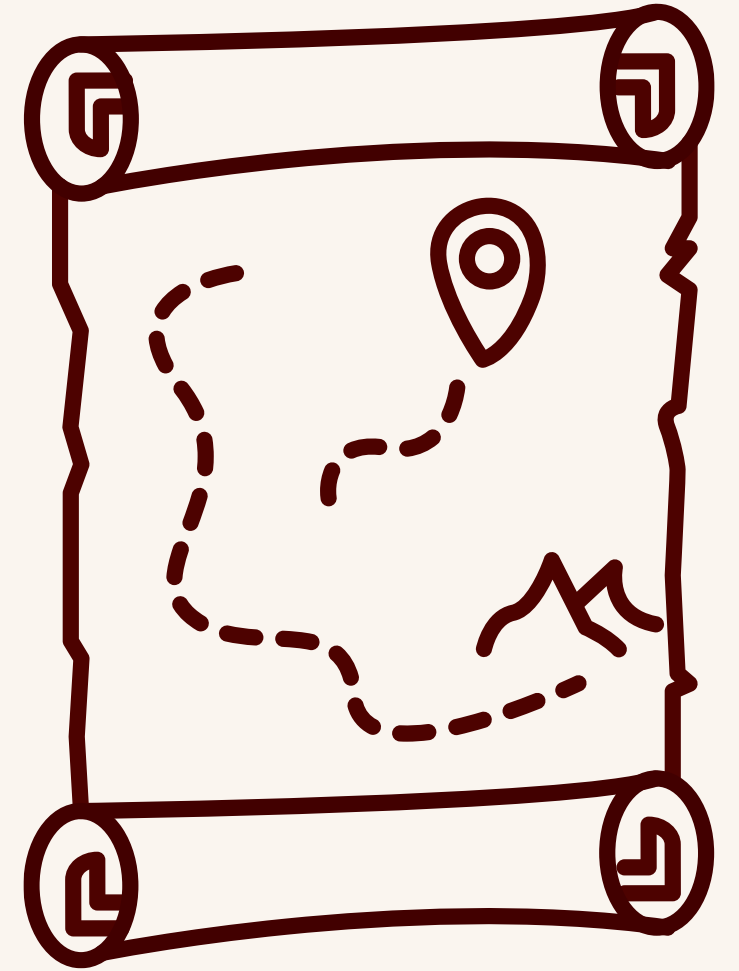


COMMUNICATION

How to Stay Connected with Your Student

- Be patient
- Ask open ended questions
- Schedule consistent communication
- Send Care Packages

Knowing and going over the resources campus has can help you guide your student in the right direction! There are resources for ALL students here on campus.



TIPS FOR THE MAMA & PAPA BEARS

They do NOT need to bring everything they own

- they don't need 50 picture frames
- they don't need sweaters even though they think they do
- They do NOT need to join 67 student orgs

Get a Job or Not

- Jobs on campus are great
- You don't have to move the car
- You make connections

Let's do some Laundry

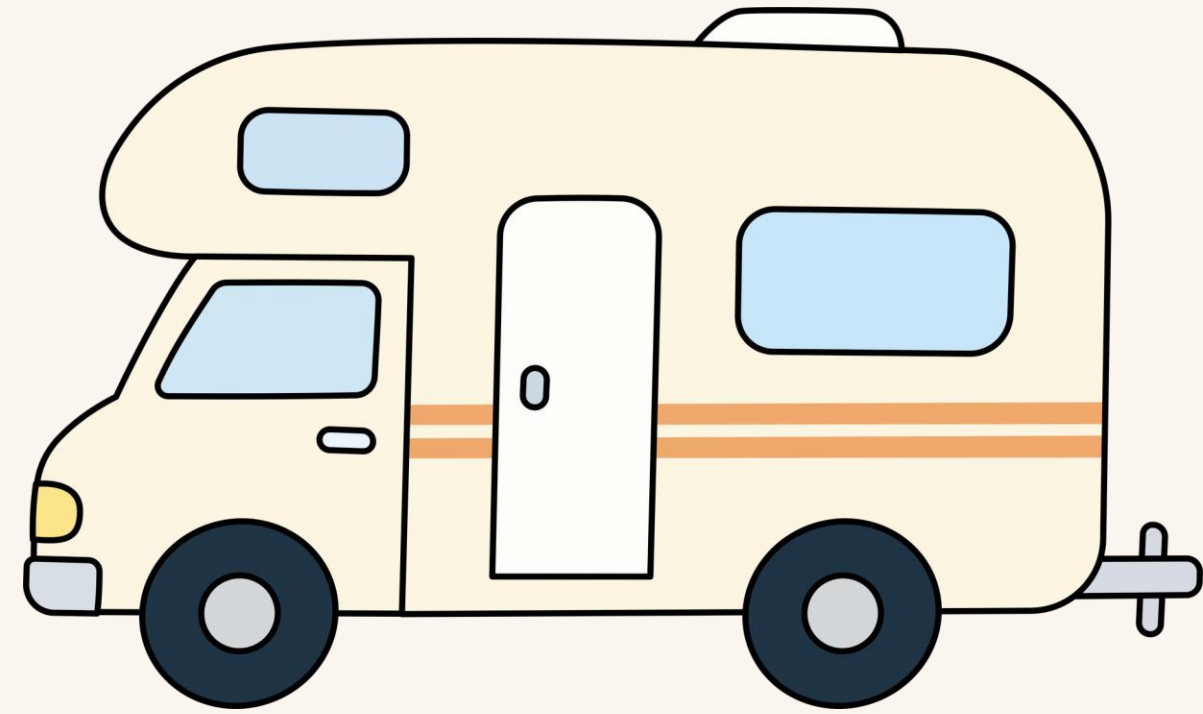
- "I need money to do my LAUNDRY" - No, it's Free!

Let's Visit

- Yes, but NEVER as a SURPRISE!



GETTING EXCITED



**Share with your student:
Traditions**

- **Events (Fountain Day, Welcome Week, New Student Convocation)**

Campus Events

- **Movie nights, volunteer opportunities, Behind the Screen, bingo with prizes, career fairs**
- **Family Weekend**
- **Spring Family Day**

Broadway Shows

Athletic Events

REACHING THE TOP

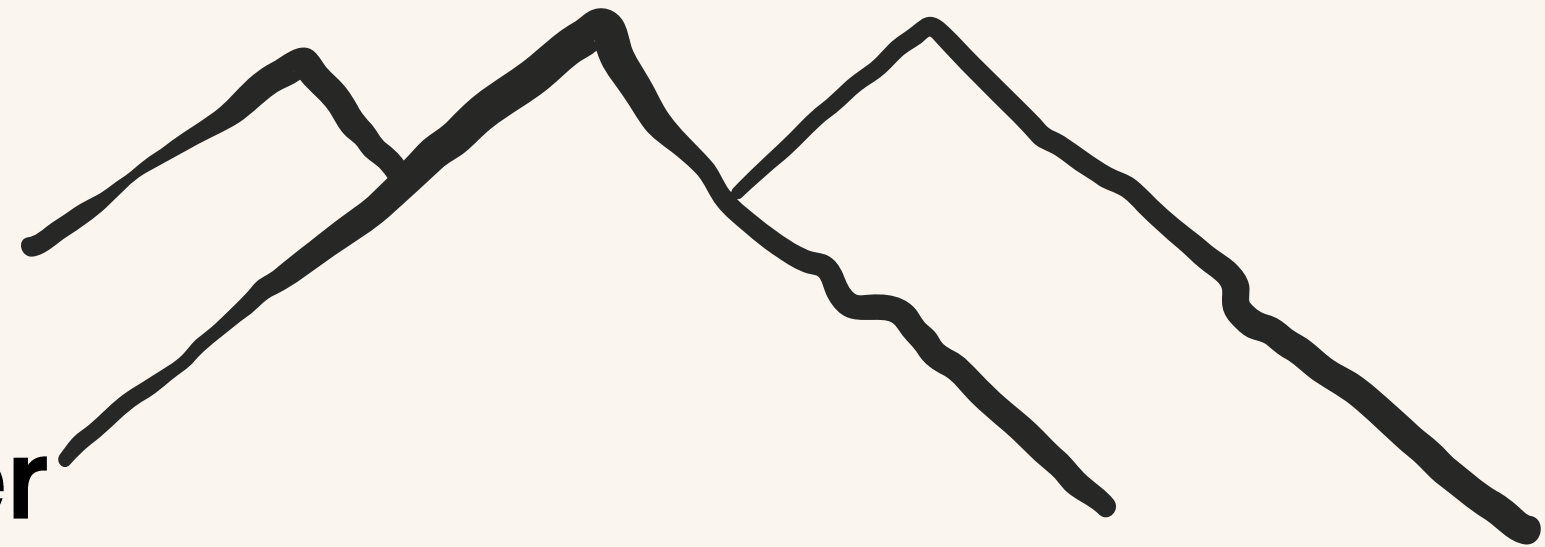


You've made it to the top, what's next?

- **Cheer them on**
- **Let them tell you things...you don't need access to their my.missouristate.edu**
- **Don't call their professors**
- **PIE Program**

Things to consider

- **Checking Family Handbook and folder**
- **Contact Priscilla with questions**
- **Discuss expectations**



JOIN US FOR FAMILY WEEKEND!



Join us for many fun activities such as BearWear Bingo, the Family Weekend Football game vs. Marshall, the Family Weekend Tailgate, the Welcome Brunch and so much more!

Get excited for a fun and exciting time with your student at Family Weekend. Bring siblings, grandparents, friends, next door neighbors, the more the merrier!

FOLLOW US TO STAY CONNECTED

Contact Priscilla!

- **Email:**
PChildress@missouristate.edu
- **Phone: 417-836-4060**
- **417- 812-5468 (text)**

Our Social Media Platforms!

- **Instagram: mostatefamily**
- **Facebook: msufamilies**

