

Letting ~~Go~~ *Grow*

From Parenting to Coaching

Hello!



Priscilla Childress

Assistant Director, New Student & Family Programs

Hello!



Zoë Pixler

Orientation Assistant, Family Specialist

Taking the Field



From Parenting to Coaching

Today's Game Plan

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 your student has chosen Missouri State as their college home for the next 4 years!

Tip: Use your nifty family notepad and pen to take notes!



How Successful Families...

Coach the Game

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

Tip: Discuss academic goals and expectations ahead of time



How Successful Students...

Play the Game

- ✧ Deal with conflict without the “Magical Fix”
- ✧ Accept responsibility for self and actions
- ✧ Deal with conflict independently
- ✧ Become financially independent
- ✧ Experiment with roles in career, values, relationships
- ✧ Learn from their mistakes

Tip: Be available to answer questions from your student



From Flag Football to the NFL:

Transition from High School to College

- ✧ Develop independent living skills
 - ✧ Get up on time, manage own schedule
 - ✧ Cleaning and hygiene
 - ✧ Car/bike maintenance
- ✧ Academically
 - ✧ More independent (out-of-class) study
 - ✧ Set own study priorities
 - ✧ More freedom and distractions

Tip: Pick up a Missouri State planner from the Bookstore



Students: Feeling of Transition

✧ Loss

✧ -Focused on what is being left behind

✧ Empty and numb

✧ -Aren't pulled one way or another —just there

✧ Excitement and moving on

✧ -Focused on what is new

Tip: Talk to your student about the transitions everyone in the family will be going through before they head off to Missouri State



Families: Emptying the Nest

- ✧ **Feeling a void** – Feeling of emptiness
- ✧ **Feeling left out** – Adjusting to being on the outside looking in
- ✧ **Relinquishing control** – Trusting your student to make good decisions



*Tip: Build an adult relationship
with your student*



Team Dynamics

The Commuter

- ✧ Recognize the transition-no longer in High School
- ✧ Identify family/household expectations (chores, finances, curfews, etc.)
- ✧ Encourage involvement in campus life
- ✧ Be mindful of campus resources
- ✧ Attend campus family events

Tip: Invite your student's college friends over to get to know them!



The Resident

- ✧ Talk about the changes such as sharing space with someone else
- ✧ Explain college life to younger siblings
- ✧ Involve siblings/family members in move-in process
- ✧ Discuss expectations of communication

Tip: Ask your student for a copy of their schedule so you don't call or text when they are in class.



A graphic featuring two concentric ovals. The inner oval is maroon with a white border, and the outer oval is black with a maroon border. In the top-left and bottom-right corners, there are maroon triangles pointing towards the center.

Rules for the Game

Rule 1:

Don't ask if they are homesick...

- ✧ The power of suggestion can be a dangerous thing!
- ✧ Listen carefully so you can point out positives later
- ✧ Offer advice and suggestions
- ✧ Ask open ended questions



Rule 2: Write...

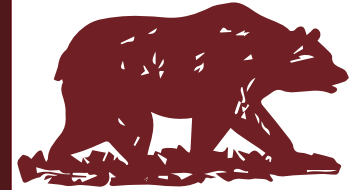
- ✧ Even if your student doesn't write back!
- ✧ Quick notes & cards are appreciated
- ✧ Care packages are even better!
- ✧ Encourage family & friends to do the same
- ✧ News from home – newspaper clippings



Rule 3:

Don't worry (too much) about emotional phone calls...

- ✧ You are the safe place for your student 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”



Rule 4: Visit...

- ✧ But not too much...and never as a surprise!
- ✧ Remember they won't be with you the whole time you visit
- ✧ Plan to eat out and shop when you visit
- ✧ Let your student plan some/all the activities
- ✧ Plan an activity that includes your student's friends
- ✧ Offer to bring stuff to them/take stuff home

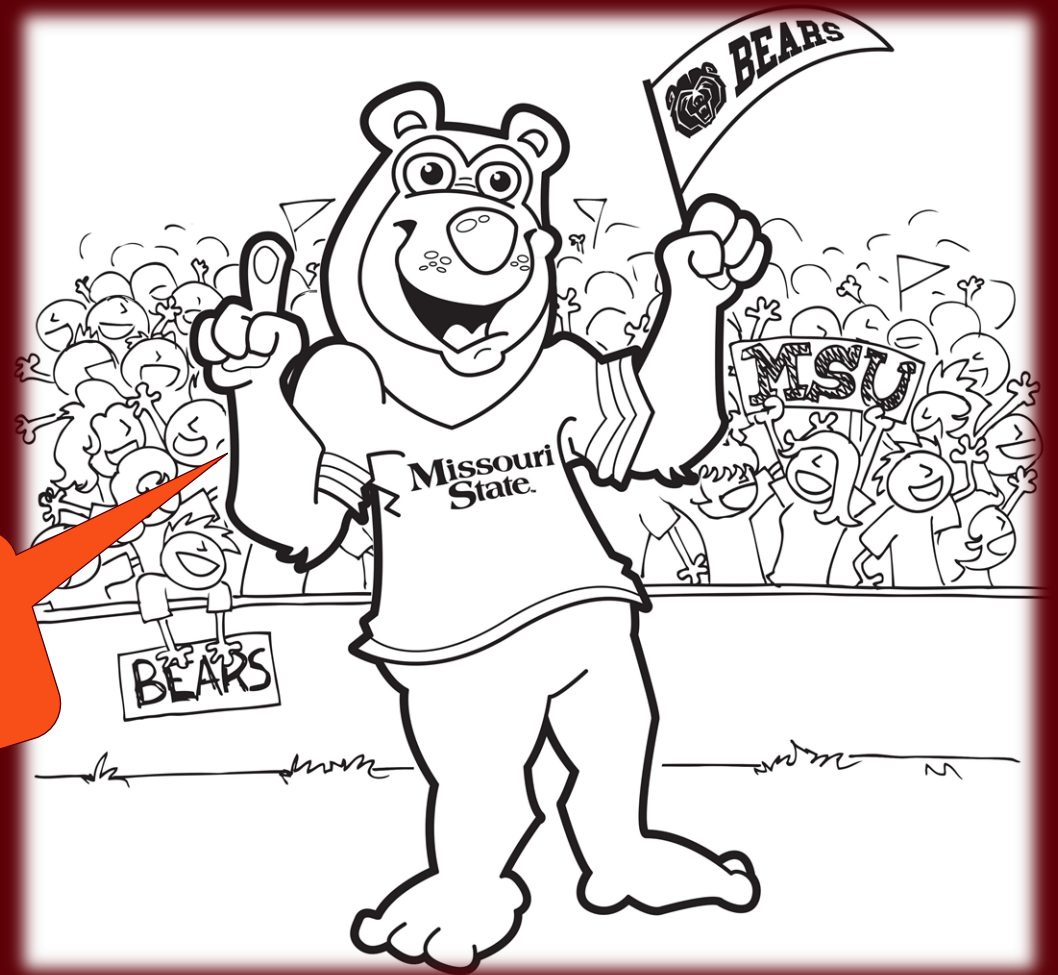


Join us for Family Weekend!

Family Weekend is an excellent way to reconnect with your student, meet other families, and show your Missouri State pride.

Our students are thrilled for you to visit campus, meet their friends, and cheer on the Bears at the first home football game. All family members—parents, siblings, grandparents, and extended family members—are encouraged to attend!

Tip: Register early because events fill up!
**Registration is open.*



Rule 5:

Be an Anchor

- ✧ Keep your student informed about changes at home, even if something seems small
- ✧ Try to relay more serious information at appropriate times
- ✧ Staying “in the loop” makes students feel more secure



Rule 6:

Don't tell your student these are the “best years of their life”

- ✧ Don't add extra pressure to their life
- ✧ There will be highs and lows in college
- ✧ Encourage your student to take advantage of unique campus opportunities
- ✧ Remind your student to take care of themselves






Game Day

Move-in is...

- ✧ Major life transition
- ✧ A time to support them in negotiating the check-in process
- ✧ A time to encourage them to engage fully in activities
- ✧ A time to come to campus and then time to leave
- ✧ More difficult for families than students



Tip: Look up some packing tricks to make transferring items less hectic!

Welcome Weekend...

- ✧ A time to encourage both commuter students and residential students to engage fully in activities (PlayFair, Bear Bash, New Student Convocation)
- ✧ Take part in the activities we have planned for family members (President's Reception for Family Members, See Ya Later Brunch)
- ✧ Make one last shopping trip before you leave campus



Tip: Come to the Family Lounge to write a whiteboard message and get a "First Day of Class" photo taken

Coaching from the Bench

- ✧ Provide encouragement and express confidence in their abilities
- ✧ Express concerns if you notice signs of stress
- ✧ Show patience for errors in judgment
- ✧ Remind them of campus resources
- ✧ Ask questions about their new life
- ✧ Enjoy the view of your student experiencing “the Game”

Resources for YOU!

Stay Connected!

- ❖ **Bear Notes - Monthly e-newsletter**
- ❖ **Website** (www.missouristate.edu/bearfamilies)
- ❖ **Family Association** (www.missouristate.edu/familyassociation)
- ❖ **Bear Family Handbook**
- ❖ **Facebook** (www.facebook.com/msufamilies)
- ❖ **Twitter** (www.twitter.com/BearsFamilies)
- ❖ **Ask Priscilla!**
- ❖ **Ask Zoë!**



Things I wish my family had known...

- ✧ Just because I went to college doesn't mean I am any less a part of my family.
- ✧ They raised a strong and confident young adult that is capable of a lot more than they realize.
- ✧ How accepted I would be here and how many new friends I would make.
- ✧ How welcome they would be to visit me anytime they want.
- ✧ How much I would miss them.
- ✧ That I wasn't going to get a 4.0 like I did in high school.
- ✧ That packages, mail, and visitors are my favorite things.
- ✧ How busy college can be at times.
- ✧ The stereotypes on TV are not true.

The image features a large graphic composed of two concentric ovals. The inner oval is dark red, and the outer oval is black. The word "Questions?" is written in a bold, black, sans-serif font with a slight drop shadow, centered within the white space between the two ovals. In the bottom-left corner, the Missouri State University logo is visible, consisting of the words "Missouri State" in a serif font and "UNIVERSITY" in a smaller, spaced-out sans-serif font below it.

Questions?