



Tips for Parents

- **Write letters** - Although a phone call or a quick text message may be more convenient, many students look forward to receiving mail.
- **Explore your student's mind** - Ask your student what they are learning in their classes, instead of focusing solely on grades.
- **Keep conversations balanced** - Let your student know what's happening in *your* life as you seek to find out what's happening in theirs.
- **Send care packages** - Maybe it's your famous home baked cookies or it could be a card with a photo from home; care packages remind students that no matter how far away you are, you still care.
- **Allow your student autonomy** - From picking their roommate(s) to deciding what classes to take this semester and even washing clothes, students have a lot of decisions to make. Allow them the autonomy to make those decisions, make mistakes and learn from those experiences.
- **Trust your student** - Don't be a helicopter parent, let your student learn, grow and explore on their own. UNF is a diverse university with many opportunities for students to explore. Trust that your student will make the right decisions and tell you about them.

A student who feels trusted by their parents:

- Has more self-confidence
- Can stand up for what they believe
- Knows they have support at home
- Is able to say "no" when they should

A student who does not feel trusted by their parents:

- May defy authority because it's expected
- Feels unable to communicate about what's really happening at college
- Will look to other influences, that may or may not be good, for support