

# FOR PARENTS

Office of Counseling Services | [counseling@wingate.edu](mailto:counseling@wingate.edu)

## About Our Office

Counseling Services provides up to 6 free counseling sessions per semester to all enrolled Wingate University students. Counseling services are intended to provide short-term assistance to students dealing with personal, emotional and educational concerns that may be barriers to their academic progress. Counseling services may refer students to other professionals in the community when appropriate.

## How do I know if my student needs counseling?

We encourage students and parents to err on the side of utilizing services rather than waiting for a problem or issue to resolve itself. *If your student has been working with a counselor/therapist/psychiatrist prior to arriving at college, please consider encouraging your student to maintain that therapeutic relationship as they are adjusting to college life.*

## Help you and your student adjust to college

- **Let go:** try to let your student make their own decisions and solve their own problems. Making mistakes is one way we learn and grow and it can be a good way to receive important and helpful feedback.
- **Know that it's developmental:** college brings intellectual growth, social growth, autonomy, self-exploration and discovery. Your student may forge a new identity or clarify values and beliefs. Talk to your student about their adjustment to college and don't belittle their feelings. They may have a conflict with a roommate, a heavy academic workload, feel homesick or struggle to fit in. Encourage them to get involved in activities, talk to their RA, or seek help from a counselor or favorite professor.
- **Communicate:** communication may become less frequent or more frequent. Discuss expectations with your student (how often you'll talk, who will initiate conversation, what you'll talk about). View the phone as a bridge, not a leash.
- **The only constant is change:** you may have more time for yourself, more freedom, or more sadness. Look at this time as an opportunity to form an adult relationship with your student and get to know them on a new level.
- **You've got this:** remember that you got them this far. Have faith in your parenting, you've done a great job!

## RESOURCES

### **BOOKS:**

[College Mental Health 101: A guide for Students, Parents, and Professionals](#)

By Christopher Willared, Blais Aguire, and Chelsie Green

[Letting Go: A Parent's Guide to Today's College Experience](#)

By Karen Levin Coburn & Madge Lawrence Treeger

[iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy – And Completely Unprepared for Adulthood – and What That Means for the Rest of Us](#)

By Jean Twenge, Ph.D.

[Don't Tell Me What To Do: Just Send Money](#)

by Helen Johnson and Christine Schelhas-Miller

### **WEBSITES:**

Jed Foundation:

<https://jedfoundation.org/help-my-teen-young-adult/>

SAMSHA:

<https://www.samhsa.gov/>

College Parents Matter:

<https://www.collegeparentsmatter.org/>

Alcohol, Other Drugs, and College: A Parent's Guide:

<http://www.higheredcenter.org/pubs/parents.html>

### **PODCAST:**

College Parent Central:

<https://www.collegeparentcentral.com/podcast/>