Supporting Your Student

Equipping parents to support their students emotional and social growth

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Welcome!

When you think about your student preparing and transitioning into senior year and after high school…

- What is your biggest worry or concern
- How do you envision your relationship with your student

Importance of Supporting During Transitions

- Next step is unknown (new environment, greater independence, new/different academic pressures, social challenges)
- Transition into another life stage
- Transition without current supports
- Missing these steps can be detrimental but using intentionality at this juncture can be vital for future relationship/family dynamics and student success/future

Challenges and Pressures

- Academic Pressure
- Peer Comparisons
- Financial Pressure
- Family Expectations
- Fear of Future/Making "wrong" decisions
- Higher Expectations/Fear of Failure
- Identity and Independence
- Changes in support system
- Social and Emotional Challenges

How can we best support and prepare our student for these challenges and pressures....

Identify and recognize overwhelm and high stress within your child.

Encourage strategies to enhance your student's coping skills during high school.

Cultivate support and communication. Be a sounding board.

Create structure and expectations and encourage and model boundary setting.

Acknowledge stress and validate your child's feelings. Share your own experiences to normalize.

Connections

-Build in intentional time

-Family Dinners

-5 to 1

-Be Curious

Conversations

-Transitioning from parent to adult to adult

-Structured family meetings

-Talk about the problem when it's not a problem

Consequences

-Love and Logic

-Encourage problem solving

-Scaffolding/bridging

What I Wish My Parents Knew...

"I'm doing my best to navigate"

"I'm feeling a lot of pressure and stress"

"I'm continually wondering if I'm doing enough"

"I'm worried you aren't going to be proud of me"

"I'm worried I am going to make a big mistake"

"I don't know how to do this on my own"



What I Need to Hear from My Parents...

"I see how hard you are working"

"I know this is difficult, but we will figure it out together"

"We appreciate the efforts you are making"

"Don't forget there is more to me than school and college"

***Make sure to notice all of the things I am doing right.*

***That I want to have a good relationship with them.*



Questions



Thank You

