

SUPPORTIVE PARENTS, SUCCESSFUL STUDENTS

GUIDEBOOK FOR PARENTS OF THE COLLEGE-BOUND

The transition to college is challenging for both students and their parents. Going from high school to college is a major milestone, one that marks the student's eventual transition into independence. However, neither student nor parent needs to handle the transition alone.

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Affordable Colleges Online created the following guide to help ease the transition process by addressing the common first-year challenges for parents and their children. The following guide helps parents prepare for the high-school to college transition; explores the financial aid process; discusses concerns about housing and student independence; identifies on-campus resources for students; and offers resources for parents of high school students, college freshman, college students, and graduate school students.

Parents of High School Students

Countdown to College: Helping Them Get Ready

1

FRESHMAN YEAR

Although college is four years away, the preparation process can begin during the first year of high school. Students can start planning for Advance Placement courses, participate in extracurricular activities, and begin thinking about college in general terms.

2

SOPHOMORE YEAR

The second year of high school is still dedicated to general thinking about high school. Parents should encourage their student to do well in the classroom, continue participating in extracurricular activities, take Advanced Placement classes, and study for the PSAT. The sophomore year sets the foundation for the junior year, the year when college planning shifts into high gear.

3

JUNIOR YEAR

Parents can help students begin to explore possible majors and colleges. Leading the prospective college search, parents can assist students think about location, educational reputation, school size, academic programs, and cost. This research allows students to develop a general list of preferences that can be used to narrow the list when it comes time to apply. During this year, parents and students should start searching for scholarships and start a conversation about the college financing process. Finally, parents can help their students study for standardized tests—the Scholastic Aptitude Test (SAT) or American College Test (ACT).

4

SENIOR YEAR

The final year in high school is the start of the college application process. Students should help their student register for the SAT or ACT (registration occurs a month before the test). Secondly, parents should assist in helping students narrow down their list of target universities. If possible, arranging a campus visit is a great way to provide students (and parents) an opportunity to gain a true sense of what the campus is like. Parents should ensure their student applies for scholarships and compiles a list of application requirements for each institution. Although students should take the lead for the application process, parents can ensure all required materials are submitted and deadlines are met. Finally, parents should submit the Free Application for Federal Student Aid (FAFSA[®]) to get an

understanding of the financial commitment they will have to make to finance their student's education.

5

MAKING A DECISION

Once the acceptance letters come in, an important decision has to be made: where to attend college. Parents can help students navigate the various financial aid packages, discuss the pros and cons of each institution, and make a final school selection.

School Decision: Made. Now What?

How to pay for it

As early as possible, communicate with your student about how much you can contribute to their educational expenses and tuition. Beyond a parent's support, there are other financial avenues to finance a college education. The most common include outside scholarships and grants and college- and federal-based student aid. To start the process, students and their parents must complete the Free Application for Federal Student Aid (FAFSA®). The FAFSA® determines the "Expected Family Contribution"—the amount each family/parent is expected to pay towards their child's education. The FAFSA® is sent to the financial aid office of each university listed on the student's application. Financial aid offices use the FAFSA® form to determine the student's eligibility for financial aid.

Federal Financial Aid



Federal financial aid can be used to pay for nearly all expenses related to college, such as tuition, books, supplies, room and board, and technology fees. Federal financial aid falls into three different categories: Loans, Grants, and Work Study.

- **Loans**

Federal loans are issued through the US Department of Education and are available in two formats: the Federal Perkins Loan Program and the William D. Ford Federal Direct Loan Program.

Federal Perkins Loan Program Available to students that demonstrate exceptional financial need. Undergraduate students may borrow up to \$5,550 annually with a maximum cap of \$27,500.

William D. Ford Federal Loan Program Offers both subsidized (for students that demonstrate financial need), unsubsidized loans (for all students), and Direct PLUS loans (loans borrowed by the parent).

- **Work-Study**

The Federal Work Study Program (FWS) is available at approximately 3,400 postsecondary institutions in the US. It is open to undergraduate and graduate students that demonstrate financial need. Through the program, colleges provide students with part-time employment opportunities to help defray the cost of attendance. The total work-study award is dependent on the student's financial need, the university's FWS funding level, and when the student applies.

- **Grants**

Grants are a form of federal aid that do not need to be repaid. There are four major federal grant programs:

Federal Perkins Loan Program Available to students that demonstrate exceptional financial need. Undergraduate students may borrow up to \$5,550 annually with a maximum cap of \$27,500.

Federal Supplementary Opportunity Grants These grants are distributed directly by the college and are for low-income students who qualify for a Pell Grant and demonstrate exceptional financial need.

Teacher Education Assistance for College Education and Higher Education This grant is designed for students attending institutions that participate in TEACH grant program, meet academic requirements, and agree to participate in the TEACH program. Students in the TEACH program must commit to teaching in a high-demand at a school that serves low income students for four-years.

Iraq and Afghanistan Service Grant This grant is available to dependents of US Armed Service members who died in service in Iraq and Afghanistan after 9/11.

Scholarships



Scholarships are awarded by non-government organizations such as charities and nonprofits, philanthropists, and private businesses. Scholarships are traditionally merit-based and can be used to pay for educational expenses such as tuition and books. It is important to realize that each university has its own rules as to how scholarships are applied to each student's overall financial aid package.

College-Based Grants



In addition to federal grants, college-based grants are another avenue of potential funding for students. These grants are typically need-based and serve as a supplement to federal financial aid. They are designed to make college affordable and each postsecondary institution has its own eligibility and disbursement criteria for college-based aid.

Private Student Loans



Private loans are provided by private companies to finance a college education. Student financing experts recommend parents and students only turn to private student loans after maximizing federal- and college-based aid. Loan and interest amounts vary from company-to-company.

Out-of-Pocket Funds

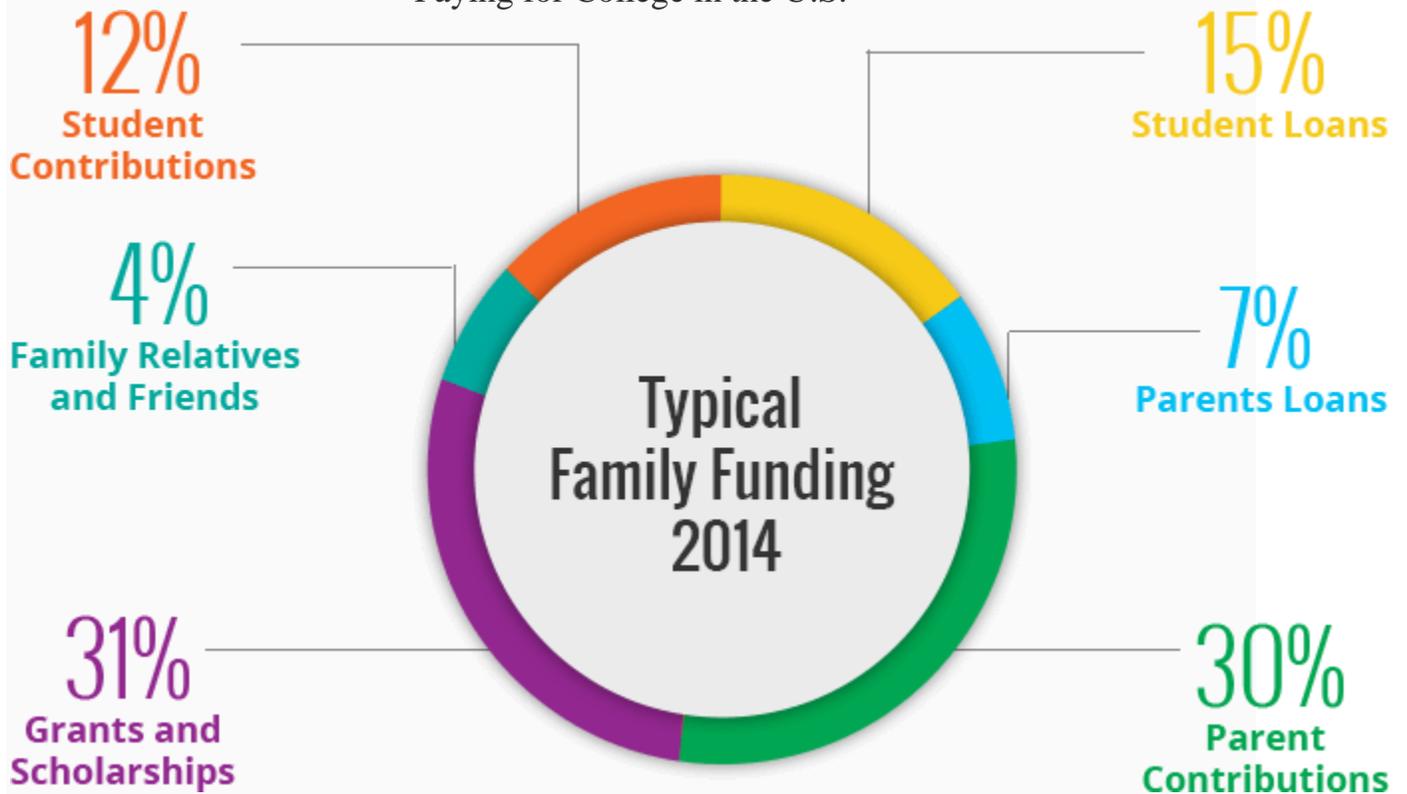


Depending on the situation, parents may be able to contribute via their own savings or income. Parents and students should have realistic conversations about the amount parents can pay toward tuition each year. Secondly, students should also have an understanding of whether they will have to work during college to afford their education.

“There are two general areas where parental support is really necessary. The first is financing. Not a lot of people understand the financial pieces of college. When I was coaching some students, they didn’t understand the difference between scholarships and loans.” **Shannon, Student Coach, InsideTrack**
Paying for College in the U.S.

Typical Family Funding – 2014

Paying for College in the U.S.



Average Amount Spent at public institution in 2014:

4-year: \$21,072

2-year: \$11,012

61% of families believe college payments is a **shared responsibility** between student and family ([SallieMae](#))

Pell Grants were awarded to **9.2 million** students and averaged **\$2,240 per full-time** enrolled student in 2013-2014 ([CollegeBoard](#))

Borrowed funds accounted for **22% of college financing** in 2013-2014 ([SallieMae](#))

Student Records

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of a student's educational records. Once a student attends a postsecondary institution or reaches the age of 18, they receive control over their educational records, including the right of disclosure of those records. That means academic information such as transcripts, GPA, and discipline records are given to the student and not the parents. In turn, college representatives are prohibited from discussing or disclosing information about the student's academic record or performance with parents.

“It can be hard for parents to understand when their child is stressed because they have less access to information about course performance and assignments. I have had parents call my office, but any professor who knows FERPA rules will refuse to provide any information to parents.” Curtis, Assistant Professor of Political Science, University of Tennessee

Students may choose to sign a waiver that allows records to be released to parents and for college representatives (e.g. faculty members) to discuss information about the student with parents.

However, students may or may not wish to sign a FERPA release. Parents can feel frustrated because of FERPA guidelines, but parents should remember that college students are growing toward independence and greater levels of responsibility.

“I never ask them about their grades. I just want to know how they are, who their friends are, if they like their classes, that kind of thing. I don't ask them about their academic achievements, but they usually choose to share that with me.” Janet, Parent

Where to Live

Next to selecting which college to attend, the question of where to live is the second most important decision during the college selection process. Undergraduate students have a variety of living options, from traditional, on-campus residence halls to off-campus houses and apartments. Parents should review the college's residential policy in regards to campus housing as many institutions have on-campus residency requirements. Below is an overview of common housing options available to students:



Residence Halls

The most common form of college housing, residence halls provide students with the opportunity to live and learn together. The number of students per residence hall varies by college—some halls may be capped at 200 students, while others may be limited to 50. These buildings include common space areas (e.g. kitchens, bathrooms, lounges, study spaces) and various types of student rooms. Depending on the residence hall, students may be in single, double, triple and quad rooms. Residential halls are often first-come, first-serve and should be reserved as early as possible after the student is accepted to the university.



Special Interest Housing

Some institutions may offer alternatives to traditional dormitories, such as living and learning communities or alcohol-free communities. For example, living and learning communities are special residential buildings that house a cohort of students who live together and have the same class schedules. There may be restrictions on availability of special interesting housing, so parents should discuss options with a residential life advisor at the target institution.



Apartments and Campus Houses

As students transition into upper-class standing, they may be able to move to campus-owned apartments or houses. These houses may be co-ed and typically include multiple bedrooms and bathrooms, common living areas, and a full kitchen.



Fraternity/Sorority

After matriculating, students may choose to join Greek letter organizations and room and board in their respective fraternity or sorority house. Each sorority and fraternity is required to have a resident house director who lives at the house. Parents should be aware that most Greek organizations require an annual membership fee in addition to the yearly room and board costs.



Off-Campus Housing

Before making a decision, parents should check whether their student's college is a residential institution. Residential colleges require all students to live in campus housing – including college-owned off-campus properties. For non-residential colleges, off-campus housing is not regulated or certified by the university. For parents interested in this option, various types of off-campus housing can be rented, from apartments to single rooms in a multi-person house.



Summer Housing

For students planning to live in a residence hall, it is important to note rules and regulations do vary by college. Some universities allow students to leave their belongings in the room during the summer, but do not allow students to stay there without paying an additional fee and signing an additional license. Other institutions close residential halls during the summer and require students to move their belongings over the summer break.

Will They Bring a Car?

It's a major question. Should students bring a car to college or is leaving the car at home a better option? Below are four items parents should consider when deciding whether or not to send their child to campus with a vehicle.

1

University Policies

It may come as a surprise, but most universities and colleges do not allow incoming college freshman to have a car on campus. The Association for the Advancement of Sustainability in Higher Education maintains a list of [campus car bans](#).

2

Parking

At most universities, parking is limited and comes at a premium. Students (and faculty alike) must purchase parking permits in order to use the school parking lots. Parking permits add another cost that both parents and students should consider.

3

Need and Use

Will the student need to use the car often? College freshman living on-campus can take advantage of self-sufficient communities and may not need to travel off-campus often. Parents and their student should be realistic about how often the car will actually be used.

4

Freedom

Having a car allows for greater freedom, while not having the car may restrict a student's ability to travel. In addition, students with a car may face frequent requests for rides and students without a car may end up in ride asking situations.

Parents of College Freshmen

First Semester Preparation and Troubleshooting

The first semester represents a time of uncertainty for both parents and their student. The following section details areas of concern, such as health, and provides an overview of steps parents can take to ease the transition process.

Student Health

Being away from home means students must take an active role in monitoring and managing their health. Here are several items parents and students should keep in mind

Insurance

The Affordable Care Act allows children to stay on their parents' insurance until the age of 26. However, what if the student moves to another state? Will the insurance still provide coverage? Before the student steps foot on campus, parents should ensure their student has insurance coverage—either through a parent-sponsored plan, an individual student health plan, or other avenues of coverage. Parents can visit www.healthcare.gov for more information.

Health Accommodations

Students may have health issues, ranging from food allergies to disability-related problems. Parents can work with the college's various student services offices to ask about accommodations for everything from ADHD to food allergies.

Emergencies and Urgent Care

Parents should make sure their student knows where to go for emergency or urgent care medical treatment. Visiting the student health center on move-in day is a great first step in being prepared.

Create Health Information File

Parents can work with their student's pediatrician's or physician's office to assemble a medical file that includes health insurance information, emergency contacts, a copy of their insurance card, allergies, blood-type information, up-to-date immunization records, prescription medication information, physician contact information, and any records related to chronic health issues.

Develop a Care Plan

Whether the condition is a chronic health ailment or mental health disorder, parents should work with their student to develop a care plan. This includes a process of refiling prescriptions and accessing support through on-campus health care resources.

Health Checklist

Immunization Records

First Aid Kit

Health Insurance Coverage

Health Statement or Summary of Chronic Health Issues

Prescription Medications List

Emergency Contact Information

List of Allergies

Blood Type

Physician or Pediatrician Contact Information

Student Health Center Hours and Contact Information

Pharmacy Information

Dentist Hours and Contact Information

Prescription Eyeglass/Contact Lens Information

Moving Day Checklist

Moving day represents the passing of the torch. It's a day filled with excitement and it is important to keep the focus on your student. Below is a list of tips to make move-in day go smoothly.

Prepare a checklist

Work with your student to create a list of personal items they'll need to bring from home. Second, be aware of the campus and residence hall regulations about what items are allowed on-campus.

Be ready

Breathe. It's going to be a long and difficult day. Accept it and do your best to enjoy it.

Know the move-in procedure

Each school and residence hall has a set schedule of move-in dates and times. Know where to park and when the dormitories are open for move-in.

Get there early

Move-in days are chaotic and parking will be limited. Don't make the process harder by starting at mid-day.

Complete a room walk-thru

Assess the room for damage and complete and submit the move-in form to residential housing.

Meet the roommate(s)

It's good for parents to meet their student's roommate(s) and—if possible—their parents.

Wait to nest

Recommend to the student to wait until the roommate(s) arrive before selecting a bed and decorating.

Let your student take charge

Let the student lead the move-in process—being in the way simply adds stress to the situation.

Avoid long goodbyes

Don't drag out the goodbye. The real goodbye should come the night before when there's less pressure and excitement.

How to Transition as a Parent

Parents spend massive amounts of time, energy, resources, and finances to get their children to college. The transition to college is complex, filled with numerous challenges. For the transitioning parent, consider the following three tips to get the first year off on a successful start.

- **1. Let your child call first.**

They will call when they need you, but allow them as much time as they need to adjust. Time is probably flying for your child and grounding to a halt for you.

- **2. Plan a trip to campus.**

Parent and family days are ideal because other parents are around, meaning your child is unlikely to be embarrassed by your presence. (Yes, it still happens in college.) Moreover, you'll get to meet the families of your child's friends.

- **3. Send a care package.**

This will allow you to channel your thoughts about your new college student into a gift he or she will really appreciate.

First Year of College Facts



10%

of incoming freshmen haven't decided on a major. Of those who have, **42%** think they may switch. **34%** actually do switch majors.



16%

think they'll take an online course from a different college.



33%

believe they'll get tutored in college.



34%

think they'll need more than 4 years to graduate.



74%

of students socialize with people from different races, even though **23%** grew up in completely homogenous neighborhoods.



55%

of freshmen have felt isolated on campus.



47%

of freshmen struggled with time management.



37%

said they had trouble studying effectively. That same percentage said they had difficulty adjusting to college-level academics.



61%

communicated regularly with a faculty member.



69%

received advice
from faculty.

Parents of Undergraduates

Students heading to college face the challenge of independence, discovering how to succeed on their own. College parents can provide support by helping their student understand there are college resources dedicated to their academic, social, emotional, religious, and financial well-being. Below is a resource chart of available services where students can receive assistance.

Academic Support

- **Academic Advising Office**

Universities have a central academic advising office where students can receive guidance. Students are also assigned an academic advisor that can help students craft a program of study, establish academic goals, and stay on top of their academic progress.

- **Library Reference Desk**

The library is a central hub at most universities and a major resource—librarians—are a regularly untapped resource. Librarians are trained to help students navigate the research process and assist students in their research endeavors.

- **Tutoring and Writing Centers**

Students may also leverage their school's writing and tutoring centers. Tutoring centers provide academic help in all subject areas and may offer peer mentorship and tutoring with high achieving students. Writing centers offer students an opportunity to get assistance with their essays and writing projects.

Students enrolled in some majors will have to write much longer and more complex papers than they did in high school, and it isn't unusual for students to struggle to adjust to the different workload. Writing centers can help because they are staffed with people who enjoy writing and know how to offer helpful advice to people who are struggling. These centers are typically free and offer services ranging from simply discussing a prompt to outlining to reading drafts. Too often, students either feel too proud to seek help or seek help too late, but if students go early enough to make good use of the feedback they provide, then they can be very useful resources.-Curtis, Assistant Professor of Political Science, University of Tennessee

- **Professors and Instructors**

Professors and instructors are required to maintain office hours and students should take advantage of that time. Students can receive individual academic support and attention from their professors—they just need to ask.

“From my vantage point of being a coach, students do not use advisors as much as they should. They should talk with their advisor about sequencing of classes and the direction they see themselves going with this degree” – Shannon, Student Coach, InsideTrack

Health and Well-Being

- **Student Health Center**

Each university traditionally has a campus health center. Students should know where it is located, the center's hours, available services, and how to make an appointment.

“College is stressful for just about everyone, and an increasing number of students are using health centers for services such as counseling, therapy or even massage. Some students aren't aware that many of these services are paid for with student fees and don't require additional payment. Similarly, most athletic centers offer services that can help students deal with stress, such as yoga classes and fun, uncompetitive intramural sport.-
Curtis, Assistant Professor of Political Science, University of Tennessee

- **Disabilities Services Office**

Students with a disability can receive assistance through their university's Office of Disability Services. These offices focus on promoting greater access to campus facilities, technologies, and programs by providing individual student accommodations and support.

- **Student Counseling Center**

Student counseling centers offer a variety of counseling services to help students deal with personal, mental, social and emotional difficulties, from depression to anxiety, family problems to interpersonal issues.

- **Campus Ministries**

There are various campus ministries for students of all faith and some colleges may offer worship services in a variety of religious traditions.

Campus and Academic Life

- **Office of Financial Aid**

Students can connect with representatives at the financial aid office to locate scholarships, get information about financial aid (e.g. loans and grants), submit applications, and more.

- **Registrar's Office**

Students should become familiar with the registrar's office. This office can help students with registration, provide access to academic records, assist with class scheduling, and verify transcripts.

- **Residential Life**

The office of residential life manages on-campus housing for each college. Through this office, students can receive a variety of assistance, such as getting information about meal plans, paying meal plans and housing, finding out about cultural and social events, or joining a residential hall association.

- **Campus Security**

Each students should know the location and phone number for the campus security office. These offices provide a diverse array of services, such as campus escorts, and students can report crimes or issues with officers at the office.

- **Career Services**

The career center can also help students identify their interests, set goals, write a résumé, pursue an internship or find a summer job.

“College career centers can be tragically underutilized. If students are struggling because they are balancing coursework with their jobs — or if they are distracted by job hunting — career centers can get students back on track.”-Curtis, Assistant Professor of Political Science, University of Tennessee

Tips for Parents to Stay in the Loop

- **Read the student and parent handbook.** College handbooks include information about campus activities, student resources, tuition, housing, and academic calendars.
- **Participate in parent and families programs.** Most universities offer a program for parents and families as a way for loved ones to engage with the school and their student's college experience. These programs connect parents to campus communications (e.g. email newsletters, Facebook) and on-campus events for parents and families, such as homecoming.
- **Send a care package.** Students love getting stuff from home and it keeps families in-touch while students are away at college.
- **Use technology.** Skype, Facebook, email and text messaging are great ways to offer support and maintain a foothold in a child's life without invading their privacy.

Eight Ways to Tell if Your Child Might Be in Trouble

College is a time for gradually letting your student go and simultaneously remembering that you raised them well. But, on occasion, students may struggle or need help. College is a new experience that presents unique challenges. Here are eight signs that your child may be having academic, emotional, financial or social difficulties.

1

Calling home often or wanting to come home outside of normal school breaks

Homesickness is a big problem for some students because it prevents them from fully enjoying college life. Surprisingly, it can also cause problems for students who attend school close to home. With parents and high school friends nearby, some students see little need to forge new connections.

Well-intentioned parents can exacerbate the problem by allowing too much contact. One way to mitigate homesickness is to visit your student on campus. It helps students think of the college as home and prevents them from trying to leave problems behind by getting off campus.

2

Not wanting to return to school after holidays at home

Not wanting to return to school is a sign of feeling uncomfortable integrating into school life. Since this can be for any number of reasons (e.g. academic difficulties, relationship problems), it's best to start a dialogue with the student. Many students genuinely feel they have made the wrong decision about where to attend school and may benefit from transferring. Others just need to know their feelings are normal. Campuses are chockfull of resources to help struggling students; help your son or daughter look into them.

3

Expressing excessive negativity about life

Being negative about nearly everything is a mindset. You have to find the root of it. What in particular is bothering the student? Identifying the underlying problem will help the student develop solutions.

4

Not participating in school activities

College is about so much more than just classes. Not integrating into school social life means that a student is missing out on much of the college experience. For some students, this is because they put too much pressure on themselves to excel academically. Other students may have feelings of depression or social anxiety. When visiting campus, parents can offer to take their student's friends or roommates along to dinner. This provides a subtle hint to the student that Mom and Dad feel it is important for him or her to have a social life.

5

Getting low grades

Low grades are worrisome for a number of reasons. First, some scholarships require students maintain a minimum grade point average or have their funding pulled. Second, failing classes may put them in danger of not graduating on time. Third, it may be a sign of a larger problem, such as excessive partying. Ultimately, however, it's important for parents to give their children some time before demanding an improvement. College is more difficult than high school, and for some students may represent the first time they have ever been truly challenged academically. Fortunately, many students will make the necessary adjustments to their study schedule and learning approach to improve their grades.

“I think a lot of students have been trained to focus on grades and focus on learning for the sake of getting A’s rather than learning for the sake of learning. And I think that can prevent students from being more successful. Learning is an important process and that failure is crucial to success. So it’s kind of coming from the vantage point that students can really build on their success if they’re able to focus on the growth they’re seeing rather than just focus on the end piece.” **Shannon, Student Coach, InsideTrack**

6

Not going to class or completing school projects

Unlike merely getting poor grades, not going to class or completing school projects is a sign that a student’s priorities are out of alignment. It may be time to have a tough conversation with your student and, if you are supporting them financially, remind them of your minimum expectations for how that money is being spent.

7

Showing a significant weight change

Gaining weight in college is normal. The lifestyle is different and students on their own must adapt to being responsible for how they take care of their bodies. Parents should look out for excessive weight gain or weight loss, which can be signs of underlying emotional or psychological difficulties, including depression.

8

Needing extra money often

Needing money often can be a sign of a few things. Students could be eating out a lot, which might mean the money already paid for dining hall food is going to waste. Or, they may be partying. There may even just be some unexpected costs that weren't budgeted for initially. Regardless of the reason, it's time to have another discussion about budgets and financial expectations. You and your student should come to a solution that requires him or her to manage money responsibly while allowing him or her to maintain a healthy social life.

“We had a concern with his partying life. The take I decided to take on it was to talk to him about it and tell him what my concerns were in a way that wasn't too demanding, but just tell him how I felt about it and ask him some questions—because he was drinking and smoking. The key was that if he was continuing to do well academically and things were going well in his life, I wasn't going to let that freak me out.” **Janet, Parent**

Special Supplement: Parents of Graduate Students

Most graduate students are on their own, but that doesn't necessarily mean parents have zero involvement. Graduate students may still rely on their parents for financial and emotional support, and some even live with their parents at home to save money.

Financing School

Most graduate students are considered independent, meaning that parents' information is not required on the Free Application for Federal Student Aid (FAFSA®). Graduate students can receive five types of federal aid, according to the U.S. Department of Education:

- William D. Ford Federal Direct Loan (Direct Loan) Program
- Federal Perkins Loan (Perkins Loan) Program
- Teacher Education Assistance for College and Higher Education (TEACH) Grant
- Federal Work-Study (FWS) Program
- Federal Pell Grant

Parents and students should keep in mind that Federal Direct Loans are unsubsidized, meaning that interest will accrue while students are studying. Perkins Loans, meanwhile are based on "exceptional financial need." For many students, private lending sources may be more affordable. Additionally, students should talk with their schools before registering to determine what funding the school will provide.

Living at Home

Graduate students who live at home are in a peculiar position. On the one hand, they are adults and need a certain amount of independence. On the other hand, they are living under the same roof as they did as children, and parents feel compelled to establish boundaries. As with most things, it is best to communicate this ambiguity up front and make sure that both parties are flexible. They don't need the same curfew they had when they were 18, but if there are rules that are important to you, discuss them.

“Graduate students will spend a majority of their time reading and writing, and creating or finding the space and time to do so is important. Don’t be surprised if your graduate student keeps strange hours.” **Diana, Graduate Student Instructor, University of California, Irvine**

Studying

Graduate school requires a more advanced level of study. Therefore, the expectations on your student cannot be the same. Rest assured in knowing that students in graduate school have met every academic challenge put before them—your child has the skills to meet this one too. Where you can help is by making sure your student has an outlet outside of school

“Much more so than the undergraduate experience, graduate school takes a mental, physical and emotional toll on students. Expectations are vastly different, so stress levels can rise. Be aware that your graduate student might have emotional needs that differ greatly from those of undergraduate students. Finding techniques for stress and anxiety management (e.g., therapy, physical activity/sports, new social groups) is not uncommon and, in fact, should be encouraged.” **Diana, Graduate Student Instructor, University of California, Irvine**