WELCOME PARENTS!

Parent Orientation
Summer 2017
Parent SOAR Goals

- Present Sessions on the Student Experience
- Provide Information on Parent Resources
- Share Words of Wisdom & Support for Parents from Parents, Staff & Students
A Climate of Caring for Each Other

- Parent Video & SOAR Themes
  - Concern for the individual student
  - Opportunities for student involvement
  - Encouraging them to make their own way
  - Preparation for life beyond Lewis
What You May Be Feeling

- Allow yourself to feel a little sad
- It’s OK to feel relieved
- Let us know if you have questions
Communication Between You & Your Son/Daughter

- Find a balance between staying connected and intruding; set a time to talk

- Promote their independence, especially about academics; encourage seeking out resources and developing relationships with faculty & staff

- Communicate directly about alcohol & drugs early; what you say to them matters
Send a letter or package - Studies show only 4% of college students report getting “snail mail”

Don’t worry (too much) about those “nothing is right” calls, texts or talks

Trust them, even to make a few mistakes
When to Step In

- Repeated, tearful talks
- Frequent illness or fatigue
- Marked changes in behavior or mood
- Difficulty coping with family crisis
When to Get Involved...

- Most of the time, encourage your son or daughter to work out issues on his/her own

- Contact the Office of Student Services if you need to share information or need assistance

- Office of Student Services
  815-836-5275
  student services@lewisu.edu