

The Challenges of Parenting from a Distance



PRESENTED BY
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

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Introduction



- Presenters/CAPS
- Overview
 - Common challenges to adjusting to college
 - Developmental factors on adjustment
 - Tips for effective parenting from afar
 - Resources

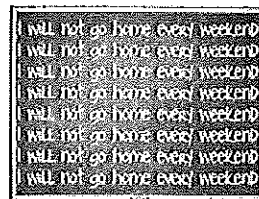


Common Adjustment Problems for Parents and Children

- What are some challenges you have faced as your child adjusts to college?
- What are some problems you anticipate?
- How have you found your parenting approach differ since they went to college?
- Empty nest?

Common Adjustment Problems for Students

- Homesickness
- New demands of time and effort
- Establish new friendships
- Disturbances in sleeping and eating
- Roommate conflict
- Increased exposure to alcohol and drugs
- Conflict between managing new freedom and responsibility



Adjustment Problems for Parents

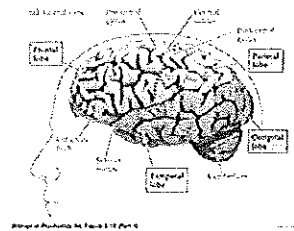


- Letting go, redefining the parent-child relationship
- Empty Nest Syndrome
 - Best described as a profound sense of loss
 - May involve feelings of sadness and worry
 - Increases vulnerability to depression, alcohol abuse, identity confusion, and marital conflicts
 - Provides an opportunity to rekindle previous interest in activities that you have lacked time for and to better develop your relationship with your partner

Developmental Impact on Adjustment



- The brain and adolescence
- Frontal Lobe Development
 - Judgment
 - Decision Making
 - Problem Solving
 - Impulses
 - Incomplete until mid-20's



The Stages of Development

- Erikson's Stages of Development
- Identity vs. Role Confusion (ages 12-18)
 - personal identity and role in the world, and entering a period of their lives focused on Intimacy.
- Intimacy vs. Isolation (age 19-40)
 - developing intimate, loving relationships with other people

Erikson's Theory of Development

Erikson's Stages of Psychosocial Development

Approximate Age	Psychosocial Crisis
1-18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5-12 years	Industry vs. Inferiority
12-18 years	Identity vs. Role Confusion
19-40 years	Intimacy vs. Isolation
40-65 years	Generativity vs. Stagnation
65 and older	Wisdom vs. Despair

Parenting Tips from Afar

- Calm parent, calm student
- Flexible parent, flexible student
- Curiosity vs. Inquisition (ask open ended questions)
- Parental oversharing re: stressors at home can be harmful for the student
- Midterm grades can be a wakeup call
- When they stumble try to stay solution focused

Parenting Tips from Afar



- Prepare for unanswered correspondence
- “crisis” calls are normal
- Trust them and convey that trust to them
- Set boundaries
- Know campus resources, direct them to handle their own administrative issues
- Advise sparingly and ask what they think
- Check your motives
- Healthy communication (“I feel _____ statements”)

Warning Signs



- Sometimes more serious adjustment/ mental health issues can immerge during this stressful transition period
 - Poor class attendance
 - Anhedonia- loss of interest in usual activities
 - Hopelessness
 - Self-injurious behaviors
 - Legal problems related to substances
 - Spending excessive \$ on alcohol/drugs
 - Significant weight changes

The Parent Role Shift



High School

Child Behavior	Parental Reaction
Stays out late	Grounding, takes away cell phone
Skips class	Detention, take privilege away
Low grades	Mandatory study time, grounding

College

Child Behavior	Parental Reaction
Stays out late	?
Skips class	?
Low grades	?

Resources



- Counseling and Psychological Services (CAPS)
 - Individual and Couples' Counseling
 - Group Therapy
 - Outreach Events
 - Assessment
 - Psychiatric Services

Resources



- Campus Services- x8870
- Res Life- x4500
- Student Health- x8078
- Campus Security- x8111
- Financial Aid- x8070
- Student Affairs- x8080
- All Faiths Center- x8045

(All Florida Tech numbers begin (321) 674-xxxx)

Resources



- <http://collegetipsforparents.org/>
- <http://www.limestone.edu/helpful-tips>
- <http://family.pepperdine.edu/relationshipiq/articles/parents-adjustment/tips-for-parents.htm>
- <http://web.centre.edu/parentprograms/parentadvice.htm>