

WELCOME PARENTS!

A NEW JOURNEY BEGINS

Welcome Parents!

Your son or daughter's college experience will likely signal a change for you as parents and other members of your family as well. It is our hope that some of the following information will help you navigate this time of change and challenge as well as help you support your student here at Notre Dame College

What your son or daughter may experience:

College will likely be a time of exploration and change for them. They may forge new identities, seeking increased autonomy, exploring new friendships and values. They may reevaluate tentative career goals, and change those goals and their majors. Some of this exploration may challenge you and values

that you hold dear. Each one of these young people will go through this process in their own unique way, just as every parent will have different expectations of, and reactions to, their son or daughter's college experience.

What parents may experience:

Happiness, pride, anxiety, sadness, and a sense of loss may all be a part of your response to this time of change. As children grow into young adults you may worry about their safety, ability to care for themselves, and capacity to make healthy choices. At times you may also feel that your son or daughter's performance is a reflection on you as a parent. There's a lot going on

for you!

How you can help your college student:

They need you to let go.

maintaining a sense of connectedness to him or her along with respect for their growing independence. Try to let them take the lead. Determine **with them** how much contact with them is appropriate. (The cell phone has been described as the "world's longest umbilical cord" and may be more of a problem than an asset in setting good boundaries.)

They need to be able to make mistakes.

Part of the journey to independence involves the inevitable making of mistakes. Students who fear reprisal from their parents

for "screwing up" may not take positive risks like tackling a new subject or participating in a campus activities and organizations. Students need parental support and encouragement as they take risks.

They need to know that you believe in them.

As your student begins to try new things, question assumptions and expands their worldview, their perspectives may change. Successful students are able to explore their new world because at the root of it all, they know that at home someone believes in them, in their intelligence, their initiative and their ability to make good decisions.

NDC COUNSELING CENTER

Welcome Parents!

Know Your Resources

Mental Fitness

Personal Safety

How The CC Can support you.

Who We Are

A TIME FOR TRUST

A STUDENT WHO FEELS TRUSTED:

Has more confidence

Can stand up for what they believe

Knows they have support at home

Is better able to say "NO" when situation warrants

A COMMUNITY OF RESOURCES

Know the resources:

Notre Dame College has a wide variety of offices and programs here to provide support for all of our students. From Academic Affairs, Student Affairs, Academic Support Center, Campus Ministry, Counseling Center and the Dwyer Learning Center there are dedicated, compassionate people here to help both your sons and daughters and you as well.

Mental Health and Fitness:

Staying well and mentally fit is key to student's overall success. So...

- Take your son or daughter's emotional issues seriously. Encourage them to talk with a counselor, residence life staff or campus minister.
- Tout the benefits of good sleep and eating habits.
- Encourage campus and community service and engagement in activities and organizations.
- Suggest ways to include physical activity into their daily/weekly schedules.
- Talk openly about alcohol and drugs.
- Empower them to say "NO" when something doesn't feel right.
- Keep the lines of communication open with your son or daughter.

Personal Safety:

Remind your son or daughter to play it smart by:

Not walking alone in isolated areas

Never get in a car with someone under the influence of alcohol or drugs

Refuse to accept drinks from strangers

Keep dorm rooms locked

Do not give out personal information to people they meet online

Report any forms of sexual harassment immediately

Avoid being alone in isolated areas such as laundry rooms, deserted study lounges etc.

When attending a party, stick to the buddy system

Avoid being alone with people you do not know

Do not prop open entrances to your dorm building—they are kept lock to keep students safe

*College campus can be a very safe place,
as long as the students play it safe*

How can the Counseling Center help parents?

We are available for consultation with parents by phone or by appointment here in our offices. If you have concerns about your son or daughter please feel free to contact us. We may be able to provide support for you, your student, or referral information to offices that may be more appropriate for a given problem.

What about confidentiality?

Confidentiality is an important part of establishing a trusting and effective counseling relationship. Ethical and legal considerations prohibit us from sharing any information about a student's counseling contacts without their written consent.

Setting up an appointment for your son or daughter:

It is the responsibility of the student to set and commit to an appointment.

How to contact the Counseling Center

Sue Lipiec, M.Ed, Ed.S, PCC-S,

Director of Counseling Services

Phone: 216.373.5211

Email: slipiec@ndc.edu



**Mental Health
is Number 1**