

# THE FAMILY'S ROLE

1

Set high expectations.



2

Meet with your child and their college counselor in high school.

3

Get involved in the application process.

4

Encourage and support your child during their senior year of high school and first year of college.

*Summer Melt is when students who have completed key college-going steps (i.e. applying for college and financial, being accepted, and intending to enroll) fail to attend college the following fall. Rates of Summer Melt range from 10% to 40% of college intending students.*

*(Harvard University Research: Summer Melt Handbook, 2013)*

## SUPPORTING YOUR HIGH SCHOOL/COLLEGE STUDENT

### Socially & Emotionally<sup>2</sup>

- Ask your child what type of support they need from you.
- Model a positive outlook.
- Be supportive of your child's decisions and goals.
- Guide rather than pressure educational goals and expectations.
- Determine appropriate and reasonable expectations about important topics (e.g. frequency of phone calls/text/video calls to check in, holidays/visits home, romantic relationships, financial matters, etc).
- Clearly explain your expectations.
- Support your child's own problem-solving abilities rather than to rush in to fix things, however difficult it is to feel that your child is in trouble.

### The Summer Before College

- Ask questions about how they are feeling about college and moving on.
- Watch for behavior that is out of character.
- Remind your child to check their college portals and email daily.
- Help them keep track of important deadlines and dates.
- Discuss housing, meal, and transportation options.
- Encourage them to call the college/university with any questions they may have.
- Teach and model life-skills in a fun and loving way (i.e. cooking, laundry, health, safety, etc.)

### Senior Year

- Help your child keep track of deadlines and important dates.
- Gather and organize personal information (e.g. taxes, Social Security#, residency status, etc).
- Help your child research and create a list of majors/colleges.
- Monitor and check with your child to ensure they have set up a college email, registered for SAT/ACT exams, and applied for college.
- Check in with your child regarding their progress on college essays.
- Ensure your child registers and takes the placement exams.
- Visit college campuses as a family prior to deciding which college to attend.
- Remind your child to check their college portals and email daily.

### The First Year of College

- Remember the importance of open communication.
- Encourage/remind your child to communicate with their professors, advisors, and utilize on campus resources.
- Remember they may be struggling to adjust to college life and need your support.
- If they find themselves on academic probation,
  - a. Help them explore reasons for difficulties and identify possible changes in habits/behavior.
  - b. Help them set long/short term goals for returning to good academic standing.
- Reconsider expectations of your college student:
  - a. Can they reasonably do school work and hold a part-time job (at the same time)?
  - b. Is it helpful for them to come home most of the weekends? Or not?
  - c. Should they get involved in on campus activities? Or not?
- Redirect time and energy previously focused on the college student (e.g. practice self-care, focus on hobbies and/or other children).