



a newsletter for parents & families



GEORGIA'S PUBLIC LIBERAL ARTS UNIVERSITY

University Housing

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Putting Summer Plans in Place

The end of the term is near, as students try to determine what comes next. You can help by serving as a sounding board while options are considered...

What Will Fill the Time?

Perhaps your student is taking on an internship or a summer job that's in line with her anticipated career. Or she may be working on campus, doing service or taking on a job to pay the bills. Discuss the options to help your student determine where to focus her energies.

What About Classes? Does it make sense for your student to take classes this summer, either on campus or at a local school? Explore this possibility together to determine if this is the best use of time and resources.

Where is the Break?

Students do need to take a breather after a busy year of school, work, involvements and more. This may not translate into a trip to Europe, yet it's important to help your student carve out some intentional down time so she can recharge her batteries. She'll need it!

What Role Do Finances Play? The reality of summer dreaming is considering what kinds of funds need to be raised to make next term possible. Talk honestly with your student about his expected contributions and how he's planning to make that money over the summer.



Summer goes quickly and being intentional with this time can help students meet their goals and make the most of it.

Summer Considerations

Other things to consider include...

- **Tracking Deadlines.** When do classes begin, when are bills due, etc.? Get those dates on the calendar now so you all have some deadlines in mind.
- **Keeping Up with Friends.** Will there be any opportunities to visit? Figure how to help your student keep up with those college friends who have become like family.
- **Family Obligations.** What does the family expect of your student and what does he expect from you? Talk now before misunderstandings and hurt feelings can take hold.





Resume Reminders

Students want their resumes to JUMP out to potential employers in positive ways, as summer job season quickly approaches. So, encourage students to keep these basics in mind when creating their resumes...

Avoid College Slang. Don't make potential employers guess what you are talking about.

Don't Go Overboard. You have done a lot in your time at college, but you aren't writing a memoir, you are compiling a resume. Limit your resume to one or two pages that highlight your experiences.

Include Volunteer Experiences. Don't just limit your resume to paid positions. Service experiences that provided you with specific marketable skills are also valuable.

Ask Someone to Review Your Resume. Having a mentor, advisor or other trusted person go over your resume for clarification, typos and to ensure that you didn't forget to include anything is always a good idea.

Experts on Campus

Encourage your student to talk with the knowledgeable career services folks on campus. They can help her formulate a resume to remember!



Clean Up Your Social Networking Sites. Employers are members of Facebook, Instagram and Twitter, too, and the picture you paint on your resume may be tarnished if it doesn't match what they perceive from words and pictures posted online.

Network, Connect and Build Relationships Now. You may not land the job, but if you have built connections and impressed a potential employer, she may forward your name and resume on to someone she knows is looking, too. Every connection counts!

Seasonal Student Issues

Here are a few things your student may be experiencing this month...

- Losing motivation for the final push
- Becoming restless as spring fever hits and problems arise
- Anticipating the end of the year
- Developing frustration and confusion due to class registration
- Having papers and exams pile up
- Experiencing summer job panic
- Feeling like they are no longer accountable for their actions – may turn to vandalism
- Increasing instances of sexual assault
- Having concerns about moving home for the summer





Being a Coach & Encourager

One of the key roles that parents and family members can play during their student's time at school is that of coach. This is different from doing things *for* your student or setting him off completely on his own. It's a more nurturing, developmental approach that can have great results.

Coaching Strategies

Listen to Your Student Talk about Her College Vision. What is she looking forward to, what does she hope to accomplish and what will equal success in her eyes?

Inspire Him to Unlock His True Potential. Encourage self-exploration, trying different classes, meeting new people and getting involved so he can explore what fits best. You can ask leading questions to help this process along.

Solicit Suggestions. Instead of putting words (and actions) in your student's mouth, let her contribute to the process, too. It's important that she learn to trust her own ideas and instincts, rather than leaning on those of others.

Empower Him. Some students may not fully know where to begin, so adapt a "yes you can!" attitude and talk with him about things he *can* do, one step at a time.



Encourage Her to Take Action. This is something she needs to do on her own; no one else can do it for her.

Provide Tools. Do your own campus research so you can point out resources he can tap into, from the career center (it's not just for seniors anymore!) to the wellness center to the study abroad office.

Encourage Creativity. There's nothing saying that your student must do things the same old way! Encourage her to tap into creative ideas, ways of thought, problem-solving strategies and more.

Energize Him. We all need a boost now and then to keep us going. Provide him with the energy that comes from having someone recognize a job well done or root him on in person, when possible. He'll feed off your energy!

Push Her Toward the Journey. While it's easy to get derailed from our path sometimes, having a coach to push us along and provide encouragement makes it easier. Talk with your student about how she's feeling being on a certain path and try not to make demands that she stay on that path if it's not feeling right. There are plenty of variations that might fit more effectively.

Encourage Reflection. As you coach your student through his college process, make sure that both of you set time aside to reflect on how things are going. The process of doing things without reflection isn't half as satisfactory, or effective!

Coaching is about supporting your student, rather than doing things for him. Think about how an athletic coach operates. Challenge, support and care are your roles, while the rest is up to him.

Providing Encouragement

Students may sometimes bite off more than they can chew. That can manifest itself with an overwhelming class load, too many hours at work or taking on student leadership positions in bulk.

One of the roles of a coach is to encourage students to "add rungs to their ladder." They don't need to take huge steps all the time – sometimes they can add smaller steps in between to help them get where they want to go.



The Final Stretch

Final papers, exams and stress are right around the corner. So, how can you help your student make it through?

Be Understanding. Your student's time will likely be crunched throughout the next month or so. Try to understand the fact that he may not be in touch as often and he may be a bit distracted. Academics will likely suck up a lot of his time as he wraps up the year.

Be Prepared. The end of the term can be an emotional time for many students as they say goodbye to friends, finish up their



involvements and more. So, be prepared to hear some melancholy in

your student's voice – and listen if she's in the mood to talk.

Be Supportive. The stress of this final period can be compounded if students don't feel like they're getting support from their families. So, be vocal and demonstrative with your support to help him make it through. It can make a world of difference!

Be There. You never know when your student may reach out in need. Just be there when she does, to let her know you believe in her and her abilities. Sometimes that's the most important support of all.

Before Your Student Moves

Is your student moving home for the summer? If so, consider discussing these matters right away to clear the air and proceed into a productive time together...

Rules. Will there be a curfew? What other "house rules" will you expect your student to abide by?

Chores. What expectations do you have for your student pitching in with household tasks?

Living Quarters. Where will your student sleep? Store her belongings?

Use of Car. If your student doesn't have a car, will he be able to use yours? If so, under what conditions?

Siblings. Will your student have responsibilities for younger siblings?

Events. Are there events on the summer schedule – like a family reunion or grandparents coming for a visit – that you want to be sure your student is there for?

Discussing these types of things now can help you and your student have a better understanding of one another and how the summer is going to go. As a result, you'll be better able to enjoy one another's company!

Cleaning Tips for Move-out

- Encourage students to clean as they go so that they don't have a big mess to contend with when they're ready to check out.
- If your student has a rug held down with tape, have her ask the building staff what she should use to remove the sticky residue.
- Remind him that any furniture that was put in the closet or stored needs to be put back in place.
- Suggest that she get started removing things she's put up on the walls, including removing any sticky remnants. This job always takes longer than you think and shouldn't be left until the final moment.
- Remind your student that leaving a room filthy is not only disrespectful to the kind cleaning staff, there is also a hefty charge associated with it.