Parents as Partners

Robin Cohen-La Valle
Dean of Students
Then...and....Now

FIRST DAY OF SCHOOL

FIRST DAY OF COLLEGE
WAHOOO!!

A MARAUDING BAND OF WHOLLY UNSUPERVISED KIDS!

WHOA... NO SMOOTHER MOTHERS?!

EXACTLY... FREE-RANGE PARENTING... MOMS 'N' DADS LETTING THEIR KIDS BE KIDS,

NOT EXTRAS IN AN UNNECESSARY REMAKE OF "THE PRISONER."

YOU MEAN... NO HELICOPTER PARENTS HOVERING TO SHIELD THEM FROM MILD DISCOMFORT?

NO MORE BODY ARMOR?... GPS IMPLANTS?... NANNY CAMS?

THEY'LL HAVE TO LEARN TO PROTECT THEMSELVES.

HEY LOOK! A FROZEN METAL POLE!

LET'S PUT OUR TONGUES ON IT!

AHAAAAA!

THERE'S NO SUCH THING AS A PERFECT SYSTEM.
The Division of Student Affairs recognizes the parent’s role in a student’s education and it is a very important one.

- “dedicated to fostering student success and a sense of belonging for all students and families connected to New Paltz.”

We are in this together—to help you help them.
What does it mean to parent a college student today?

- There are historical/cultural differences in the decades since the 1960’s and 70’s – we are different than our parents.
- What is our role when ‘homesickness’ isn’t being called that by “tethered” students? Not a once a week phone call home. They call and text their parents constantly, “I’m getting out of class & heading to the cafeteria... Dad, can you do this job application?......Mom, what should I do about this crappy roommate? Today she wouldn’t empty the garbage......”
- The cell phone is now being called “the world’s longest umbilical cord” – NSSE showed 86% of first-years had frequent contact with the mother, and 71% with their father. We have begun to text students about programs - replacing the old, “knock on the doors” approach in the residence halls.
The Outernet

eBay

YouTube

Amazon

MALL

LIBRARY

Google

Facebook

service providers

© John Atkinson, Wrong Hands
Parental Involvement can be a good thing

- Higher SAT, ACT and AP scores

- NSSE national data – frequent contact with parents was correlated to student engagement with the academic process, maintaining better study habits, satisfaction with their college experience, and gaining more from college (George Kuh)

- HERI – (CIRP) Students claim they receive the right amount of help, more said they received “too little’; than ‘too much’

- 30% of HS seniors want parents to take an active role in helping them decide on a college

- Anecdotal- one college grad reported that it was her mother’s encouragement to choose the good college and continue in sports that resulted in her success
In the 1960’s and 1970’s....

- College was a ‘breaking-away’ experience. The notion that college is the threshold to adulthood isn’t true anymore...

- Researchers have found that that threshold actually isn’t in the late teens and early 20’s anymore, but happens later.

- More college graduates than ever before move home as well
“My fellow-graduates, today we leave behind the trappings of youth, step boldly onto the road of life, and move back in with our parents.”
Roots and Wings...... Tips from a parent

- Know that by next month they’ll say, “I can’t wait to get out of here” and what it REALLY means is “I’m nervous... I’ll probably miss you”
- When they call and say, “I don’t know if can do this...” it will be challenging for you, but practice the “Switzerland Technique”- stay neutral - this is the time for them to learn what life is like
- If they seem a little lonely or doubting themselves, your role changes to cheerleader, not fixer
- Upset about a roommate? Did they talk to their RA or RD? It would be EASY for you to make a phone call, but better for them to do the problem-solving
Making “friends”

• Instead, ask, “have you been meeting any people?

• Trust that even if it’s not their roommate, eventually they will make some lasting (even lifelong) friendships

• Like a baseball team, throw a bunch of kids together with a bat & ball & they’ll start playing --- they may start out complaining, but after a little coaching they get the hang of it
When asked, last year’s Freshman class told us that during their first year at college, “I wish my parents had”:

- Sent me more mail (snail mail!)
- Sent me more care packages (favorite snacks, cookies)
- Not missed me so much
- Worried less about me
- Sent me more money
- Stopped asking me to come home on weekends
- Randomly called me more
- Photos (new puppy, kitten)
Important things to know

- Communication
- Parent & Family Weekend (September 27\textsuperscript{th}-28\textsuperscript{th}) – intimacy/reciprocity
- What are you doing with their room? (siblings)
- What to pack (rent micro-fridge w/roommates; storage units)
- Health services/Medical records/prescriptions/insurance waiver
- The BILL (on-line); Financial aid
- Part-time Jobs – work-study, CAS, Temp Service, local businesses
- Spending Money, laundry (homework)
- Freshman Parking Ban (save money on your insurance!)
- Computers/Labs/MACs/Printing allotment/Flash Drives/
- Loop Bus/ Adirondack Trailways/Classic Trans (see weblinks)
- “Rent Me” - New Bookstore Textbook Rental Program

The Bookstore@New Paltz
Meal Plans

- Meal Plan - “Carte Blanche” (on bill) $1,838
  Includes $50 dining dollars and 3 guest meals
- Adding “Dining Dollars” - Bonuses $100=$110; $200=$225 Tax free, don’t carry to next year, only to 2nd semester with a Spring meal plan
  (Bonuses apply only when funds are added to the bill, or directly through Student Accts or Campus Card Services by check, cash or charge - SU 64. Can’t be done online)
- Hawk Dollars (MyCASaccount)
- 2nd semester – option to go to 14 meal plan at Hasbrouck for $1,838 (includes $200 Dining Dollars)
- Separate Plans available for commuters “Voluntary Meal Plan”
- MyCASaccount
- Registered Dietician/Nutritionist – Emily Ferencik, RN, MA
3 R’s for Parents: Rights

- To expect that your student will have the opportunity to pursue a quality education
- To access services when needed
- To get involved with the University
3 R’s for Parents: Respect

- The natural challenges of transitioning to college life
- The new relationship you may develop with your student during their college years
- The choices your student may make
- That University professionals have the best interests of your student and the University as a whole in mind when implementing University policies and procedures
3 R’s for Parents: Responsibility

- To allow and empower your student to be independent
- To encourage your student
- To help your student learn by taking care of their business themselves
- To work hard at creating a space for your student to separate, a crucial part of becoming an adult
- To understand the many services available to your student
We support the foundation you have already built
We inform them of their rights and responsibilities
We instill expectations about them being active participants in a respectful community

We strive to work with you to:

• Stress academics are very important
• Model responsible behaviors
• Support & encourage your student to utilize resources and staff that are readily available
• Hold the student accountable for their actions
• Recognize that developing as an adult involves learning from experience; so our stepping back in the process allows students to make decisions, and is often the best way to support them
Final Tips for Parents

- **DON’T** expect the student to perform perfectly, and don’t rush in to defend/save them from people in authority who are giving them feedback.

- **DO** give the student space to ‘exercise his/her self-advocacy muscles’ and rely on him/herself; instill in them that you have every confidence in their ability to solve their own problems, make friends, master schoolwork, handle a part-time job, etc.

- **LIMIT** your texting and cell phone calls to check on them; worry about the right things (not kidnappers and internet predators, but getting enough outdoor exercise, not just playing video games; and living on pizza);

- **REMEMBER**: It’s ok to be a concerned parent...we care about your student too., and you know that the best thing you can do for your student is to teach them to fish...
Becoming an “Authorized User”

my.newpaltz.edu
Your next step will be to go to the “money” link on your resource page. Once there, you will come to this screen, choose “authorized users” from the “My account” drop menu.
Authorized Users

From this page, you can give others (parents, employers, etc.) the ability to access your account information. In compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA), your student financial records may not be shared with a third party without your written consent. Adding an authorized user is your written consent that an individual may view your account information and make payments on your behalf. Please note that authorized users DO NOT have access to your stored payment methods, academic records, or other personal information.

Add Authorized User

E-mail address of the authorized user:

Would you like to allow this person to view your payment history and account activity?  Yes  No

Continue  Cancel
You can have your student update their NP Alert in order for you to receive emergency messages as well.
SERVICES FAIR

Health Center
Financial Aid
Student Accounts
Student Activities
Study Abroad
Sojourner Truth Library
Spiritual Groups
Telecommunications
Health and Safety
Meal Plans
Campus Sustainability
Local Banks and Hudson Heritage FCU

Athletics, Wellness & Recreation
Campus Auxiliary Services
Career Resource Center
Psychological Counseling Center
Academic Computing
University Police
Student Success Services (tutoring)
Disability Resource Center (DRC)
Honors Program
Bookstore
Veteran & Military Services
Easy to remember e-mail:

• parents@newpaltz.edu