



# HOW TO LET GO AND ENCOURAGE YOUR CHILD TO GROW UP

NEW STUDENT ORIENTATION - PARENT SESSION

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# YOUR CHANGING CHILD

## ARTHUR CHICKERING'S SEVEN VECTORS OF DEVELOPMENT GIVES INSIGHT INTO YOUR CHANGING CHILD:

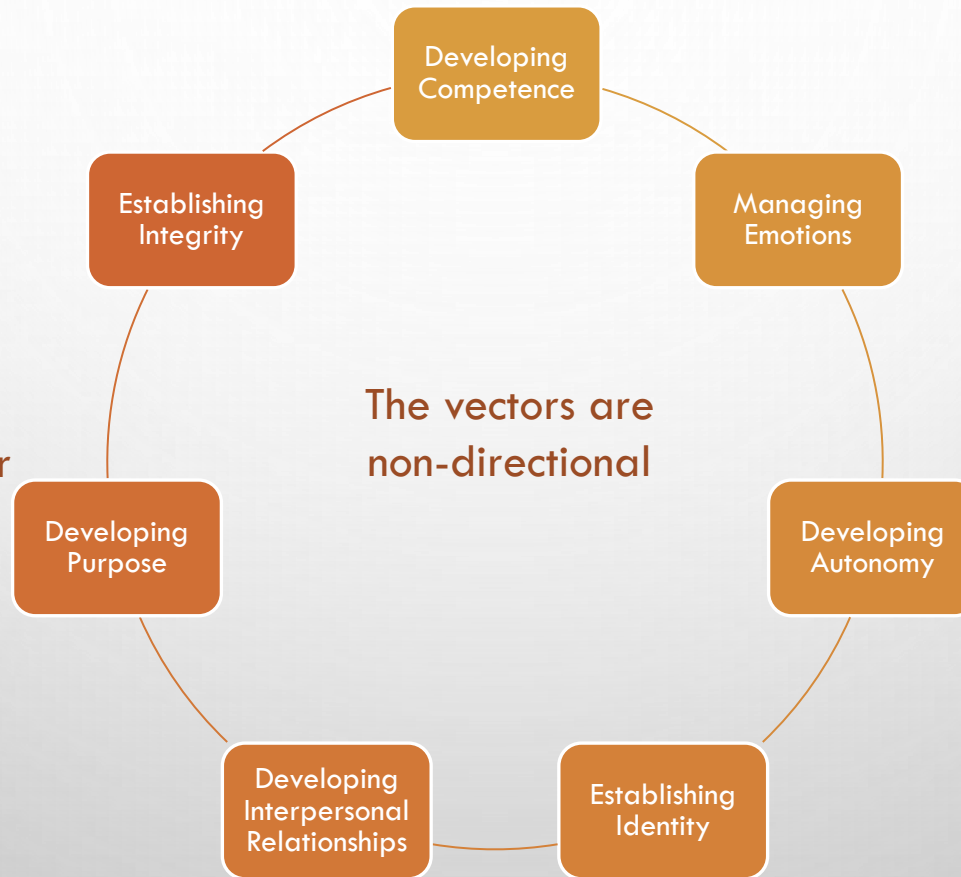
CHICKERING'S SEVEN VECTORS, OR TASKS, ARE THE DEVELOPMENTAL PROJECTS THAT STUDENTS FACE DURING THEIR UNDERGRADUATE YEARS.

- THEY ARE NOT ACCOMPLISHED SUDDENLY, USUALLY REQUIRING REPEATED EXPOSURE TO APPROPRIATE DEVELOPMENTAL ENVIRONMENTS OVER ONE OR MORE YEARS.
- THE VECTORS ARE NOT AGE-SPECIFIC, BUT IN GENERAL, THEY ARE THE SET OF DEVELOPMENTAL TASKS THAT MOST FRESHMEN ARE INVOLVED WITH.
- SOME RESEARCH HAS INDICATED THAT THERE ARE DIFFERENCES BETWEEN MEN AND WOMEN.
  - FOR EXAMPLE, WOMEN TEND TO INTEGRATE THE MANAGEMENT OF EMOTIONS AHEAD OF MEN, WHILE MEN TEND TO ACHIEVE AUTONOMY AHEAD OF WOMEN.

# CHICKERING'S SEVEN VECTORS OF STUDENT DEVELOPMENT

- They can happen at any age

- They can happen in any order



- While general, they are indicative of the set of developmental tasks that most freshmen are involved with

# DEVELOPING COMPETENCE

- THIS VECTOR INCLUDES INTELLECTUAL, PHYSICAL AND INTERPERSONAL COMPETENCE.  
ACCORDING TO BLIMLING:

THE STUDENT WHO ATTENDS COLLEGE SEEKING ONLY CREDENTIALS FOR ENTRY INTO THE WORK WORLD IS SOMETIMES SURPRISED TO FIND THAT HIS OR HER INTELLECTUAL INTERESTS AND VALUED FRIENDSHIPS CHANGE AS A RESULT OF HIS OR HER PERSONAL DEVELOPMENT THROUGH THE COLLEGE YEARS. (P.135)

“One of the most dynamic periods of psychological growth occurs during the college years. In this period, young adults begin to integrate their identity, enhance their intellectual development, and internalize a personal set of beliefs and values”(Blimling, 2010, p. 137).

# AS A PARENT, WHAT CAN YOU DO TO HELP YOUR CHILD DEVELOP HIS OR HER COMPETENCE?

## DO:

- BELIEVE IN YOUR CHILD'S COMPETENCE AND HAVE HIGH EXPECTATIONS FOR HIM OR HER
- PROVIDE THE RESOURCES THAT YOUR CHILD NEEDS TO FEEL CONNECTED TO OTHERS, AND
- FACILITATE A SENSE OF AUTONOMY BY SUPPORTING YOUR CHILD'S PROBLEM-SOLVING ENDEAVORS

## TRY NOT TO:

- TALK TO, TEXT OR TWEET YOUR CHILD ON A DAILY BASIS
- INTERVENE WHEN YOUR CHILD IS HAVING TROUBLE ADJUSTING TO THE DEMANDS OF COLLEGE LIFE
- BE THAT HELICOPTER PARENT; THIS MAY CAUSE THE STUDENT MORE STRESS
- CORRECT YOUR CHILD'S WORK/PAPERS

# MANAGING EMOTIONS

- “MOVING FROM ADOLESCENCE TO ADULTHOOD MEANS LEARNING HOW TO MANAGE EMOTIONS LIKE ANGER AND SEXUAL DESIRE.
- THE YOUNG PERSON WHO ATTEMPTS TO CONTROL THESE EMOTIONS BY “STUFFING” THEM FINDS THEY CAN EMERGE WITH MORE FORCE AT A LATER TIME.”

[HTTP://WWW.CLARKU.EDU/UNDERGRADUATE/PARENTS/CHICKERING.HTM](http://www.clarku.edu/undergraduate/parents/chickering.htm)



# AS A PARENT, WHAT CAN YOU DO TO HELP YOUR CHILD MANAGE EMOTIONS?

- DIRECT YOUR CHILD TO APPROPRIATE CAMPUS RESOURCES. SOMETIMES IN SPITE OF YOUR BEST EFFORTS, A CHILD HAS DIFFICULTY IN COLLEGE—EITHER ACADEMIC OR PERSONAL.
- ALERT YOUR CHILD TO THE MANY COLLEGE SERVICES AVAILABLE FREE OF CHARGE. THE WRITING CENTER, THE COUNSELING CENTER, THE HEALTH SERVICE, THE INTERNATIONAL STUDENT CENTER, THE ACADEMIC SUPPORT CENTER, THE CENTER FOR STUDENTS WITH DISABILITIES.
- IF YOUR CHILD IS IN TROUBLE, **CONSULT THE COLLEGE WEBSITE** OR CATALOGUE FOR A COMPLETE LISTING OF THE COLLEGE RESOURCES.
  - **THEN ENCOURAGE YOUR STUDENT TO GO.**

[HTTPS://WWW.ANYCOLLEGE.COM/RESOURCECENTER/10-TIPS-FOR-PARENTS-OF-COLLEGEBOUND-CHILDREN](https://www.anycollege.com/resourcecenter/10-tips-for-parents-of-collegebound-children)

# DEVELOPING AUTONOMY

- BEING ABLE TO TAKE CARE OF ONESELF, BOTH EMOTIONALLY AND PRACTICALLY, IS CRITICALLY IMPORTANT TO GROWING UP AND BECOMING INDEPENDENT FROM ONE'S FAMILY.

“OUR CHILDREN ARE UNIQUE INDIVIDUALS WITH THEIR OWN CHARACTER, TEMPERAMENT, FEELINGS, TASTES, AND DREAMS. ENCOURAGING AUTONOMY LEADS TO SELF-DETERMINATION AND INDEPENDENCE.”

[HTTP://RIDVANFOXHALL.COM/AUTONOMY/#STHASH.DXZAEIHT.DPUF](http://RIDVANFOXHALL.COM/AUTONOMY/#STHASH.DXZAEIHT.DPUF)



# AS A PARENT, WHAT CAN YOU DO TO HELP YOUR CHILD DEVELOP AUTONOMY?

1. ALLOW YOUR CHILD TO MAKE HIS OR HER OWN CHOICES
2. RESPECT THE STRUGGLE. GIVE THEM TIME TO WORK THROUGH THE PROCESS
3. DO NOT BE TOO QUICK TO JUMP IN WITH SOLUTIONS. ENCOURAGE THEM TO ANSWER THEIR OWN QUESTIONS AND INITIATE PROBLEM SOLVING ON THEIR OWN
4. LET THEM DO FOR THEMSELVES. DON'T DO FOR THEM THE THINGS THEY CAN DO FOR THEMSELVES
5. DO NOT TAKE AWAY HOPE. IF YOUR CHILD IS DETERMINED TO TRY SOMETHING YOU'RE NOT QUITE SURE THEY CAN DO, LET THEM WORK THROUGH THE PROCESS AND PROVIDE ENCOURAGEMENT
6. LET YOUR CHILD SPEAK FOR HIM OR HER SELF. THIS SHOWS THAT YOU RESPECT WHO THEY ARE

# ESTABLISHING IDENTITY

THE AGE-OLD QUESTION — **WHO AM I?** — IS ASKED AND ANSWERED MANY TIMES DURING A LIFETIME. YET, THAT QUESTION BECOMES MORE URGENT DURING THE COLLEGE YEARS.

THIS VECTOR IS ESPECIALLY PROBLEMATIC FOR WOMEN AND ETHNIC MINORITIES WHO MAY FEEL INVISIBLE IN OUR SOCIETY OR HAVE MULTIPLE ROLES TO PLAY IN DIFFERENT SITUATIONS.

MOST PEOPLE WANDER THROUGH LIFE WITHOUT EVER MAKING A CONSCIOUS DECISION ABOUT WHO THEY REALLY WANT TO BE AND HOW THEY WANT TO BE PERCEIVED.

ONE MAY CATCH BRIEF WISHES AND IDLE DESIRES, BUT FOR THE MOST PART WE ALL JUST FLOAT ALONG UNAWARE THAT OUR IDENTITIES ARE AT LARGE BEING MOLDED BY OUTSIDE FORCES (EXTERNAL FACTORS) RATHER THAN OUR OWN INNER FORCES.

<http://jollyguru.com/choosing-your-identity/>

# AS A PARENT, WHAT CAN YOU DO TO HELP YOUR CHILD ESTABLISH IDENTITY?

- HELP YOUR CHILD RECOGNIZE HIS OR HER PASSION.
- THE SINGLE MOST IMPORTANT THING IN COLLEGE IS THAT YOUR STUDENT DEVELOP A TRUE INTEREST THAT HE OR SHE CAN ENJOY THROUGHOUT LIFE.
- LET YOUR CHILD GROW INTO HIS OR HER PASSION. DO NOT PRESSURE HIM OR HER TO MAJOR TOO EARLY OR TO PICK A FIELD SOLELY FOR ITS JOB PROSPECTS.
- ENCOURAGE YOUR CHILD TO BE ASSERTIVE WHEN DEVELOPING HIS OR HER PASSION

# DEVELOPING INTERPERSONAL RELATIONSHIPS

- EXPECT YOUR CHILD TO MOVE FROM VALUING RELATIONSHIPS BASED ON NEED (DEPENDENCE) TO VALUING DIFFERENCES AND DIVERSITY AMONG PEOPLE
- INTERPERSONAL SKILLS ARE THE LIFE SKILLS WE USE EVERY DAY TO COMMUNICATE AND INTERACT WITH OTHER PEOPLE, BOTH INDIVIDUALLY AND IN GROUPS
- ENCOURAGE YOUR CHILD TO UNDERSTAND HIS OR HER INTERPERSONAL SKILL LEVEL BY TAKING THE FREE INTERPERSONAL SKILLS ASSESSMENT AT [HTTP://WWW.SKILLSYOUNEED.COM/LS/INDEX.PHP/343479/](http://www.skillsyouneed.com/ls/index.php/343479/)

# DEVELOPING PURPOSE

- PURPOSE PROVIDES MOTIVATION AND DIRECTION ON A DAILY BASIS AND IN OUR MEDIUM TO LONG TERM LIFE JOURNEYS
- YOUR PURPOSE IS LARGELY BASED ON YOUR VIEW OF THE WORLD, THE MEANING YOU TAKE FROM IT AND HOW YOU CHOOSE TO INTERACT WITH IT
- “YOUNG ADULthood, INCLUDING THE TRADITIONAL COLLEGE YEARS, IS A CRITICAL TIME IN THE MEANING-MAKING PROCESS. NEW MODES OF THINKING ACCOMPANY THE INDEPENDENCE AND AUTONOMY THAT YOUNG ADULTS BEGIN TO EXPERIENCE” (PARKS, 2000)



# AS A PARENT, WHAT CAN YOU DO TO HELP YOUR CHILD DEVELOP PURPOSE?

- **THE YOUNG PERSON IDENTIFIES HER OR HIS CAREER AND LIFE GOALS AND, HOPEFULLY, MAKES APPROPRIATE CHOICES TO ACHIEVE THOSE GOALS.**
  - PARENTS CAN HELP FACILITATE THIS DEVELOPMENTAL GROWTH BY
    - LISTENING TO WHAT MATTERS TO THE STUDENT
    - RESPECTING THE DEVELOPING STUDENTS OPINIONS AND DECISIONS
  - UNDERSTAND THE GENERATIONAL DIFFERENCES BETWEEN YOUR “THEN” AND THE STUDENT’S “NOW.” THE QUARTER-LIFE GENERATION (AGES 17 – 30) IS A HIGHLY TRANSITIONAL TIME WHERE MANY ARE LOOKING FOR THEIR PERSONAL PURPOSE
  - ENCOURAGE STUDENTS TO COMMIT TO THEIR GOALS, BE CONSIDERATE FLEXIBLE AND MATURE AND TO REMEMBER THE STANDARDS YOU TAUGHT THEM



# ESTABLISHING INTEGRITY

**INTEGRITY** IS THE QUALITY OF BEING HONEST AND HAVING STRONG MORAL PRINCIPLES; MORAL UPRIGHTNESS. IT IS GENERALLY A **PERSONAL** CHOICE TO UPHOLD ONESELF TO CONSISTENTLY MORAL AND ETHICAL STANDARDS. IN ETHICS, **INTEGRITY** IS REGARDED BY MANY PEOPLE AS THE HONESTY AND TRUTHFULNESS OR ACCURACY OF ONE'S ACTIONS

[HTTPS://EN.WIKIPEDIA.ORG/WIKI/INTEGRITY](https://en.wikipedia.org/wiki/integrity)

THIS LEVEL OF MATURITY DOES NOT COME EASILY. ONCE ACHIEVED, HOWEVER, THE YOUNG ADULT IS ABLE TO LIVE WITH THOSE UNCERTAINTIES THAT EXIST IN THE ADULT WORLD. IN ADDITION, HE OR SHE ADAPTS SOCIETY'S RULES SO THEY BECOME PERSONALLY MEANINGFUL.

# WHAT SHOULD PARENTS DO NOW?

- **YOU HAVE DONE A GREAT JOB RAISING YOUR CHILDREN – NOW YOU MUST TRUST IN THAT. LET GO AND ENCOURAGE YOUR STUDENT TO GROW. NOW, YOU SHOULD BE:**
  - UNDERSTANDING (THEY MIGHT NOT HAVE TIME TO COME HOME THIS WEEKEND)
  - CONSIDERATE (DON'T OVER BURDEN THEM WITH HOME ISSUES)
  - AWARE THAT THEY ARE EXCITED AND AFRAID AT THE SAME TIME (GIVE THEM ROOM FOR BOTH)
  - SUPPORTIVE BUT NOT ENABLING (A DELICATE BALANCE)
  - PREPARED TO ACCEPT YOUR CHILD'S SET-BACKS AND MISTAKES (SHOW YOUR SUPPORT)
  - READY TO DEAL WITH YOUR OWN SEPARATION ANXIETY BY PURSUING HOBBIES AND INTERESTS TO FILL IN THE NEW FOUND SPARE TIME (DON'T IGNORE YOUR OWN NEEDS)

**BE ENCOURAGING!!**



# SOURCES

- BLIMLING, G. 2010. THE GROWTH AND DEVELOPMENT OF COLLEGE STUDENTS. *THE RESIDENT ASSISTANT*, 7<sup>TH</sup> ED. P. 133-160.
- PARKS, S.D. (2000). *BIG QUESTIONS, WORTHY DREAMS: MENTORING YOUNG ADULTS IN THEIR SEARCH FOR MEANING, PURPOSE, AND FAITH*. SAN FRANCISCO: JOSSEY-BASS.
- ARTHUR CHICKERING'S SEVEN VECTORS OF DEVELOPMENT: YOUR CHANGING STUDENT *CHICKERING, A.W. (1969), EDUCATION AND IDENTITY, SAN FRANCISCO: JOSSEY-BASS*
- [HTTPS://EN.WIKIPEDIA.ORG/WIKI/INTEGRITY](https://en.wikipedia.org/wiki/Integrity)
- [HTTP://WWW.SKILLSYOU NEED.COM/INTERPERSONAL-SKILLS.HTML#IXZZ3D8F9DE5Q](http://www.skillsyouneed.com/interpersonal-skills.html#ixzz3d8f9de5q)
- [HTTP://WWW.SKILLSYOU NEED.COM/LS/INDEX.PHP/343479/](http://www.skillsyouneed.com/ls/index.php/343479/)
- [HTTPS://WWW.ANYCOLLEGE.COM/RESOURCECENTER/10-TIPS-FOR-PARENTS-OF-COLLEGEBOUND-CHILDREN](https://www.anycollege.com/resourcecenter/10-tips-for-parents-of-collegebound-children)
- [HTTP://JOLLYGURU.COM/CHOOSING-YOUR-IDENTITY/](http://jollyguru.com/choosing-your-identity/)
- [HTTP://RIDVANFOXHALL.COM/AUTONOMY/#STHASH.DXZAEIHT.DPUF](http://ridvanfoxhall.com/autonomy/#sthash.DXZAEIHT.DPUF)
- [HTTPS://WWW.ANYCOLLEGE.COM/RESOURCECENTER/10-TIPS-FOR-PARENTS-OF-COLLEGEBOUND-CHILDREN](https://www.anycollege.com/resourcecenter/10-tips-for-parents-of-collegebound-children)
- [HTTP://WWW.CLARKU.EDU/UNDERGRADUATE/PARENTS/CHICKERING.HTM](http://www.clarku.edu/undergraduate/parents/chickering.htm)

# PARENT RESOURCES

- **MY FRESHMAN YEAR**
  - WHAT A PROFESSOR LEARNED BY BECOMING A STUDENT
  - BY REBEKAH NATHAN
- **CHERISHING OUR DAUGHTERS**
  - HOW PARENTS CAN RAISE GIRLS TO BECOME STRONG AND LOVING WOMEN
  - BY EVELYN BASSOFF, PH.D.
- **LETTING GO**
  - A PARENT'S GUIDE TO TODAY'S COLLEGE EXPERIENCE
  - BY KAREN LEVIN COBURN & MADGE LAWRENCE TREEGER
- **COLLEGE OF THE OVERWHELMED**
  - THE CAMPUS MENTAL HEALTH CRISIS AND WHAT TO DO ABOUT IT
  - BY RICHARD KADISON, M.D. & THERESA FOY DIGERONMIO
- **REVIVING OPHELIA**
  - SAVING THE SELVES OF ADOLESCENT GIRLS
  - BY MARY PIPHER, PH.D.

## DON'T TELL ME WHAT TO DO: JUST SEND MONEY

BY HELEN JOHNSON AND CHRISTINE SCHELHAS-MILLER

## WHEN YOUR CHILD GOES TO COLLEGE: A PARENT'S SURVIVAL GUIDE

BY CAROL BARKIN

## EMPTY NEST...FULL HEART: THE JOURNEY FROM HOME TO COLLEGE

BY ANDREA VAN STEENHOUSE

## LET THE JOURNEY BEGIN: A PARENT'S MONTHLY GUIDE TO THE COLLEGE EXPERIENCE

BY JACQUELINE MACKAY & WANDA INGRAM



# WEBSITES

INTERPERSONAL SKILLS ASSESSMENT:

[HTTP://WWW.SKILLSYOUNEED.COM/LS/INDEX.PHP/343479/](http://www.skillsyouneed.com/ls/index.php/343479/)

COLLEGE PARENTS OF AMERICA:

[HTTP://WWW.COLLEGEPARENTS.ORG/CPA/INDEX.HTML](http://www.collegeparents.org/cpa/index.html)

NATIONAL RESOURCE CENTER FOR THE FIRST-YEAR EXPERIENCE AND STUDENTS IN TRANSITION:

[HTTP://WWW.SC.EDU/FYE/INDEX.HTML](http://www.sc.edu/fye/index.html)

ALCOHOL, OTHER DRUGS, AND COLLEGE: A PARENT'S GUIDE:

[HTTP://WWW.HIGHEREDCENTER.ORG/PUBS/PARENTS.HTML](http://www.higheredcenter.org/pubs/parents.html)

COLLEGE TIMES (NY TIMES):

[HTTP://WWW.NYTIMES.COM/COLLEGE/INDEX.HTML](http://www.nytimes.com/college/index.html)

PFLAG (PARENTS, FAMILIES, FRIENDS OF LESBIANS AND GAYS):

[HTTP://WWW.PFLAG.ORG](http://www.pflag.org)

HELICOPTER PARENTING

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LT0UJPGN34](https://www.youtube.com/watch?v=LT0UJPGN34)



# DELAWARE STATE UNIVERSITY: UNIVERSITY COLLEGE WEBSITE

- [HTTP://WWW.DESU.EDU/ACADEMICS/UNIVERSITY-COLLEGE](http://www.desu.edu/academics/university-college)
- THIS PRESENTATION WILL BE LOADED ON THE UNIVERSITY COLLEGE WEBSITE THIS SUMMER.  
PLEASE REFER TO THE PRESENTATION FOR PARENT RESOURCES