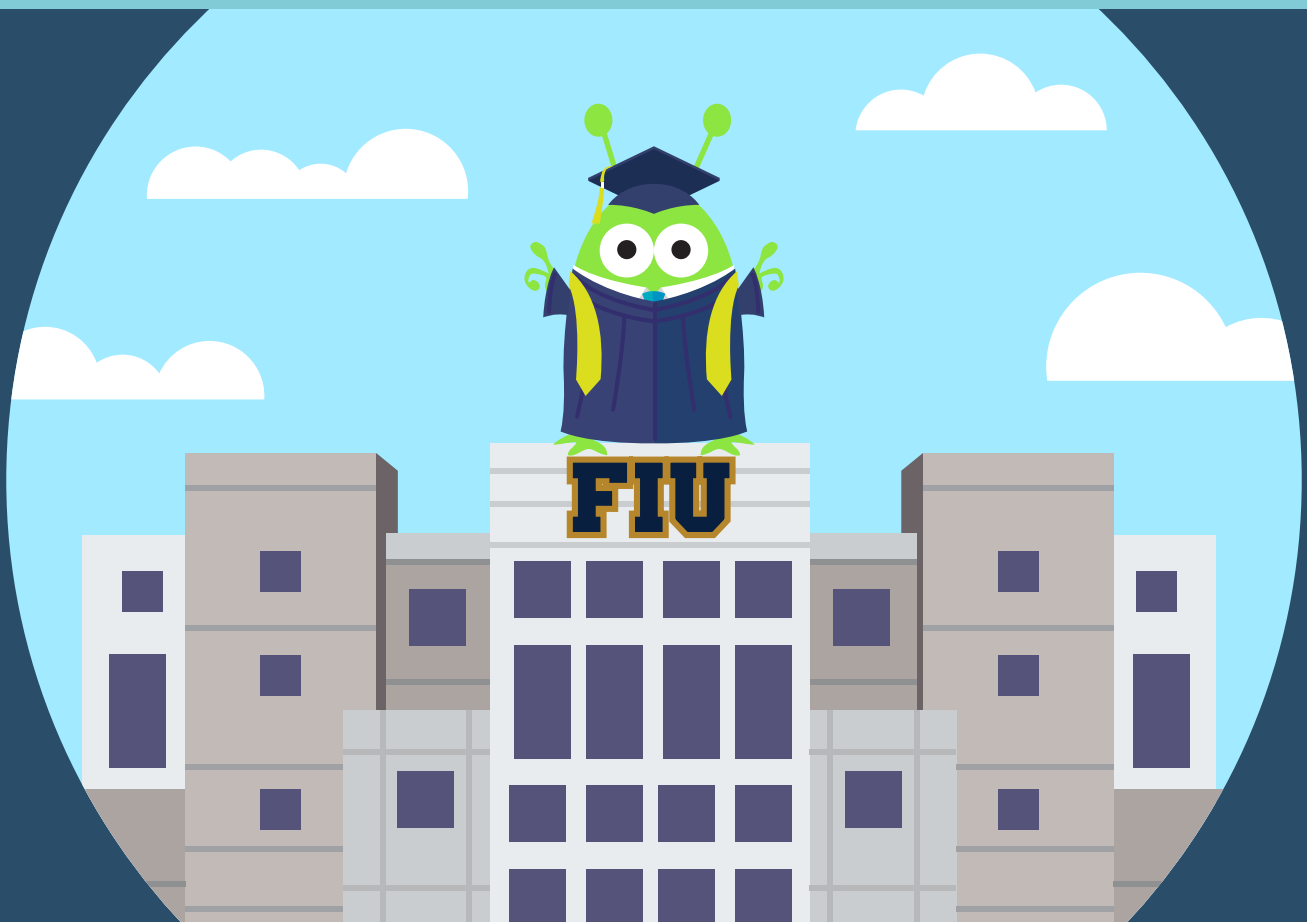


FIRST-YEAR PARENT AND FAMILY -INVOLVEMENT GUIDE-



FLORIDA INTERNATIONAL UNIVERSITY

Counseling and Psychological Services (CAPS)

Division of Student Affairs

Modesto A Maidique Campus

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Biscayne Bay Campus

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WUC 320

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INTRODUCTION

Finding oneself is a difficult enough process without feeling that the people whose opinions you respect most are second-guessing your own second guessing. One of the most important things my mom ever wrote me in my four years at college was this: I love you and want for you all the things that make you the happiest; and I guess you, not I, are the one who knows best what those things are. If you're smart you'll believe it, mean it, and say it now. (A college student)

Welcome to the FIU Family! Over the next year, your child will embark on a remarkable journey – college life. This next step in your child's life is a time full of exciting adventures, challenges, newfound dreams, uncertainties, unfamiliar faces, and new surroundings. Relationships with your child may take on new dimensions; time together may become more precious and you may feel a sense of fulfillment or more time on your hands.

On the other hand, you as a parent may have mixed feelings about the changes that are likely to occur throughout these next few years. There may be a shift in the degree of involvement you have in your child's life. The transition from 'protector' to 'guide' for you as a parent and 'adulthood' for your child is a struggle for many. Whether your child continues to live with you, moves on campus, or moves out on their own in the community, these changes should be acknowledged, discussed, and negotiated.

The common goal of all parents, from any background and culture, is to see their children succeed, be content, and develop into responsible human beings. To continue helping your child reach these personal goals in this process, we have included some helpful hints.



WHAT TO EXPECT?

Expect Change

Normal Part of Transition

- Exposure to new challenges and experiences
- Formalizing their identity
- Questioning and exploration
- Altered sleep patterns
- Feelings of loneliness, frustration, anger, and homesickness

Confusion/Indecision

- Feeling of uncertainty about future goals and aspirations
- Defining themselves clearly in the long run
- Becoming doubtful about what they have learned compared with new information and challenging alternative perspectives
- Adoption of new routines and practices

Approval

- Your acceptance and approval remains extremely important
- Challenges when you do not agree or approve of their choices or opinions
- Give support whenever possible

Mistakes

- Useful to future situations
- Necessary for the development of new skills and techniques
- Important to learn how to handle setbacks or failures and to move forward

Movement toward self-reliance

- Facing additional responsibilities, greater demands, and more choices
- Less structure or guidance
- Balancing a number of choices
- Learning valuable lessons that will carry them through life.
- May be a challenge at the beginning

Formation of their identity

- Beginning to define who they are
- Making major decisions that will impact their future
- Association and belonging to particular groups
- Exploration of different courses and interests
- Questioning and examining previous beliefs

Exploration and Intimacy

- Emerging and exploration of new impactful relationships and networks
- Ending of old relationships
- Some may find their first love
- Develop greater self-awareness, new friendships, and close relationships



New Experiences, Concepts, Philosophies

- Search for self-knowledge "Who am I?"
- Experimenting with new ideas, theories, and experiences
- Exploring a new independence and identity

Apprehension

- New situations, new faces, new expectations
- Uncomfortable and slow adjustment into a new environment

TIPS ON HOW TO HELP YOUR COLLEGE STUDENT BECOME SUCCESSFUL

1) Your role as a parent will change

- Begin recognizing that your child is an adult.
- Don't be a "helicopter parent" – don't swoop in to fix their problems. Offer options instead.
- Give them space to grow.
- Build a system of trust between you and your child.
- Be patient and keep in mind this is their transition into adulthood.

2) Help them become independent problem solvers

- Give them tips and advice on budget-keeping, laundry, and cooking.
- Offer suggestions, choices, and possibilities - not solutions to problems.
- Don't tell them what to do or resolve the issue for them.
- Help them understand difference between high school and college life.



3) Keep the communication lines open

- Have a conversation about drugs, alcohol, sex, and friendships.
- Keep in contact (e-mail, social media, text, and phone) – BUT NOT TOO MUCH!
- Discuss the balance between academics and social life.
- Be open-minded about sensitive topics or feelings they wish to talk about.

4) Inspire them to stay focused on their academics and follow their dreams, not yours

- Encourage them reach out to their professors, academic advisor, teaching assistants, or study partners if they need help with coursework or assignments.
- Visit the University Learning Center and use tutoring services on campus to improve study habits, time management, and writing skills.
- Try to keep the focus on them and their efforts which will lead to success.

5) New relationships and acquaintances

- Seize the opportunity to meet their new friends, advisor, and professors.
- Respond to requests for advice on relationships and dating (e.g. group dating).
- Get involved in family-friendly events (e.g. Family Day in October, sports events, concerts).

6) Apart from academics, the college years are a time of exploration

- Let them find their way and become engaged in college life by participating in extracurricular activities (e.g. Student Government, clubs, interest or community service groups, etc.).
- Encourage them to get involved by getting a job/internship or volunteering to help sharpen team-building and professional skills.
- Work in concert with Career Services to build their resume, do mock interviews, network, and build important relationships crucial to their career paths.

7) Allow them to learn from their failures and mistakes

- Remind them that everyone makes mistakes and they are not alone.
- Share stories of your past experiences with them (e.g. going to college, moving to a new country, new job, first relationship).
- Reassure them that there are on-campus resources that are there to help them during stressful times (e.g. CAPS clinicians, Student Health, Academic Advisor).

8) Be supportive

- Send care packages (e.g. pictures, toiletries, or favorites snacks/drinks).
- Schedule visits ahead of time.
- Encourage, not discourage and/or scold them.
- Try not to overwhelm them with issues from home that can wait until after finals.

9) Relax and enjoy the ride!

- Use the time they are away to focus on some things you enjoy doing.
- Take pride in your child for being able to make it this far.
- Recognize your hard work and effort in this important transition in your child's life.



ELEMENTS OF EFFECTIVE PARENTING

Emphasize their strengths

Focus on what's right; have positive expectations

It's important to remind yourself of what you already know about parenting.

The elements that enhance our relationships with our children still work at this time of transition.

Open feedback

Be constructive in your views

Acceptance

Value their goals, value them as they are, help them feel significant, allow for mistakes.

Maintain a sense of humor

Laughter is a great antidote!

Mutual trust

Show you believe in each other

Mutual commitment

Commit to common goals and freedom to pursue personal goals

Mutual caring and respect

Show you are important to each other

Listening

Listen, listen, listen; you are their sounding board



ON-CAMPUS RESOURCES FOR PARENTS AND FAMILY

Freshman Convocation - August of Freshman Academic Year

Parent + Family Day - October of Every Academic Year

For more information visit:
orientation.fiu.edu/freshman

FIU Sports Games
fiusports.com
recreation.fiu.edu

ONLINE RESOURCES

Parent's Newsletter
Sign up @ orientation.fiu.edu

FIU Online Parent Guide
universityparent.com/florida-international-university



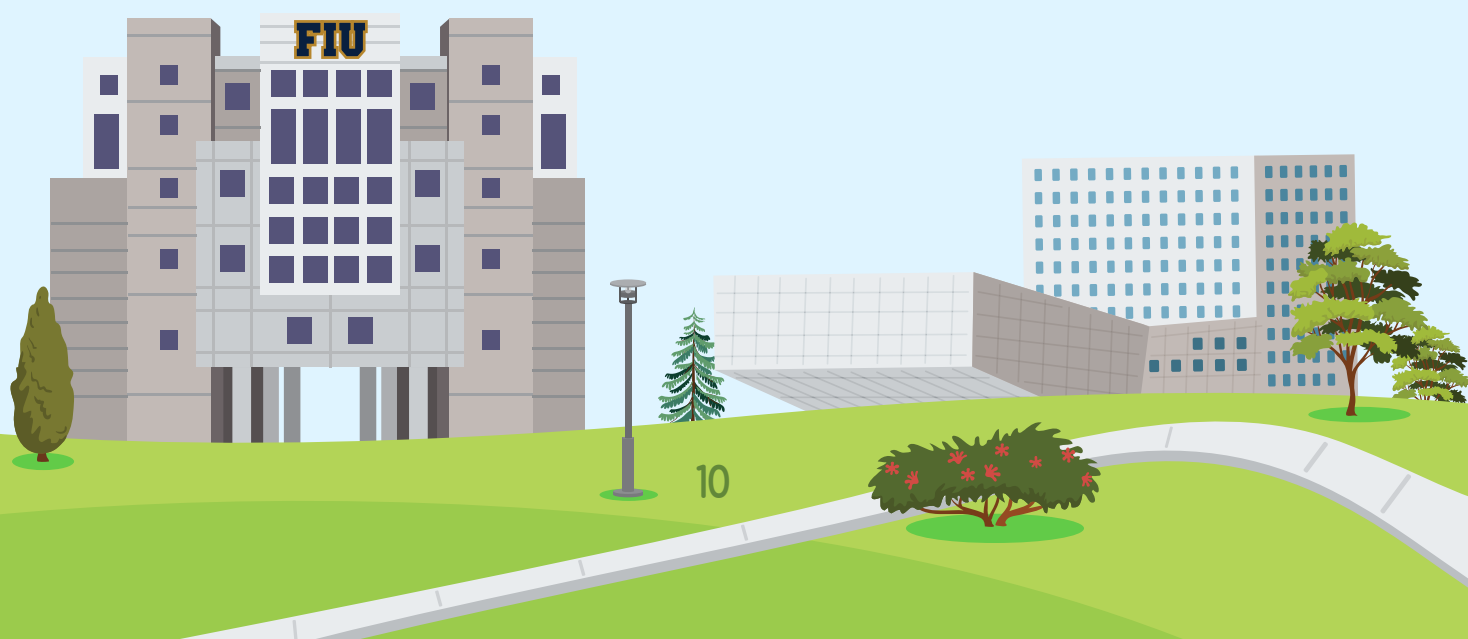
ON-CAMPUS CONTACT INFORMATION

		MMC	BBC
Campus Life	Campuslife.fiu.edu	(305) 348 – 2137	(305) 919 – 5804
Career Services	Career.fiu.edu	(305) 348 – 2423	(305) 919 – 5770
Counseling and Psychological Services	Caps.fiu.edu	(305) 348 – 2277 (CAPS)	(305) 919 – 5305
Disability Resource Center	Drc.fiu.edu	(305) 348 – 3532	(305) 919 – 5435
Financial Aid	Finaid.fiu.edu	(305) 348 – 7272	(305) 919 – 5750
Student Health & Wellness Center	Healthservices.fiu.edu	(305) 348 – 2401	(305) 919 – 5620
Housing & Residential Life	Housing.fiu.edu	(305) 348 – 4190	
International Student Services	Globalaffairs.fiu.edu/iss	(305) 348 – 2421	(305) 919 – 5813
Library	Library.fiu.edu	(305) 348 – 2451	(305) 919 – 5718
Office of Multicultural Programs & Services (MPAS)	Mpas.fiu.edu	(305) 348 – 2436	(305) 919 – 5817
Orientation & Parent Programs	Orientation.fiu.edu	(305) 348 – 6414	(305) 919 – 4032
University Police Department	Police.fiu.edu	(305) 348 – 5911	(305) 919 – 5911
Student Affairs	Studentaffairs.fiu.edu	(305) 348 – 2797	(305) 919 – 5947
Enrollment Services	Onestop.fiu.edu	(305) 348 – 2320	(305) 919 – 5750
Undergraduate Studies	Undergrad.fiu.edu	(305) 348 – 2892	(305) 919 – 5754
Victim Empowerment Program	Vep.fiu.edu	(305) 348 – 2277	
Wellness & Recreation Center	Recreation.fiu.edu (MMC) Bbcrec.fiu.edu (BBC)	(305) 348 – 2951	(305) 919 – 5678
Women's Center	Women.fiu.edu	(305) 348 – 1506	(305) 919 – 5359



FLORIDA INTERNATIONAL UNIVERSITY'S SCHOOL AND COLLEGES

College of Communication, Architecture, & the Arts (CARTA)	carta.fiu.edu	(305) 348 – 7500
College of Arts, Science, & Education (CASE)	case.fiu.edu	(305) 348 – 2864
College of Business	business.fiu.edu	(305) 388 – 2751
College of Engineering & Computing	cec.fiu.edu	(305) 348 – 2522
Nicole Wertheim College of Nursing & Health Sciences	cnhs.fiu.edu	(305) 348 – 7709
Robert Stempel College of Public Health & Social Work	stempel.fiu.edu	(305) 348 – 4903
Chaplin School of Hospitality & Tourism Management	hospitality.fiu.edu	(305) 919 – 4500
Honors College	honors.fiu.edu	(305) 348 – 4100
Military Science	armyrotc.fiu.edu	(305) 348 – 1619
College of Law	law.fiu.edu	(305) 348 – 8006
Herbert Wertheim College of Medicine	medicine.fiu.edu	(305) 348 – 0570
Steven J. Green School of International & Public Affairs	sipa.fiu.edu	(305) 348 – 7266





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Key by Colleges and Schools

College of Architecture + The Arts School of Music Theatre	PCA WPAC WPAC
College of Arts & Sciences School of International and Public Affairs (SIPA) School of Integrated Science and Humanity (SISH) School of Environment, Arts and Society (SEAS)	ECS SIPA AHC4 AHC5, DM, OE
College of Business Undergraduate Graduate	RB CBC

College of Education	ZEB
Honors College	DM
College of Law	RDB
Herbert Wertheim College of Medicine	AHC1,2
Nicole Wertheim College of Nursing & Health Sciences	AHC3
Robert Stempel College of Public Health and Social Work	AHC5

Important Locations

Admissions	PC
Bookstore	GC
Financial Aid	SASC
Recreation Complex	RC
Library	GL
Museum	PPFAM
OneStop Enrollment Services	SASC
Student Center	GC
Veteran and Military Affairs	TWR



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KEY Buildings Sidewalks Roadways Grassy Areas Athletic Fields Water Parking Lots Parking Garages Under Construction

Key by Buildings

ACC	Ambulatory Care Center	LC	Labor Center	SH	Solar House
AHC1	Academic Health Center 1	LVN/LVS	Lakeview Halls	SHC	Student Health Center
AHC2	Academic Health Center 2	MANGO	Management and New Growth	SIPA	Steven J. Green School of International and Public Affairs
AHC3	Academic Health Center 3		Opportunities Building		Tower/Veteran and Military Affairs
AHC4	Academic Health Center 4	MARC	Management and Advanced Research Center	TWR	University Towers
AHC5	Academic Health Center 5		National Hurricane Center	UA	University Apartments
ARE	FIU Arena	NOAA	Owa Ehan	UT	University Towers
AS	Art Studio	OE	Charles E. Perry Bldg. (Primera Casa)	VH	Viertes Haus
ASTRO	Stocker Astroscience Center	PC	Paul L. Cejas School of Architecture	WFC	Wellness & Fitness Center
BBS	Baseball Stadium	PG1	Gold Parking Garage	W01C	Ceramics
BS	Bike Shop	PG2	Blue Parking Garage	W03	Key Control
BT	Building Ten	PG3	Panther Parking Garage	W06	Training Lab
CBC	College of Business Complex	PG4	Red Parking Garage	W09	West 9
CCLC	Children's Creative Learning Center	PG5	PG5 Market Station	W10	Graduate Studios - Visual Arts
CFES	Carlos Finlay Elementary School	PG6	Parking Garage 6	W10A	ROTC - Reserve Officer Training Corps
CP	Chemistry & Physics	PH	Panther Hall	W10C	Trailer
CSC	Campus Support Complex	PVH	Parkview Hall	WC	Wertheim Conservatory
DC	Duplicating Center	PPFAM	Patricia & Phillip Frost Art Museum	WPAC	Herbert and Nicole Wertheim Performing Arts Center
DM	Deuxieme Maison	RB	Ryder Business Building		Women's Softball/Tennis Center
ECS	Engineering & Computer Science	RDB	Rafael Diaz-Balart Hall	WS/TC	Sanford L. Ziff Family Education Building
EH	Everglades Hall	RH	Ronald W. Reagan Presidential House	ZEB	
FIUS	FIU Community Stadium	SASC	Student Athletic Academic Center		
GC	Ernest R. Graham Center		Student Academic Success Center		
GH	Greek Housing				
GL	Steven and Dorothea Green Library				

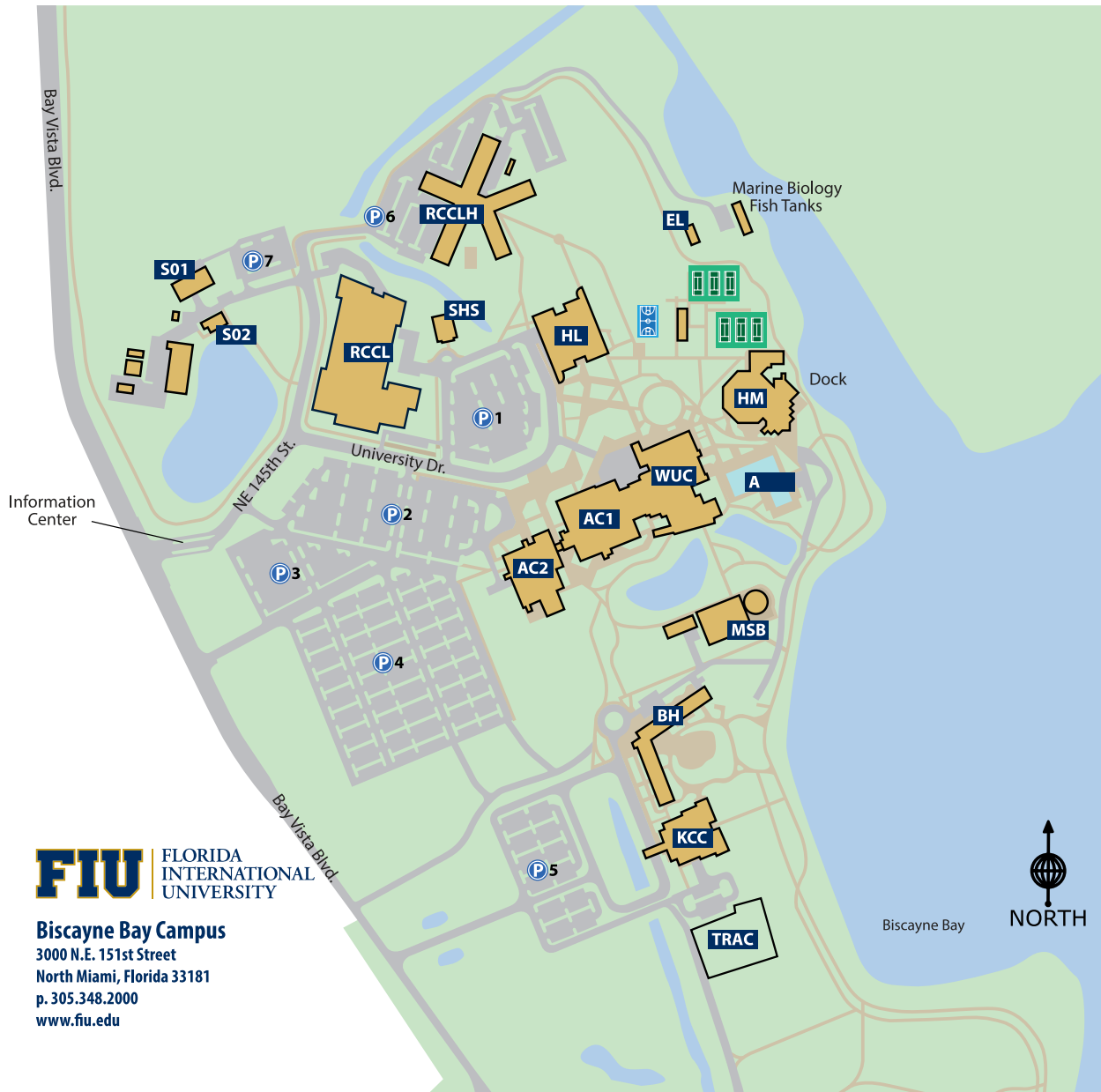
Key by Colleges and Schools

College of Arts, Sciences & Education	
School of Environment, Arts and Society	AC1, MSB
College of Business	AC2
Nicole Wertheim College of Nursing & Health Sciences	
Foreign Physicians Program	AC2

Chaplin School of Hospitality & Tourism Management	HM
MAST@FIU	AC1
School of Communication + Journalism	AC2

Important Locations

One Stop Enrollment Services	AC1
Bookstore	WUC
Library	HL
Student Center	WUC



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KEY Buildings Sidewalks Roadways Grassy Areas Water Parking

Key by Buildings

AC1	Academic One
AC2	Academic Two
AQRC	Aquatic Recreation Center
BH	Bayview Housing
EL	Ecotoxicology and Risk Assessment Lab
HL	Glenn Hubert Library

HM	Chaplin School of Hospitality & Tourism Management
KCC	Roz & Cal Kovens Conference Center
MSB	Marine Science Building
RCCL	Royal Caribbean Cruise Line Training Center

RCCLH	Royal Caribbean Cruise Line Housing
S01	Central Receiving
S02	University Police
SHS	Student Health Services
TRAC	Team Ropes Adventure Challenge
WUC	Wolfe University Center