



Straight

Talk

**in the college years
for BSC parents**

YOUR PARENT AND FAMILY CONNECTION

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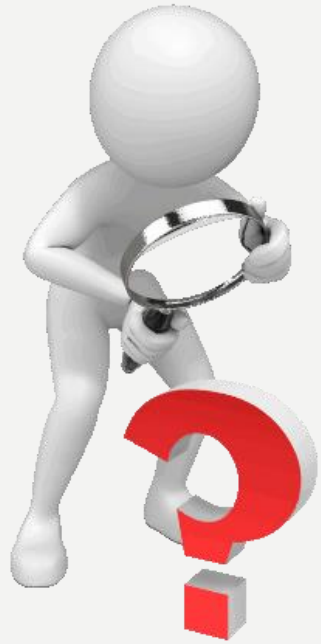
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“When I was a boy of 14, my father was so ignorant. I could hardly stand to have the old man around. But when I got to 21, I was astonished at how much he had learned in 7 years.”

Mark Twain





WHO ARE OUR PARENTS AND STUDENTS?



TODAY'S COMPLEX COLLEGE STUDENT

Instant gratification

Constant connectivity

**Unsure of how to balance
academics, work, social lives, and
involvement**

Not sure of what their needs are



TODAY'S PARENTS

Very involved

Desire to protect

Tendency to intercede

**WHAT CAN
PARENTS EXPECT
THE FIRST
YEAR?**





EXPECT CHANGE

Change is inevitable.

Change can and will be good!

Transitions are about to begin!

WHEN I GROW UP

what do you want to be when you grow up?



EXPECT CHALLENGES

Top challenges of last year's freshmen:

Time management

Learning to be independent

Roommate conflicts

Scheduling classes for the Eterm/Spring

Balance and adjustments



EXPECT SUCCESS

Top successes of last year's freshmen:

Joined student organizations

Used tutoring

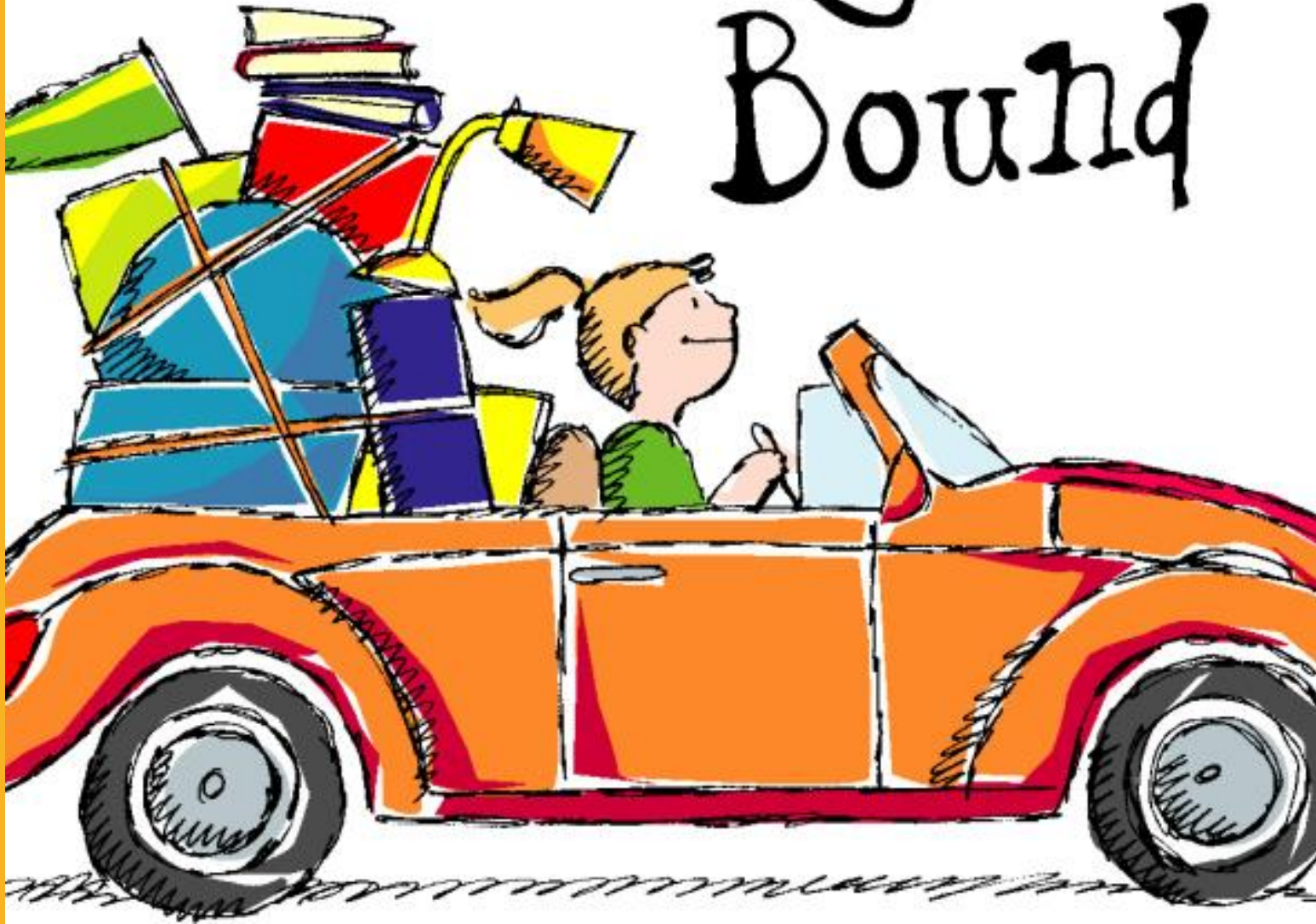
Great GPA

Made new friends/positive
peer relationships

Became more independent

Learned balance

College Bound



EXPECT YOUR LIVES WILL CHANGE

Younger siblings may be happy/sad to see the older sibling leave home.

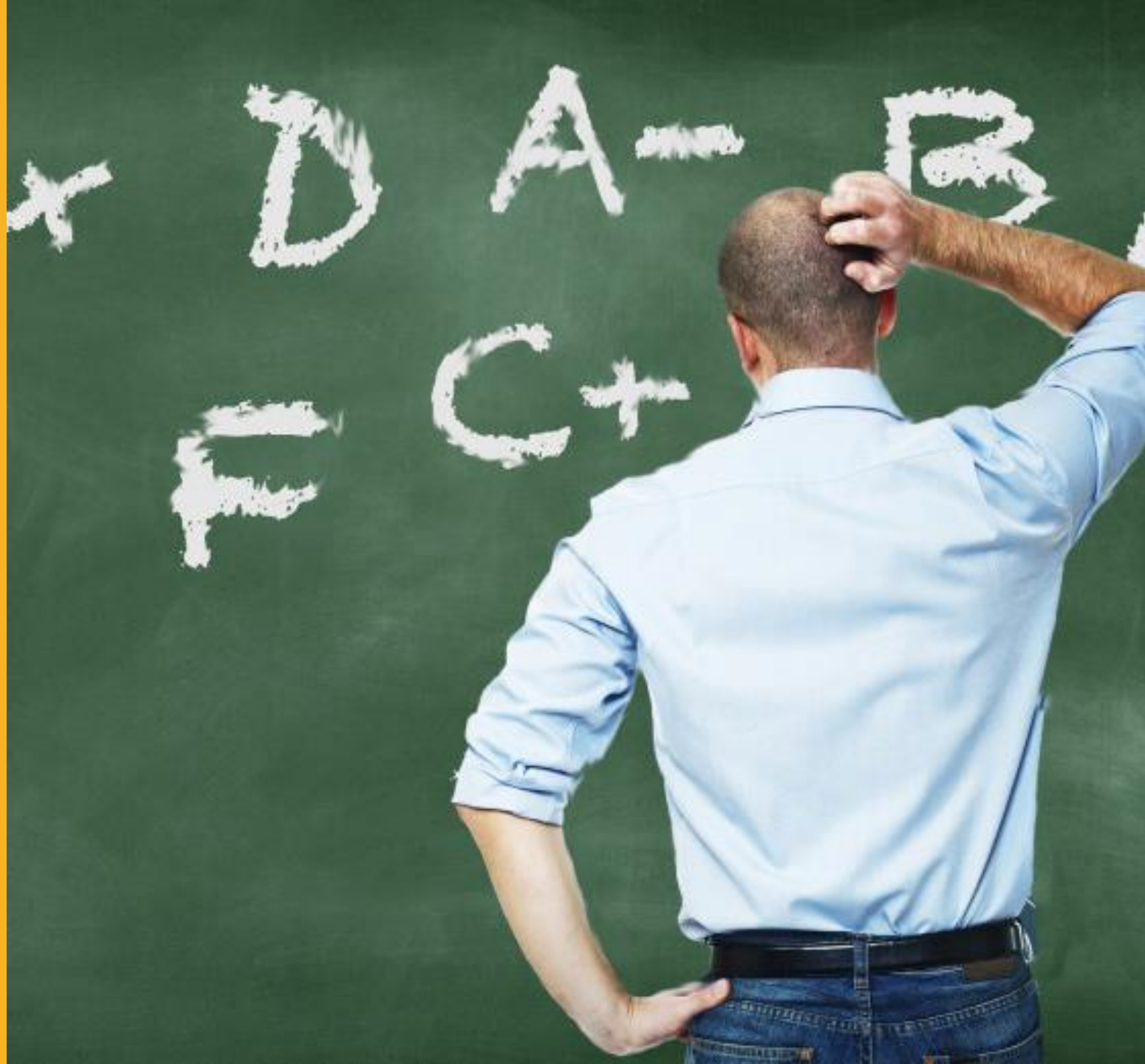
If the college-bound student is your youngest, you will begin to reestablish a one-on-one relationship with your significant other after years of parenting.



EXPECT THAT YOUR STUDENT WILL NEED A SAFE HAVEN

Don't change your child's room. Their room is their "home base".

Freshmen can go through some difficult times during the first year.



DON'T EXPECT THE SAME GRADES IN COLLEGE AS IN HIGH SCHOOL

Expect early GPAs to be lower and later ones higher.

It takes at least a semester to get into a groove with college academics.

Ask your student about what is happening in their courses instead of focusing on the grade.



**COLLEGE
FRESHMAN**

DON'T EXPECT COLLEGE STUDENTS OVERNIGHT

It takes time to:

learn how to study,

eat,

do laundry,

handle money

etc. . .

patience.

EXPECT TO BE PATIENT!

It takes time for students to figure it all out.

Freshman year is filled with taking exams, writing papers, giving reports, messing up, doing well, fending off the freshmen 15, eating uncountable pizzas, and attending a variety of events.



YOU WON'T BE ABLE TO WAIT FOR THEM TO COME HOME – OR LEAVE

Your student will come home with a whole new set of habits, particularly when it comes to food and sleep.

PREDICTABLE CHALLENGES IN THE FIRST YEAR. . .



FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



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THE BUFFALO NEWS

FIRST DAY OF CLASSES

Give your student some space!

CHALLENGES IN THE FALL SEMESTER

SEPTEMBER

Trouble managing time

- papers and projects aren't due until October
- may lead to procrastination

Dependence on high school friends

- texting and social media makes it easy to stay in touch with high school friends
- can sometimes hinder students from making new friends



CHALLENGES IN THE FALL SEMESTER

OCTOBER

Stressed Out About Tests And Midterms

- some students fall behind because of lack of time management

Get First College Grades On Papers And Projects

- learning what professors expect
- may not get same grades as high school

Students Who Join Too Many Organizations

- may have trouble balancing the demands with coursework

Learning to Navigate a College Library

- work on research papers

Learning to Manage Their Own Money

- pressures to spend money on pizza, movies, clothes, etc.

CHALLENGES IN THE FALL SEMESTER



NOVEMBER

Chance of Getting Sick

- cold and flu season begins

Registering for Spring Classes

- seeing their advisors
- setting schedule
- registering for their first the first time on their own

CHALLENGES IN THE FALL SEMESTER

DECEMBER

- Trouble Managing Time
- Lack of Sleep and Proper Nutrition
- Financial Concerns for Spring Semester
- Change of Major thoughts
- Home for the Holidays

CHALLENGES IN THE SPRING SEMESTER

JANUARY

- parental reactions to grades (good or bad)
- some students think about study abroad

FEBRUARY

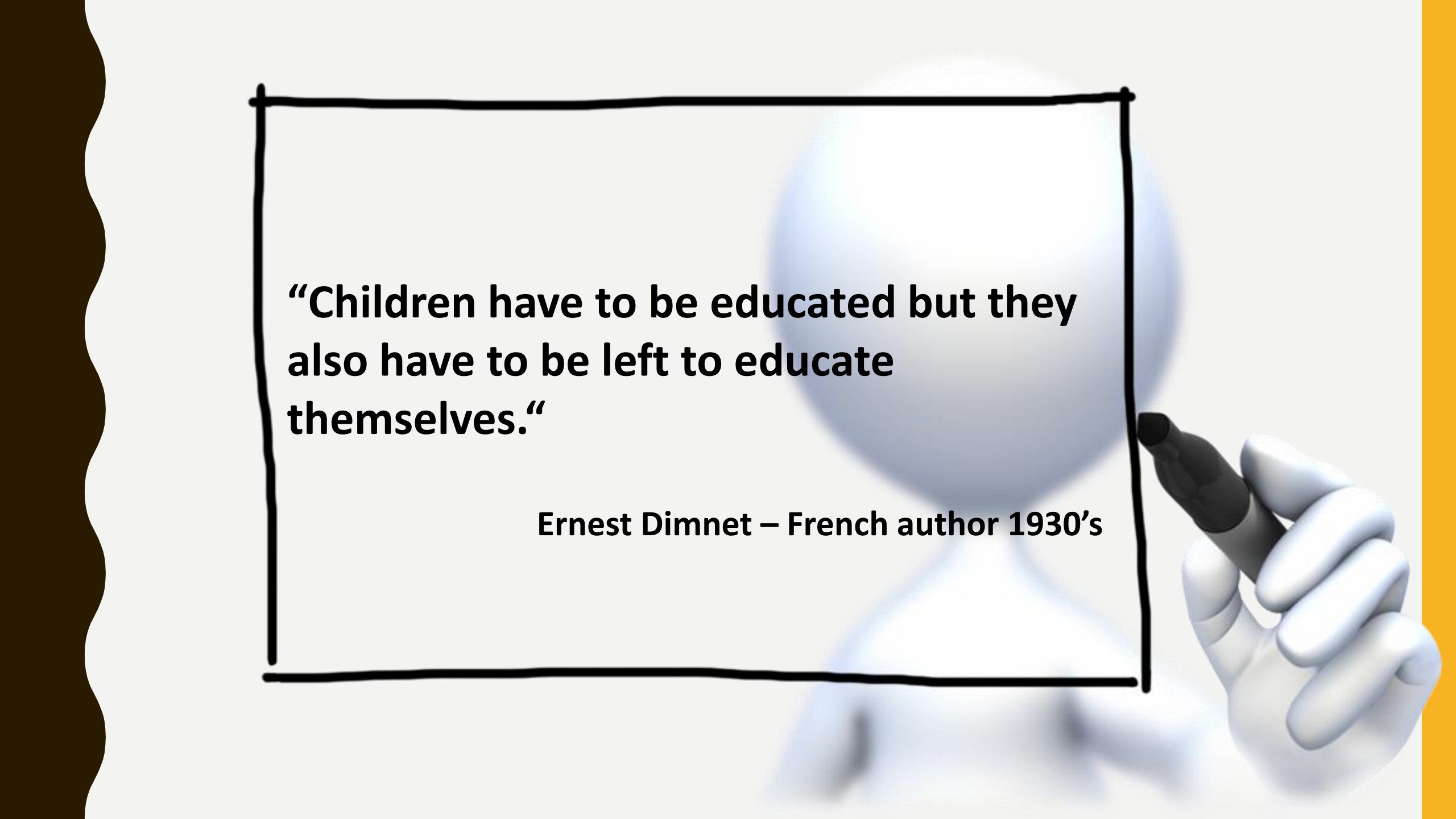
- cabin fever
- planning for spring break
- student organizations demanding time

MARCH

- midterms
- registering for summer/fall terms
- declaring a major
- financial aid documents due

APRIL / MAY

- spring fever
- finals
- moving out of residence halls
- moving home



“Children have to be educated but they also have to be left to educate themselves.”

Ernest Dimnet – French author 1930’s

WHAT CAN PARENTS DO TO HELP?



WHEN A PROBLEM ARISES, MOVE LIKE YOUR FEET ARE STUCK IN MOLASSES



- The temptation is to intervene when a student calls with a problem.
- There are resources to help students cope.
- Express support; give your student time to solve their own problems. It will ultimately benefit them.

HAVE YOUR STUDENT CHECK THEIR BSC EMAIL!



- **ALL** important information is sent via email from the college and instructors!
- Students check their email through the **BSC** website.
- **IMPORTANT** – scam emails!!!!!!!

SEND CARE PACKAGES

- Students love mail and stuff they can share with new friends.
- Send holiday decorations, popcorn, cookies, something from their room.
- Make sure to send something special during finals!



DON'T FORGET TO VISIT!



Family Weekend

SAVE THE DATE:

HOMECOMING/FAMILY WEEKEND 2022

OCTOBER 14 AND 15, 2022

LET YOUR STUDENT HANDLE PROBLEMS ON THEIR OWN UNLESS . . .

- You hear “that voice”
- The voice that is different from ordinary complaining, the voice that means the student is in trouble.
- Call the College. Don’t just come running.
- Start with the Student Development Office.
- No matter who is called, all the relevant people will be notified and help will be set into motion.

SERIOUSLY . . .

PROBLEMS

- Stay out of administrative issues unless your student is in genuine psychological difficulty.
- Encourage the use of College resources

AWARENESS IS THE KEY

- Set guidelines for staying in touch. What is comfortable with student and parent
- Pay attention to signs if your student is in trouble
- Make a date to see your student

**WE COMMUNICATE
WITH PARENTS ALL
YEAR LONG!**



COMMUNICATING IMPORTANT TOPICS



FALL TOPICS

- Family Weekend
- Being a college parent
- Money matters
- Safety on campus
- Getting involved
- Registering for spring
- Tutoring
- Study Abroad
- Roommates and homesickness



Spring Topics

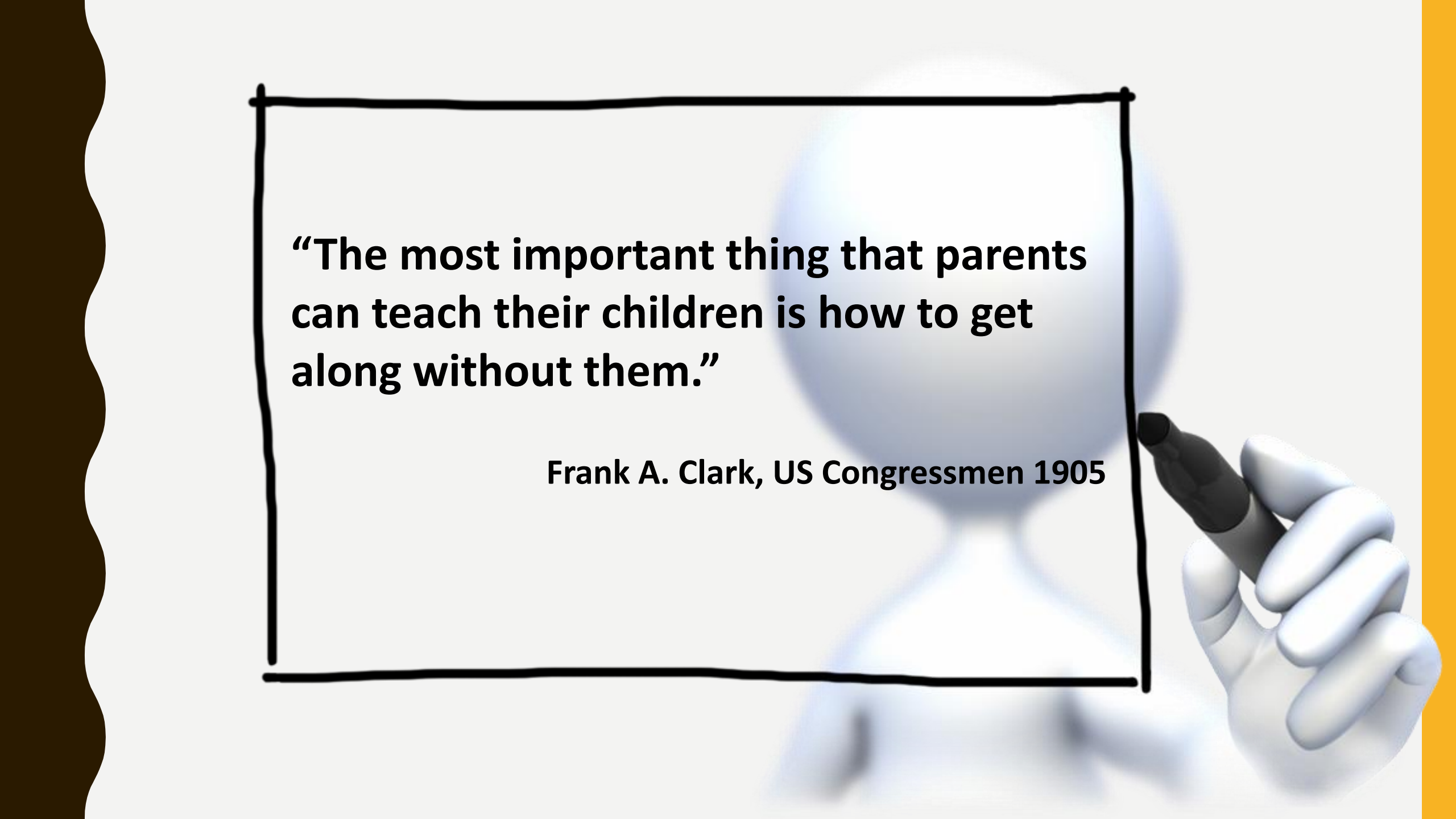
- Finding the right major
- Summer part time jobs
- Internships
- Doing well on finals
- Becoming a sophomore

PARENT COMMUNICATION

MONDAY MORNING

News for the Birmingham-Southern College Community

Parents will receive the Monday Morning Newsletter that will include all things happening at BSC.



**“The most important thing that parents
can teach their children is how to get
along without them.”**

Frank A. Clark, US Congressmen 1905

**Stay Connected
with what is
happening at
BSC!**



**FOLLOW
US**

FOR STUDENT DEVELOPMENT
EVENTS & UPDATES

@bscengage

The sign features a large black Instagram camera icon on a yellow background. At the top, there are three small photos of students: one group of three people, one of two people at a table, and one of a group of people in a hallway. At the bottom right, there is another small photo of a group of people posing for a picture. The sign is held by a white hand on the right side.

Life Skills

- washing clothes
- healthy eating
- getting enough sleep
- not ignoring signs of illness
- budgeting money

Relationships in the Family

- discuss your family's changing relationships

Expectations and Goals

- academic
- financial
- time management
- involvement on campus

BEFORE SCHOOL STARTS . . .

Have these **conversations** with your student before they leave for college.

ABOVE ALL ELSE REMEMBER...





MAINTAIN PERSPECTIVE

Listen more, intervene less,
be supportive.

Encourage the use of
campus resources.

Allow students to make
mistakes.



RESIST THE URGE TO FIX IT FOR THEM

Ask them “What are you going to do about that?”

Be your student’s coach.

“The greatest gifts you can give your children are the roots of responsibility and the wings of independence.”

**Denis Waitley
– author and motivational speaker**



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Have a **great**
day!



ADVICE FOR PARENTS AND FAMILIES

From BSC students



Ryan Brown-Ezell Chattanooga, TN

Let your child know that it is okay to be anxious about new experiences and it is okay to feel the way they feel. Adjustment is difficult but give it time and get involved. Know that your child may struggle a little to become comfortable (which is common in things that help you grow) but encourage them to stick with it and get support if needed.



Dorothy Alexander Vestavia Hills, AL

Encourage your child to stay on campus as long as possible before going home for the first time, especially that first month. BSC has so much to offer that makes first year students feel welcome. Ultimately your student may feel less included by missing activities.



Matt Reid

Moundville, AL

Maintain contact with your child but don't overcrowd them. An important part of the college experience is developing independence and learning how to provide for themselves. So give them the space they need to do so. It's ok to miss and worry about them, but it's crucial that they have the opportunity to branch out and develop their circle of friends.



Cassady Quintana

Orlando, FL

Encourage them to become immersed in many different things. Get involved in things they normally wouldn't. You never know what club / organization could be the perfect place for them.



Tanna Darty Birmingham, AL

Be supportive if your child fails. Whether that be on a test/assignment or if they aren't selected for a position they wanted, be proud of them for trying & encourage them because BSC is the perfect place to grow from failures.





MK Beshears Franklin, TN

Encourage your students to take the classes they are most interested. This will truly allow them to find what they are most passionate about. Support them in trying new things and gaining new experiences- this is what often helps us grow the most.

Mclean Boone Jackson, MS

Encourage them if they apply for a leadership position and don't get it! Maybe it wasn't the right timing or maybe another opportunity will come along- let them know it's okay to try. Even if failure or not getting a position is an option. It helps grow confidence going into job interviews or grad school interviews!



Lauren Craig Chattanooga, TN

BSC offers a lot of resources for their students so to encourage them to go to their advisor, professor, or even just a fellow student when they need help. The more I reached out to other people on campus, the more I felt connected to BSC. It's a great place to ask for help.



Izzy Lambert Boaz, AL

Encourage and support them when deciding on a major or career! So many things happen and change during freshman year, so it's important for your child to know they are supported no matter what! Obviously, they will still need your advice and guidance, but let them know it's their decision and you're there if they need you!



Grace Glasgow Florence, AL

While it's completely normal to get homesick, understand if your child doesn't miss home as much as you miss them. They're in an exciting period of adjustment, and they need the freedom to experience their freshman year and make their own decisions!





Isabella Alday

Daphne, AL

Try and be supportive of new ideas and habits (of course excluding negative ones). They're trying to figure out who they are and jokes like "College has really changed" you can get misinterpreted. You don't want them to feel like home is no longer a safe space to figure things out.



Collin Cortinas

Fairhope, AL

Help and be supportive of your child in the idea of college being a time of serious growth and change as they become an adult. New ideas and ways of thinking will be discovered, the way that your child views things and interacts with people will change, and as they shift from a child mindset to an adult mindset, they will need love, guidance, and most importantly, understanding from you.



Emily Sills

Anniston, AL

Keep in mind that everyone's college experience is different, and encourage your student to not only make their own college experience but to embrace it.

Lena Cole Spier Fairhope, AL

Support your child in taking courses in all different realms. This will allow them to discover what really interests them. Also, encourage your child to get involved. They will find a community and create long term connections.



Molly Grace Quinn Dora, AL

Communicate that you are always there for your student. You know there will be weeks like finals where they're too stressed out to talk and some weeks like in the beginning of the year where they may call you every day. You're both going through a season of change! There's going to be bumps and frustrations but keep that line of communication as open as possible.





Thornton Muncher Sumiton, AL

While we know that you love your children and want them to have high GPAs, it is no longer your responsibility to email professors if your child doesn't make an A on an exam or paper. Students at BSC typically have great relationships with their professors, so it's important that this conversation occurs between them. Additionally, allowing your child to begin engaging in these difficult conversations develops communication skills that are necessary for their future occupation.