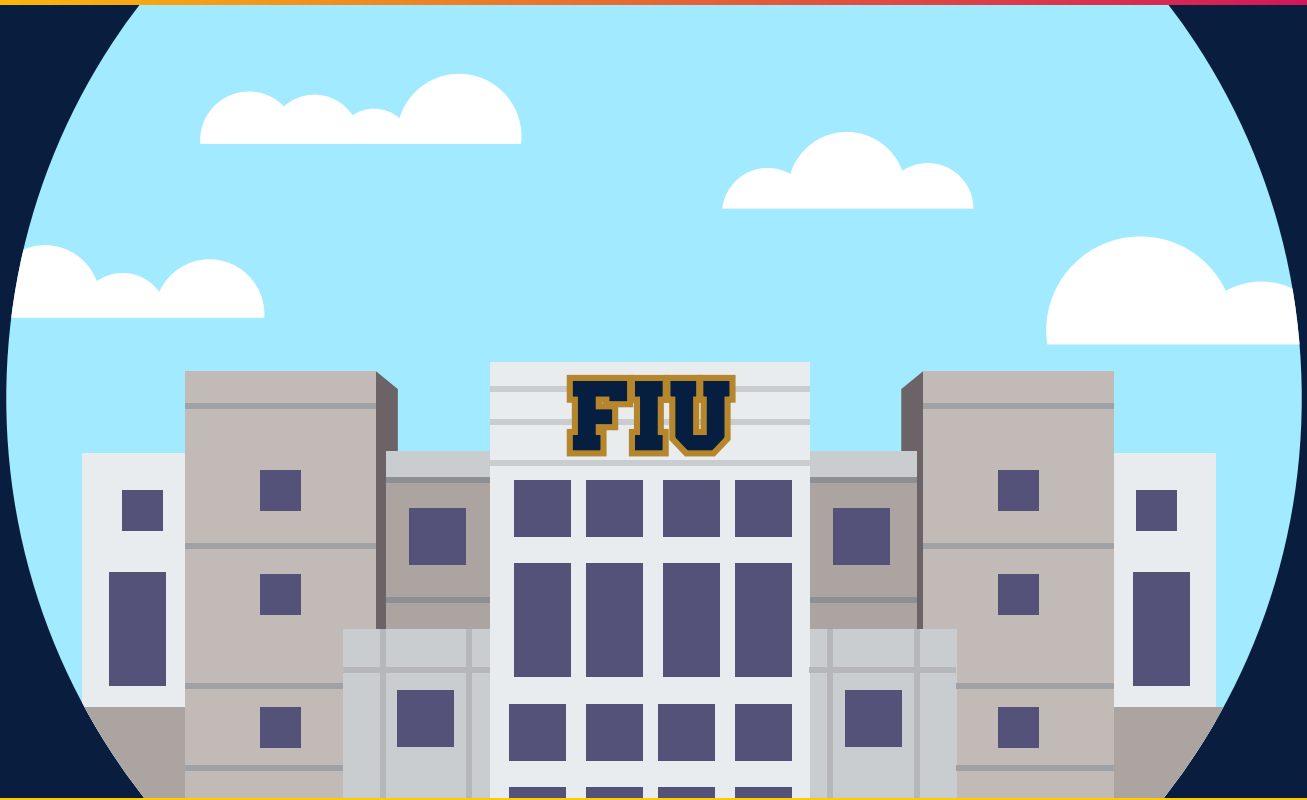


# FIRST-YEAR PARENT AND FAMILY -INVOLVEMENT GUIDE-



## **Florida International University**

Counseling and Psychological Services (CAPS)

Division of Academic & Student Affairs

### **Modesto A. Maidique Campus**

(305) 348-2277

SHC 270

### **Biscayne Bay Campus**

(305) 919-5305

WUC 320

# Table of Contents

Introduction .....	3
What to Expect .....	4
Tips to Help Your College Student Become Successful...5	
Elements of Effective Parenting.....	7
On-Campus Resources for Parents and Family.....	8
Online Resources.....	8
On-Campus Contact Information .....	9
Student Health and Wellness Units .....	10
FIU's Schools and Colleges .....	11
Modesto A. Maidique Campus .....	12
Biscayne Bay Campus.....	13



# 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.’”*

*–Anonymous 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 that you have more time on your hands.

On the other hand, as a parent, you 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 created this guide to share some helpful hints.



# What to Expect

## Expect Change. It's a 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 remain extremely important
- Expect 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, and Philosophies

- Search for self-knowledge "Who am I?"
- Examining 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 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 the difference between high school and college life.



## 3) Keep communication lines open.

- Have a conversation about drugs, alcohol, sex, and friendships.
- Keep in contact (email, 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.
- Suggest they visit the Center for Academic Success and use tutoring services on campus to improve study habits, time management, and writing skills.
- Try to keep the focus on them and the efforts they make that will lead to success.

## 5) Show interest in their new relationships.

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

## 6) In addition to academics, the college years are a time of exploration.

- Let them find their way and engage in college life by participating in extracurricular activities (e.g. Student Government Association, clubs, community service groups, etc.).
- Encourage them to get involved by getting a job/internship or volunteering. This will help sharpen team-building and professional skills.
- Work in concert with the Career and Talent Development department to build their resume, do mock interviews, network, and build 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, a new job, or a first relationship).
- Reassure them that there are on-campus resources available to help them during stressful times (e.g. CAPS clinicians, Student Health, or their academic advisor).

## 8) Be supportive.

- Send care packages (e.g. pictures, toiletries, or favorites snacks/drinks).
- Schedule visits ahead of time.
- Encourage them, rather than discouraging and/or scolding.
- 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 own 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, and 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 during this time of transition.

## Open Feedback

Be constructive when sharing your views.

## Acceptance

Value their goals, value them as they are, help them feel significant, and 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

Save the Date - Parent & Family Day  
[go.fiu.edu/fiupfd](http://go.fiu.edu/fiupfd)

For more information visit:  
[orientation.fiu.edu](http://orientation.fiu.edu)

## Online Resources

Parent and Family Newsletter  
Sign up at [go.fiu.edu/pfnews](http://go.fiu.edu/pfnews)

[FIU Orientation Resource Guide](#)

Connect with us:  
[go.fiu.edu/FIUproudfam](http://go.fiu.edu/FIUproudfam)





# On-Campus Contact Information

## Academic and Career Success

[acs.fiu.edu](http://acs.fiu.edu)

**MMC** - SASC 428  
305-348-9951  
**BBC** - AC1 180  
305-919-5754

## Campus Life

[campuslife.fiu.edu](http://campuslife.fiu.edu)

**MMC** - GC 2240  
305-348-2138  
**BBC** - WUC 141  
305-919-5804

## Career and Talent Development

[career.fiu.edu](http://career.fiu.edu)

**MMC** - SASC 305  
305-348-2423  
**BBC** - WUC 255  
305-919-5770  
**Engineering Center**  
EC 2852  
305-348-1281

## Housing and Residential Life

[housing.fiu.edu](http://housing.fiu.edu)

**MMC** - UT 121  
305-348-4190

## Library

[library.fiu.edu](http://library.fiu.edu)

**MMC**  
Circulation:  
305-348-2451  
Reference:  
305-348-2454  
**BBC**  
Circulation:  
305-919-5718  
Reference:  
305-919-5726

## Office of International Student and Scholar Services (ISSS)

[issf.fiu.edu](http://issf.fiu.edu)

**MMC** - SASC 230  
305-348-2421  
**BBC** - WUC 363  
305-919-5813

## OneStop

[onestop.fiu.edu](http://onestop.fiu.edu)

OneStop  
305-348-7000  
Financial Aid  
305-348-7272  
**MMC** - SASC 116  
**BBC** - AC1 100

## Orientation and Family Programs

[orientation.fiu.edu](http://orientation.fiu.edu)

305-348-6414

**MMC**  
GC 189  
**BBC**  
WUC 129

## Social Justice & Inclusion

[osji.fiu.edu](http://osji.fiu.edu)

**MMC**  
GC 216  
305-348-2436  
**BBC**  
WUC 253  
305-919-5817

## Student Health & Wellness

[shw.fiu.edu](http://shw.fiu.edu)

**MMC**  
Student Health Center (SHC)  
305-348-2401  
**BBC**  
Health Center Complex (HCC)  
305-919-5620

## Student Affairs

[studentaffairs.fiu.edu](http://studentaffairs.fiu.edu)

**MMC**  
GC 219  
305-348-2797

## University Police Department

[police.fiu.edu](http://police.fiu.edu)

**MMC**  
PG-5  
305-348-2626  
**BBC**  
Street Building SO II  
305-919-5559

## Veteran & Military Affairs

[vma.fiu.edu](http://vma.fiu.edu)

**MMC**  
TWR 100  
305-348-2838

## Wellness & Recreation Center

[wrc.fiu.edu](http://wrc.fiu.edu)

**MMC**  
[recreation.fiu.edu](http://recreation.fiu.edu)  
WRC 101  
305-348-2575  
**BBC**  
[bbcrec.fiu.edu](http://bbcrec.fiu.edu)  
WUC 160  
305-919-5678

## Women's Center

[women.fiu.edu](http://women.fiu.edu)

**MMC**  
GC 212  
305-348-1506  
**BBC**  
WUC 353  
305-919-5359



# Student Health & Wellness Units

## Counseling and Psychological Services

[caps.fiu.edu](http://caps.fiu.edu)

**MMC** - SHC 270  
305-348-2277  
**BBC** - WUC 320  
305-919-5305

## Dean of Students

[dos.fiu.edu](http://dos.fiu.edu)

**MMC** - GC 211  
305-348-3396  
[dos@fiu.edu](mailto:dos@fiu.edu)

## Disability Resource Center

[drc.fiu.edu](http://drc.fiu.edu)

**MMC** - GC 190  
305-348-3532  
**BBC** - WUC 131  
305-919-5345

## Healthy Living Program

[hlp.fiu.edu](http://hlp.fiu.edu)

**MMC** - SHC  
305-348-4020  
**BBC** - HCC  
305-919-5620

## Student Conduct & Academic Integrity

[conduct.fiu.edu](http://conduct.fiu.edu)

**MMC** - GC 311  
305-348-3939

## Student Health Clinics

**MMC** - SHC  
305-348-4020  
**BBC** - HCC  
305-919-5620

## Victim Empowerment Program

[vep.fiu.edu](http://vep.fiu.edu)

305-348-2277



# Florida International University's Schools and Colleges

**College of Communication,  
Architecture + the Arts (CARTA)**

[carta.fiu.edu](http://carta.fiu.edu)  
305-348-7500

**College of Arts,  
Sciences & Education (CASE)**

[case.fiu.edu](http://case.fiu.edu)  
305-348-2864

**College of Business**

[business.fiu.edu](http://business.fiu.edu)  
305-388-2751

**College of Law**

[law.fiu.edu](http://law.fiu.edu)  
305-348-8006

**Herbert Wertheim  
College of Medicine**

[medicine.fiu.edu](http://medicine.fiu.edu)  
305-348-0570

**Chaplin School of Hospitality  
& Tourism Management**

[hospitality.fiu.edu](http://hospitality.fiu.edu)  
305-919-4500

**Honors College**

[honors.fiu.edu](http://honors.fiu.edu)  
305-348-4100

**College of Engineering & Computing**

[cec.fiu.edu](http://cec.fiu.edu)  
305-348-2522

**Nicole Wertheim College of  
Nursing & Health Sciences**

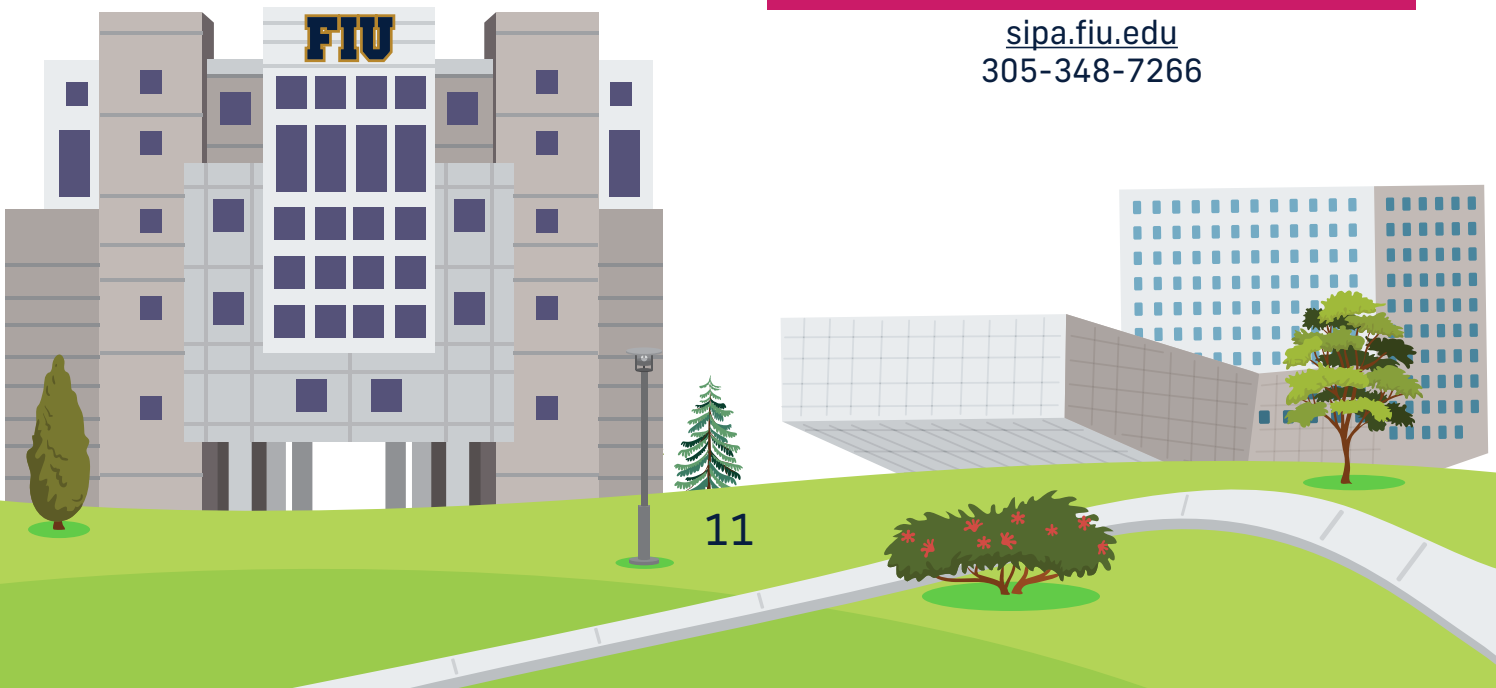
[cnhs.fiu.edu](http://cnhs.fiu.edu)  
305-348-7709

**Robert Stempel College of Public  
Health & Social Work**

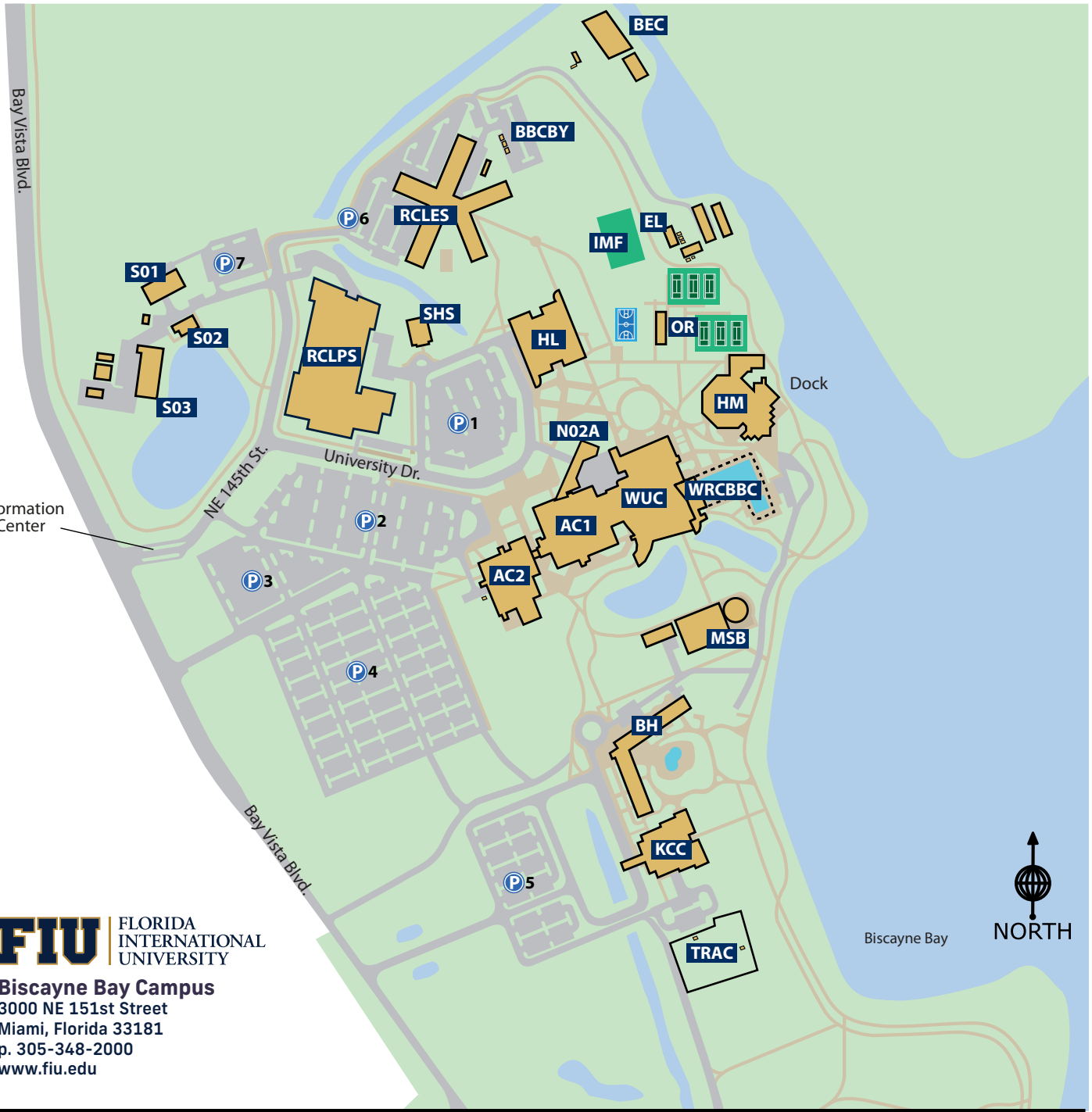
[stempel.fiu.edu](http://stempel.fiu.edu)  
305-348-4903

**Steven J. Green School of  
International & Public Affairs**

[sipa.fiu.edu](http://sipa.fiu.edu)  
305-348-7266







**FIU** FLORIDA INTERNATIONAL UNIVERSITY

**Biscayne Bay Campus**  
 3000 NE 151st Street  
 Miami, Florida 33181  
 p. 305-348-2000  
 www.fiu.edu

**KEY** Buildings Sidewalks Roadways Grassy Areas Water Parking

**Key by Colleges and Schools**

- College of Arts, Sciences & Education
- School of Environment, Arts and Society
- College of Business
- Nicole Wertheim College of Nursing & Health Sciences
- Foreign Physicians Program
- Chaplin School of Hospitality & Tourism Management
- MAST@FIU
- School of Communication + Journalism

- AC1, MSB
- AC1
- AC2
- HM
- AC1
- AC2

**Important Locations**

- One Stop Enrollment Services
- Bookstore
- Library
- Student Center
- Aquatics Complex
- AC1
- WUC
- HL
- WUC
- WRCBBC

**Key by Buildings**

- AC1 Academic One
- AC2 Academic Two
- BBCBY BBC Boatyard
- BEC Batchelor Environmental Center
- BH Bayview Housing
- EL Ecotoxicology and Risk Assessment Lab
- HL Glenn Hubert Library
- HM Chaplin School of Hospitality & Tourism Management

- IMF Intramural Field
- KCC Roz & Cal Kovens Conference Center
- MSB Marine Science Building
- N02A BBC Physical Plant
- OR Outdoor Recreation
- RCLPS RCL Production Studio
- RCLES RCL Entertainment Suites
- S01 Central Receiving

- S02 University Police
- S03 Physical Plant
- SHS Student Health Services
- TRAC Team Ropes Adventure Challenge
- WUC Wolfe University Center
- WRCBBC Wellness and Recreation Center - BBC