

Remain open and honest  
so your student can share  
their expectations and fears  
about college without  
judgement.

**Listen,**

and always ask first before  
offering advice.

Knowing when and how to  
ask for help is an important  
skill for your student to  
practice while in college.

**Work together**

in brainstorming campus  
resources and solutions that  
can support this growth.

This transition is an exciting  
and positive one, but it can also  
be overwhelming and at times,  
challenging. Remember,  
change is normal and to be  
expected.

**Trust the  
process.**



## **SUPPORTING YOUR STUDENT THROUGH THE COLLEGE TRANSITION**

Reach out and connect, but  
try not to hover. Your  
student needs

**space to grow**

and figure things out on  
their own.

Become knowledgeable  
about what resources are  
available on campus, and  
encourage your student  
to reach out for

**support**

if you see them  
struggling.

Trust your student and trust  
the job you have done  
preparing them for this new  
journey. The

**Office of Wellness  
Promotion**

can help!

Visit [www.wcupa.edu/wellness](http://www.wcupa.edu/wellness),  
email [wellness@wcupa.edu](mailto:wellness@wcupa.edu)  
or call 610-436-730.