The End is the Beginning: What’s Next?

Susan Krieg, Ph.D.
Parent & Family Programs
We'll miss you more than you know!
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Family & Student Relationship

Student expectations: Once a week

Student reality: 10.4 times a week

Family & Student Relationship

Stage 1 – Desire to hang on
Stage 2 – Thoughts of relationship changing
Stage 3 – Feelings of relationship changing
Stage 4 – Adolescent begins to develop new (self-)identity
Stage 5 – Redefined adolescent/parent relationship

Adapted from: Adolescent-parental separation process (Bloom, 1981)
Parent & Family Transition

• Mixed emotions
• Redefining relationships
• Change of identity
• Effect on siblings
• Each experience is unique
What’s next?

• Be prepared for conflicting emotions
• Discuss expectations
• Foster separation
• Coach your student
• Consider effects of change
• Listen with an open mind
• Keep in touch

Suggested Readings

- **Letting Go: A Parent’s Guide to Understanding the College Years**
  by Karen Levin Coburn & Madge Lawrence Treeger

- **You’re On Your Own (But I’m Here If You Need Me)**
  by Marjorie Savage

- **133 Ways to Avoid Going Cuckoo When the Kids Fly the Nest**
  by Lauren Schaffer and Sandy Feischl Wasserman

- **Don’t Tell Me What To Do, Just Send Money**
  by Helen E. Johnson & Christine Schelhas-Miller
Parent & Family Programs

• Billiken Parent Association open to all parents & family members of SLU students
• Receive regular email updates and newsletters
• Social events and programs throughout the year designed to connect with other families
• Staff are available to answer questions and offer support
• Looking to be more involved? Ask about our Billiken Parent Association Executive Board
Fall Welcome

• Family programs: Aug 22 & 23, 2013
  - Hospitality Room
  - First-Year Interest Groups Orientation
  - Student and Family Panel
  - Family Jazz Reception
  - New Student Convocation
  - College & School Orientations & Luncheons
  - First-Year Summer Reading
  - Billiken Women’s Soccer Game
Family Weekend

• September 27 – 29, 2013
• Registration open now through Sept. 20, 2013
• Events Include:
  – Outdoor Movie
  – Reception with the Jesuit Community
  – Service Project
  – Homecoming Golf Cart Parade
  – Tailgate Dinner
  – Men’s Soccer Game & Fireworks
  – Brunch with the Billiken
Other Events

• Make a Difference Day
  Saturday, October 26

• Family Basketball Game
  Spring 2014
Stay Connected

• Web www.slu.edu/bpa.xml
• Facebook SLU Parents Program
• LinkedIn Saint Louis University Parent & Family Programs
• Pinterest Saint Louis University Parent & Family Programs
SLU education

• What are your hopes for your student as he/she begins SLU?
• Are there things that make you nervous?
• What do you hope for your child as a result of his/her SLU education?