
What to Expect Freshman Year

Tips for Parents of New College Students



Session Agenda

- Introductions
- Discussion
- Tips from experts



**What experiences
have you already
had?**

**What do you already
expect?**



Advice from the Experts

From Dr. Marshall Duke, Emory University, &
Dr. Karen Coburn, Washington University

When a problem arises,
“move like your feet are
stuck in molasses.”

Most colleges have services in place to help students who are struggling. Encourage your child to use these resources!

Try to express support while giving your child time to solve his or her own problems.

Expect grades to change from high school.

Most students will experience a small dip in grades in their first two semesters as they learn how to be college students.

Discuss goals and expectations ahead of time, but be prepared for your child's goals to change.

Be flexible.

Students change a lot during college - their major, their professional goals, their style, their friends.

As long as your child is remaining true to him or herself, try to make space for other changes.

Hold out for junior year.

“Be patient in waiting to see the effects of the college experience.”

It can take a while for students to start showing the expanded mind you might expect - your student has to learn how to “do college” before you will see the effects.

You know your child best.

College is often stressful academically and socially. Many students may need encouragement to use mental health services on campus - remember that your child is already paying for this resource, so there will be no additional cost.