Parent-to-Parent: Missing our Students

Dear Friend,

You’re not alone if you’re wondering what’s happening at the university. In the past, you might have been there to offer support, but now you’re on the receiving end of the support. 

Parents and students alike are facing new challenges during this time. Here are a few tips to help you both:

First-year students are halfway through the semester, and that can be a busy time for everyone. It’s normal to feel a mix of excitement and anxiety as students adjust to college life.

Here are a few things you can do to help your student:

1. Be patient: Everyone is in a transition period, adjusting to the demands and pace of the university. Give them time to adjust to their new environment.
2. Stay connected: Regular communication is important. Use email, phone, or even video calls to keep in touch.
3. Ask questions: What is working for them? What is not working? What is your plan to get things back on track?
4. Attend events: Attend virtual events, such as college tours or campuswide meetings, to stay informed.
5. Explore your options: If things aren’t going well, it might be time to explore different majors or programs.
6. Seek support: Encourage them to reach out to academic advisors or counseling services if they need additional help.

As you reflect on the past semester, you might notice that your student is homesick. It’s not uncommon for students to miss home, especially when they’re in a new environment.

Here are a few ways to help:

1. Check in regularly: Keep in touch often, whether it’s through a weekly call or a simple text.
2. Send care packages: Pack a box with their favorite snacks, movies, or even a handwritten note.
3. Schedule a visit: If possible, plan a visit to see your student in person.
4. Explore virtual options: Participate in virtual events, such as college tours or campuswide meetings, to stay connected.
5. Encourage them to try new things: Help them explore new interests or hobbies.

This is a great opportunity to discuss your expectations and how you can support your student through this transition. It’s important to be open and honest about your feelings and concerns.

What’s happening at the LEADS Center?

The LEADS Center offers a range of resources and support services for students. Here are some highlights:

1. Academic Advising: Students are contacted to schedule an advising session with their advisor beginning in September. It’s important to make sure students have a clear plan for their courses.
2. Student Success: Mid-Term Checkup: First-year students are contacted to schedule an advising session with their advisor beginning in September.
3. Academic Support: Academic Success: It’s important to make sure students have a clear plan for their courses.
4. Student Success: Expectations: It’s a great opportunity to discuss your expectations and how you can support your student through this transition. It’s important to be open and honest about your feelings and concerns.

This is a great time to talk, clarify, and move forward toward creating a successful semester.

Shannon Clark
Parent and Family Services Coordinator

For a full list of important dates, please visit the Registrar’s Calendar page to connect with other NAU families and keep up with what’s happening at the university.

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Parent and Family Services Coordinator