

Tips to support a college student's well-being!

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Be ready to help!

Your student may have problems occur that you can help them solve that they may not have good solutions without your help. They may need problem solved with the help of someone wise.

Be ready to give space!

Being a student is a busy and eventful experience and often students are working to learn more about themselves. They need space to spread their wings.

Actively listen!

One way of ensuring your student knows you care is to listen fully to the experiences they do want to share about. Whether it is about school work, extracurricular, work or friendships, being heard is invaluable.

Remind them who they are and what is important!

Students often can benefit from hearing they are talented; they are capable, and they have value for their family and their communities. They can benefit from hearing how they treat themselves and how they treat others matters.

Let them know failure is often apart of success!

Failure can seem for many to be the end of the world when in fact it often presents an opportunity for growth. We can often remind our students failure is a part of everyone's life.

Don't keep big secrets going on at home from them!

Your student worries about things back home and with family and friends. Often in trying to decrease or prevent this worry people do not tell the student difficult news. But the student will feel resentful or disillusioned when they find out the news later or by someone else.