Living With Your CU Student

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Student Orientation Leaders
Overview

- Generation Y: Who are they?
- Development Life Cycle Stages for you and your student
- Some “Do’s and Don’ts” for managing this transition
- Mental Health Resources at CU
- Questions
What does the research say about this generation?

- Born between 1982 and 2000
- Over 100 million people in Generation Y
- They are more ethnically diverse and more accepting than previous generations
- They have been more entertained and feel more entitled
Catered to, organized, managed more than any generation before

Interesting paradox: They expect more from the world than they expect from themselves AND they give more time to volunteerism than any generation before

More informed about current events and are becoming more of a global community
Want their education to have a paycheck at the end of it (impact of the recession??!)

Used to immediate gratification

Prefer directness over subtlety, action over observation, and coolness over all else

Good “multi-taskers”

More technologically savvy than previous generations
“Publizens” (public citizens)
- Social networking sites (Facebook)
- Use digital and phone cameras to document everything they do

Living life in public the norm (reality TV)

Use of technology
- Information
- Entertainment

Impact of technology?
- Time sink?
- Social: don’t start over in college as they used to
Developmental Tasks for Your Student (17-23)—The Young Adult Transition

- Psychological ties to family change
- Handling peer relationships more independently
- Adjusting to life on their own
- Managing their own home
- Managing their own time
- Entering workforce
- Choosing careers
- Problem solving
- Managing stress accompanying change
Developmental Tasks for Parents—Us! (ages 30s to 60s)

- Adjusting to new realities
- Psychological ties to your children change
  - Launching children
  - Adjusting to empty nest
- Becoming more deeply involved in social life
- Actively participating in community concerns
- Managing your own leisure time
- Managing budget to support college-age children and ailing parents
- Handling increased demands of older parents
- Adjusting to single state
- Problem solving
- Managing stress accompanying change
Do’s And Don’ts For Managing This Transition

- Let them make their own decisions
  - Don’t live life through your son or daughter
- Don’t discourage wide-eyed idealism
- Don’t exclude them from family decisions
- Don’t reconfigure or give away their room if at all possible for the first semester at least
Resist the temptation to continually check on your student to see how they feel

Happiness isn’t always the goal

Don’t lecture – Listen

  “That’s a tough problem. What are you going to do about it?”

The four to six week “blues”

  You are not alone!
Mental Health Resources on Campus

- Counseling and Psychological Services (CAPS)
  - Located in C4C/4th Floor
  - Phone: 303-492-6766

- Wardenburg Psychological Health and Psychiatry (PHP)
  - Located in Wardenburg Health Center
  - Phone: 303-492-5654

- Office of Victim Assistance (OVA)
  - Located in C4C/4th Floor
  - 303-492-8855
Center for Multicultural Affairs (CMA)  
- Located in C4C/303-492-5666

Disability Services  
- Located in C4C/303-492-6106

Gay Lesbian Bisexual Transgender Queer Resource Center (GLBTRC)  
- Located in C4C/303-492-1377

Women’s Resource Center  
- Located in UMC/303-492-5713

Office of International Education  
- Located in C4C/303-492-6016

Student Outreach Retention Center for Equity (SORCE)  
- Located in UMC/303-492-1371