Living With Your CU Student

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Student Orientation Leaders
Overview

- Millennial Generation & CU Students: Who are they?
- Development Life Cycle Stages for you and your student
- Some “Do’s and Don’ts” for managing this transition
- CU Mental Health Resources
- Questions
Millennials = Generation Y

Who is generation Y?

- Born between 1982 and 2000
- But Gen Zen begins in 1994
- More diverse racially
- Globally connected and more flexible
- More organized, entertained and managed
Millennials (continued)

- Want their education to have a paycheck at the end of it
- Used to immediate gratification
- Good “multi-taskers”
- Digital natives

Be informed. Be supportive. Be proud.

Be Boulder.
Developmental Tasks for Your Student: Young Adult Transition-Identity

- Life on their own: choices
- Family
- Peers
- “Second Home”
- Careers
- Time management
  - Academics, extra-curricular, jobs, sleep, exercise, eat, relax…
- Problem-solving
- Changes!

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What Impacts Success?

• Feeling overwhelmed
• Exhaustion
• Loneliness
• Sadness
• Anxiety

• What has been difficult to handle?
  ▪ Academics
  ▪ Intimate relationships
  ▪ Finances
What Might Help?

What surveyed seniors recommend:

- Faculty
- Career exploration
- Study abroad
- Campus research, internship & applied experiences
- Extracurricular clubs & activities
- Study more!
Developmental Tasks for Parents: Us!

• New realities, new identity?
• Relationship to your children changes
• More or less free time?
  ▪ Leisure, social life, community, more work
  ▪ Single state -- single parent?
  ▪ Needs of aging parents
  ▪ Family at home
• Finances may change
• Problem-solving
• Grief, change and stress

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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

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Additional Do’s And Don’ts For Managing This Transition

• 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!
“The Phone Call”

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Campus Mental Health Resources

- Counseling and Psychological Services (CAPS)
- Psychological Health and Psychiatry (PHP)
- Office of Victim Assistance (OVA)

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Your Turn Again: Questions