

ROLLINS

TARS

X Five Ways to Support from the Sidelines

○ **When your student contacts you about a problem...**

Ask yourself if this is something your student really is not able to solve on their own?

Ask your student the following:

- “What might you do about this?”
- “What campus offices might have resources to help?”
- “What options are you considering?”

Families can visit the Student & Family Care website for resources. Encourage your student to connect with appropriate offices for support and guidance.

○ **Share about struggles you experienced as a young adult.**

When you do this, students understand that challenges are common and aren't surprised when they arise.

○ **The semester and its disruptions have been hectic.**

Know your student likely will need space and time to settle in. Also, final exams, papers and projects are around the corner, so time may be needed in preparation for the end of the semester.

○ **Expect and support changing relationships.**

Thanksgiving may be the first time your student has a chance to spend time with friends back home. Some get-togethers will be great and other relationships may be starting to change. Prepare yourself for any ups and downs.

○ **If you are unsure how to support your student or believe they are not able to solve the problem on their own...**

reach out to the Student & Family Care office by email (care@rollins.edu) or by phone at 407-646-2345. We will meet with your student, connect them to resources and guide them on working through difficult and stressful experiences.

