



HELPING OR HOVERING?



Students need family support to thrive during college, but also need to develop autonomy and self-responsibility. This year, ask yourself: are you helping or hovering? Rather than overseeing or controlling, we can provide guidance and encouragement as our students start to direct their own lives.

HELPING

Coordinating when to talk to your student and allowing them to share what they want to.

Allowing your student to experience adversity and supporting them through the storm.

Giving your student the information and resources they need to care for themselves.

Empowering your student to identify their own goals and make their own decisions.

Sending your students occasional reminders of home, like photos, a handwritten letter, or a care package.

HOVERING

Contacting your student every day to check in or see what they are doing.

Intervening and solving the problem whenever your student makes mistakes or encounters difficulties.

Micromanaging your student's responsibilities, like their spending or class deadlines.

Planning your student's path for them and speaking/acting on their behalf.

Having your student come or call home as often as possible, and especially whenever they feel homesick.