

A Guide for Parents: Starting College Life at SRUC

It takes time to learn how to be a parent of a college student, whether they leave home or under current circumstances are studying remotely.

This is one of the most emotional times in the lives of parents, it will take several months to adjust to the new pattern of life at home, either with remaining siblings or 'the empty nest, or just them.

It is a unique and individual day, which for most falls into the category including wedding days, special anniversaries, days that stick in our memories throughout life. If moving away to college, this may give you as a parent or guardian the opportunity to say things to your children that will stick with them not only because of what is said, but because of when it is said.

It takes time to learn how to be a college student and learn how to study, to eat, do laundry, socialise, handle money, etc.

Potential issues may arise, and students and parents need to know how to deal with them.

Some students report every setback, to their families. They may express insecurity, loneliness, homesickness, anger and disappointment. By listening carefully, you will know, better than anyone else, if these feelings are temporary and will quickly pass.

If you're not sure and further help is needed, you can contact the agencies the college promote and in exceptional circumstances contact the college directly. Please note that policy and legislation will govern any action the SRUC undertakes in these instances.

During normal events at college, students will face problems that need solving. Roommate problems, social problems, registration problems, problems with specific subjects or staff.

Sometimes just being there to listen while they work through an issue themselves is all that is needed, learning to help yourself as well as asking for help is important. Student life is not only about gaining academic qualifications, but developing skills that will assist in their lives, problem solving, and communicating with others will enhance self-confidence and help them grow as a person.

Oh, and you might also want to check or remind them that they have made SRUC aware of any specific needs to ensure they get best out of the experience both pastorally (health issues, dietary requirements, accommodation etc. and academically (e.g. dyslexia and other unseen disabilities).