

## 10 Important Topics for New Parents & Students

1. **Academic Goals:** What academic goals does your student hope to accomplish through their college experience? How will the daily choices they make align with these goals?
2. **Alcohol & Drugs:** What are your student's expectations and values associated with alcohol and drugs? What will they do when confronted with choices and peer pressure in the college setting? How can they make smart and safe choices to minimize the negative effects of these substances for themselves and others?
3. **Budget & Money:** What are your expectations for how your student will budget and utilize resources? Are they expected to contribute to their budget? Is there an expectation your student will work? If so, how much? It is important to be clear about their responsibilities in these matters.
4. **Communication:** What are your expectations for how you'll communicate with your student? What is your expectation for the frequency of communication? Considering that they may no longer be living at home and will have a new schedule to manage, what is reasonable and comfortable for both of you?
5. **Health & Wellness:** What can you do to encourage healthy and productive habits and overall self-care while your student is away from home (sleep, exercise, diet, first-aid basics, etc.)?
6. **On-Campus Involvement:** Encourage your student to explore on-campus activities and to find the ones that they are most passionate about! Discuss what level of involvement is sustainable for them, remembering that depth is sometimes better than breadth. They may find that committing to 2-3 new activities and making deep connections through those activities may be more successful than committing to 10 different things with minimal connection.
7. **Sexual Health and Consent:** Not all college students are sexually active, but discussing these topics lets your student know that you care about them making safe and healthy choices. What are their attitudes and values associated with sexual behavior? What is your student's understanding of consent? What scenarios might they encounter that would require them to stand up as an active bystander to help prevent an incident of sexual assault?
8. **Street Smarts:** The University of Portland is located in a bustling city. How can your student be aware of their surroundings and make safe, savvy choices as they explore Portland?
9. **Study Habits:** Studying in college is significantly different than in high school (among many other things!). What kind of support and structure does your student need to study productively? Encourage them to develop good study habits, explore on-campus academic resources, and not be afraid to ask for help.
10. **Time Management:** For many college students, this will be the first time they are learning to manage and balance their own academic, social, sleep, and meal schedules. What are your student's priorities when it comes to these areas? There is bound to be a learning curve, but beginning this conversation now and checking in throughout the first year will help them tremendously.



Office of Alumni & Parent Relations

University of Portland

parents@up.edu | up.edu/parents