



# *Separation Preparation*

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# ***Introduction***

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# ***This session***

**Learn what to expect and how to  
prepare for your student's  
transition to college**

# *Is this...*

- Your first or only off to college
- Your second off to college
- Your third off to college
- You fourth off to college
- More than four or last off to college?

# *The college transition is...*

- Different for each of your kids
- Different for you for each of your kids
- Can be emotional for everyone in the family, including the dog
- Feels like a series of 'to-do' lists
- A process that takes time

# *Most common transition issues*

- Homesickness
- Anxiety/imposter syndrome
- Time management
- Adjusting to college learning
- Handling interpersonal conflicts/self-agency
- Asking for help
- Sleeping enough, exercising, eating well
- Stress management/coping skills

# *Post-pandemic concerns*

- Mental health concerns/anxiety-related illnesses
- Extended adolescence
- Severe procrastination
- Lack of curiousness, interest in finding information
- Struggling with rigor of college
- Indecision

# *What are they thinking*

## **Self-actualization**

desire to become the most that one can be

## **Esteem**

respect, self-esteem, status, recognition, strength, freedom

## **Love and belonging**

friendship, intimacy, family, sense of connection

## **Safety needs**

personal security, employment, resources, health, property

## **Physiological needs**

air, water, food, shelter, sleep, clothing, reproduction



# *Take time to reflect*

your  
CONCERNS

their  
CONCERNS

their  
EXCITEMENT

your  
EXCITEMENT

# *Understanding your changing role*

- Begin to advise
- Have them begin to do for themselves
  - Finding information and reporting back
  - College-related to-dos
  - Appointments
  - Laundry
- Balance “challenge and support”
- Attend parent orientation if possible

# *Critical conversations*

- Academic support
- Communication plan
- Finances - needs vs. wants and their relationship to money
- Health and wellness
- Safety and security
- Interpersonal relationships
- Alcohol and other drugs

# *And finally*

- Give them permission to go
- Celebrate these milestones
- Stick to the important messages

*Thank you*