



NC State College of Textile
PARENT CONNECTION, Edition One
August, 2009
From the Director of Advising and Admissions,
Philip Dail

While this is from me, please know that the support from both of us, Liz Moran and me, is there for all students and parents as is appropriate.

It's Almost Time...

Realizing this brings a mixture of feelings and thoughts to a parent. I know you have many questions about the future of your student at NC State. The most important thing I can tell you is that I am always available as your contact with the College of Textiles and the University. I was hired as the Director of the Advising and Admissions with an emphasis on the success of first year students. For more than twenty years I had been closely associated with the College of Textiles as a high school teacher. My high school students were always pleased with the way this college treated them. For two years previous to my accepting this position, I was working full-time at NC State in a freshman program. I learned a lot about the services available and the strategies needed for success in the first year.

Yet, the success of a student depends on their willingness to accept the advice and act on it. As parents, you all know the truth of this. I will do all possible to assist with their successful transition, but I can not do it all NOR do I intend to try! They must know to seek help before they are in a situation of feeling defeated. This help is offered in all areas of adjustment, academic and social.



HELP PLEASE!!!!!!

Would you please help us stress the meetings the students need to attend. First there is the Convocation on Monday, August 17 and then the College Connection event on Tuesday, August 18. Information is here http://www.ncsu.edu/for_students/welcome_week/ **THANKS FOR HELPING ME BY REMINDING THEM!!**

TRANSITION, NOT SEPARATION

You already know a lot of changes face students as they prepare to enter college. Sometimes we do not pay enough attention to the changes that are occurring among the family as a whole including those remaining at home. And, when students return home from college during holidays or summer the changes are even more pronounced often leading to increased stress and conflict among family members. As unpleasant as some of this may be, such conflicts and stress may be part of the personal development of all involved.

Benjamin Bloom, a noted educational psychologist, has identified five stages of "adolescent-parent-separation." See if you and your student can sit down and decide where your current position is in this list.

1. Both are caught in the indecision of wanting to maintain their current relationship and also wanting to move on to the next stage of development.
2. The adolescent comes to terms mentally with the idea of separation and may argue with the parents about almost everything in order to establish a unique sense of self.
3. Both parents and student deal with nostalgia for the past, with feelings of guilt and anger, and with the challenge of negotiating a sense of independence without sacrificing a loving attachment.

4. Adolescents adopt qualities of the parents that they see as valuable to themselves, without feeling as though their own individualism is threatened.
5. The young adult is able to develop significant relationships outside the family and to make commitments, both parents and students are able to function separately while enjoying a shared and meaningful relationship with each other.

These various stages are experienced by many families, and each family expresses the emotions and feelings in uniquely different ways. At this time of great adjustment, communication is often very difficult for both the parents and the student. Maybe sharing this newsletter and your thoughts about this article might help everyone become somewhat more aware of their feelings and the changing nature of the parent-student relationship. I hope this helps- try writing each other a letter letting your concerns and support both come out. **DO THIS before coming to NC State!!**

Finally, WHATEVER you have to do, please please do not leave each other in any state of unpleasant interactions. You definitely need to avoid arguments, etc because we need open lines of communication. You will not be surprised that your relationship with them will become stronger in many cases. I know it is HARD not to be where you can see them everyday and when you are not as involved in their lives. This must happen as you all know. Try to let them go with enthusiasm, but TEARS are okay!! for moms and dads!!

They are absolutely in a state of euphoria in many cases and sometimes have no real way to be rational at this time. I know you know them a lot better than I do, but I do know the general scenario. TRY not to feel as though you must check everything about them to be sure you've raised them correctly. You've done a good job in most all cases. Relax and know that we will be watching to appropriately intervene in their lives. Don't hesitate to let them know you love them at this time!! Say it to them!!

Finally, talk to them honesty about what they are concerned about...or in plain language, what they are scared about. If you hear anything you think I need to know about, by all means email me!!

UNIVERSITY CALENDAR
2009 FALL SEMESTER

Calendars can be found at www.ncsu.edu/registrar/calendars/index.html

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