

PARENT AND FAMILY GUIDE: WAYS TO SUPPORT YOUR GENJACK

ELIMINATE GUILT AND EXPECT CHANGE

Some students might feel guilty about leaving their families to attend college. It is important to encourage them about the importance of a college education. It is also important to know that their daily routine will change significantly. Patience is needed, and growth will take place by both the student and parents.

CHECK IN WITH YOUR STUDENT

It is important for each student to know they have their family's support while away at college. Talking to your student regularly and letting them know they have your support will help motivate them throughout their collegiate career. Schedule a convenient time to talk with your student in order to connect without adding extra pressure and stress.

ENSURE YOUR STUDENT GETS INVOLVED ON CAMPUS

A college education is more than academics within the classroom. Studies have shown that involvement matters, and students who are involved are more likely to feel a sense of belonging on campus.

MOTIVATE YOUR STUDENT TO FIND A MENTOR AND STAY CONNECTED

Within the Generation Jacks - or GenJacks - community, your student will have two mentors: A GenJacks counselor, an upperclassman who will be their mentor through Summer Leadership Academy and their time at SFA; and a success coach, a faculty or staff member that your student will meet at least once a month and will aid in their success. We encourage students to find a mentor within their field of study.

MOTIVATE YOUR STUDENT TO MEET WITH THEIR ACADEMIC ADVISOR

Meeting with an academic advisor ensures a student's success at college and will keep them on track to graduate. We encourage students to keep a copy of their degree plan of study, and keep track of their degree progression.

KNOW THE RESOURCES AVAILABLE TO YOUR STUDENT

Stephen F. Austin State University offers great resources available to each student. To view a comprehensive list of concerns, visit the A-Z Concerns webpage for resources available across campus at sfasu.edu/lwn/a-z.

ATTEND FAMILY WEEKEND

Family weekend is hosted in the fall, and is a great way for you to come to SFA and see how your student is doing. Check the SFA website as information becomes available.

FOLLOW GENJACKS ON SOCIAL MEDIA

During our Summer Leadership Academy, we will offer Facebook Live sessions so you can see all the things your student is accomplishing.



REMIND YOUR STUDENT THAT YOU'RE PROUD OF THEM

There are many pressures that college students have, but the number one pressure from students is living up to their family's expectations. Remind them of your support and the importance of a college education. Your constant support, encouragement and love are essential components for achieving educational goals.

AND DON'T FORGET TO ALWAYS SHOW YOUR LUMBERJACK PRIDE!

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