

5 Pieces of Advice DROPPING YOUR STUDENT OFF AT COLLEGE

1 Prepare for a mix of emotions.

There is no right or wrong emotion to feel when dropping your child off at college. Let yourself experience this moment, but also realize your child is going through the same, or even more emotions. Your job is to be supportive as they work through these emotions.

2 Follow your child's cues.

Every family says goodbye differently—some with a quick hug, others by helping their student settle in. Watch your child's cues, and when they're ready to begin this new chapter, give them space. A heartfelt farewell matters, but lingering too long can make the transition harder.

3 Let them take the lead.

College is a time for your student to grow into adulthood in a supportive environment. Let them take charge—make mistakes, manage their schedule, and handle responsibilities on their own. Check in occasionally, but give them space to reach out to you first.

4 Encourage them to stay.

Encourage your student to stay on campus for the first month to join in on the many activities planned, find their people, and build connections that will support them through challenges. Let them get settled to help minimize homesickness later in the year.

5 Practice Self Care

Once you are home, make sure you take time to care for yourself. Dropping your student at college can be an emotionally overwhelming experience! Plan to do things that help you recharge, talk with friends (not your student!), and remember: it is okay to feel sad and excited at the same time!

YOU'VE GOT THIS!