10 TIPS FOR SUPPORTING YOUR STUDENT’S TRANSITION TO NYU

TAKE COMFORT IN KNOWING THAT THE HEALTH & SAFETY OF YOUR STUDENT IS NYU’S UTMOST PRIORITY

NYU has a multilayered safety and health plan that will help keep everyone safe while maintaining our commitment to academic excellence. Continue to check and monitor the NYU Returns page for the most up-to-date COVID-19 guidance and information.

RECOGNIZE THAT THIS IS A TRANSITION AND YOUR STUDENT MAY HAVE CONFLICTING EMOTIONS

Your NYU student, like you, is being pulled between past, present, and future. Understand that your student may have some conflicting emotions. This is a period of transition and it helps to provide guidance and support, but remember that patience is key.

EXPECT YOUR STUDENT TO GROW AND CHANGE

Change and growth is a normal part of the university experience. College years are a time for exploration, but take comfort in knowing that part of you is going with your student as they venture into the world.

BE A COACH AND AN ANCHOR, NOT A PROBLEM SOLVER

In the past, you may have been able to step in and help your student with whatever challenges they faced. A big part of the development that happens in college comes from students learning how to navigate challenges on their own. Giving them space to learn and grow is crucial to their growth.

BE PREPARED FOR THE “I CAN’T DO THIS” CONVERSATION

When the “I can’t do this conversation” happens, use positive language and remind your student that through hard work, persistence, and taking advantage of the right resources and opportunities (along with your help and guidance!), they will be able to find success. This is also a great opportunity to remind them to view challenges as opportunities to learn and grow.

CREATE A PLAN FOR HOW YOU WILL COMMUNICATE

Decide together how and how often you will check in. Set a regular schedule for communication that lets you to understand how they are doing, but also allows space for independence and growth.

NORMALIZE HELP SEEKING BEHAVIOR AND RESOURCE UTILIZATION

It can often be challenging for students to reach out for help, especially if success came easy in high school. Encourage them to view asking for help as a sign of strength. NYU has a wide array of resources available, from academic support in the University Learning Center to career guidance at the Wasserman Center. Encourage your student to take advantage of these resources.

BE KNOWLEDGEABLE ABOUT CAMPUS RESOURCES

Have a basic understanding of NYU’s resources so you can point your student in the right direction. NYU Connect is a great way for students to access their Success Network, a personalized team of NYU staff and resources that are there to help students reach their fullest potential. If your student isn’t sure where to turn for support, they can reach out to the Office of Student Success at studentsuccess@nyu.edu.

KNOW WHEN TO STEP IN

College is a time of learning, self-discovery, growth, and change. Giving your student space to navigate hurdles on their own is important. However, if there are any moments of crisis, health concerns, or other issues that could use family support, you should not hesitate to step in and contact the appropriate offices.

REMEMBER, THIS IS AN ACCOMPLISHMENT TO CELEBRATE

Starting at NYU is a tremendous feat. Remember to celebrate this moment and take pride in your student’s accomplishments!