

## Promoting Autonomy in a World of Over-Parenting

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### Student Satisfaction or Dissatisfaction with Parents' Level of Involvement in College Search

| Response                     | Percentage |
|------------------------------|------------|
| Want more involvement        | 28%        |
| OK with level of involvement | 57%        |
| Want less involvement        | 6%         |
| Don't know or no answer      | 9%         |

Source: studentPOLL survey

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### Helicopter Parent

Parents who said they have "Helped" their children in these ways:

| Method  | Percentage |
|---|------------|
| Obtaining information on company                  | 40%        |
| Submitting resume on behalf of student            | 31%        |
| Promoting son/daughter for position               | 26%        |
| Attending career fairs                            | 17%        |
| Complaining if company does not hire son/daughter | 15%        |
| Making interview arrangements                     | 12%        |
| Negotiating salary and benefits                   | 9%         |
| Advocating for promotions/salary increases        | 6%         |
| Attending the interview                           | 4%         |

Source: Michigan State University, College Employment Research Institute, Deere's News Graphic

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## Parental Involvement



33% of millennials today say their parents are very involved in their job hunt process



One in 10 say their parents have accompanied them to job interviews



3% of recent college graduates report that their parents have actually sat in on the interview

Source: Forbes.com

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What are some of your challenges in working with helicopter parents?



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## Today We Will

1

Identify characteristics of a helicopter parent

2

Discuss strategies to help parents "let go"

3

Share tips and tools for schools

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## Characteristics of a Helicopter Parent



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How do you distinguish between a helicopter parent and a parent who is concerned?



Characteristics of a Helicopter Parent

Strategies to Help Parents "Let Go"



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## helicopter parent

*noun informal*

plural noun: **helicopter parents**

1. a parent who takes an overprotective or excessive interest in the life of their child or children

2. "some college officials see all this as the behavior of an overindulged generation, raised by helicopter parents and lacking in resilience"

Source: Google.com

Characteristics of a Helicopter Parent

Strategies to Help Parents "Let Go"



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“Parent-child distance promotes not only a happier child but a happier parent”

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### They Might be a Helicopter Parent

- If they:
  - Watch campus video feeds
  - Complete the student's application
  - Call the institution
  - Check the student's email
  - Try to discuss grades and financial aid with faculty
  - Impersonate their child on the phone or in emails



Source: bestcollegesonline.com/blog

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### Why do Parents Hover

- Experience anxiety
  - The unknown
  - Failure
  - Safety
  - Happiness
- High expectations
- Lack of confidence



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## Why do Parents Hover

- More information is available
- Well-intentioned and want their child to be successful
- There's a social element



Characteristics of a Helicopter Parent

Strategies to Help Parents "Let Go"



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## Five Ways They're Sabotaging

- Disempowering their child
- Their child will have no coping skills
- Parent(s) are not even helping from an authentic place
- Parent(s) are not going to live forever
- Child will make less money



Source: Forbes.com

Characteristics of a Helicopter Parent

Strategies to Help Parents "Let Go"



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## Strategies to Help Parents "Let Go"



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Characteristics of a Helicopter Parent    Strategies to Help Parents "Let Go"    Smart Solutions

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What are some strategies your institution employs to help parents "let go"?



Characteristics of a Helicopter Parent    Strategies to Help Parents "Let Go"    Smart Solutions

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## The Emotional Roller Coaster

- Provide opportunities for dialogue
- Recognize students' emotions
  - Pulled between past, present and future
- Emphasize this is a time to celebrate
- Parents should expect things to change



Source: greatschools.org

Characteristics of a Helicopter Parent    Strategies to Help Parents "Let Go"    Smart Solutions

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## Managing Expectations

- Coordinate efforts at your institution
  - Alleviate anxiety
  - Develop a campus-wide philosophy
  - Must be supported by upper administrators
  - Message must be consistent
  - Provide resource information



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## Encourage Parent Partnerships

- Anticipate that parents will reach out
- Discuss steps the student can take
- Explain FERPA
- Help parents realize their student needs to grow
- Everyone needs space



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## Encourage Parent Partnerships

- Offer an orientation for parents
- Give examples of common scenarios
- Provide opportunities for parents to be involved
- Inspire balance and boundaries
  - Consider offering a place on your website where parents can find answers to commonly asked questions



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## Parenting the College Student

- Help parents help their students



Financial Plan



Academic Goals and Expectations



Communication



Coaching

Source: greatschools.org

Characteristics of a Helicopter Parent

Strategies to Help Parents "Let Go"



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## Parenting the College Student

- Parents should
  - Remember that they are not the student
  - Be an anchor
  - Acknowledge today is different
  - Ask about courses and experiences
  - Send care packages



Source: greatschools.org

Characteristics of a Helicopter Parent

Strategies to Help Parents "Let Go"



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## Parenting the College Student

- Parents should
  - Be supportive
  - Ask their student questions
  - Expect change
  - Have patience...and lots of it
  - Accept uncontrollable circumstances



Characteristics of a Helicopter Parent

Strategies to Help Parents "Let Go"



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## College Breaks

- Remind parents that students have been making their own decisions
- College is a time for exploration and discovery
- Leave room for friends



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## Wrap Up



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## Meet Kyllian

Kyllian and her mom come into the office to discuss Kyllian's aid. Mom asks questions, takes notes and Kyllian plays on her phone. Later, mom calls asking about how to complete entrance counseling and the MPN.

- How would you counsel mom?



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## Meet Beck

Beck is in your office trying to get his verification completed so he can determine how much he will need to borrow this year. His father has called him every day last week telling him to get into the office and “get it done”.

- How would you counsel Beck?



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## Meet Cassidy

Kassidy is a freshman at your school who's a work-study in your office. Every Monday, at least one (and sometimes both) parents call you to complain that they were unable to reach Cassidy over the weekend. Cassidy says she ignores their calls because she's out “having fun”.

- How do you handle this situation?



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**TRUST**



**BELIEVE**



**SUCCEED**



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**Thanks for Attending**  
Please tell us what you think by completing the online evaluation



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