

## Sharing Their Wisdom!

The Office for Parent Programs would like to make the USC experience a positive one for both you and your student. Since so many changes occur when students leave for college, for both students and parents, we've asked parents of current USC students to share their insight with new Trojan parents. They've commented on everything from communicating with your student (learn to text message!) to understanding the resources available to both you as a parent and your student.

Feel free to browse this brochure and share it with your son or daughter to enhance the USC experience for both of you.

### The Transition Period

- Stay in touch with your student. Communication is the key to their healthy transition from home and high school to college.
- Your student will want to talk with you on their own terms (when it's convenient for them). You'll have an easier time connecting if you allow time to talk when they are available.
- Try not to worry too much. Your student is well taken care of and in an environment where they will mature into their own person, with extraordinary guidance available at every turn.



*"The first few months can be hard for everyone due to all the changes in your life. Know that the tension and pain from separation will soon pass and it will be replaced by a sense of acceptance and calm that they are on their own and doing quite well."*

- Sue Barrett, Folsom, CA

## Tips About Trojan Parents Weekend

*"Attend Parents Weekend - it helps put your mind at ease to see how well your student is adjusting."*  
- Alice Masciarelli, Shady Shores, TX

- Make a schedule and use a good map, so you don't miss things.
- Remind your student that you're coming so they save time for you. Be flexible if they have school work they need to do while you are visiting.
- Before buying tickets to the lunch or tailgate party, check with your student to see if they can join you. Some student organizations reserve space at the tailgate picnic and hold their own events too.
- Make hotel reservations early for events like Parents Weekend, football games and Commencement!

*"Attending Parents Weekend is extremely useful and gives you a better sense of the Trojan community, from all aspects. Plan to attend each day."*  
- Lorraine Bell, Toronto, Canada



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# Thoughts from Trojan Parents About the USC Experience

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## Thoughts on Communicating With Your Student

- Make it easy and low stress for your student to stay in touch.
- Consider setting up a webcam and have regular conversations. You can see your student and know if they look sick, happy or tired.
- Be available when your student needs you.
- Stay calm when your student unloads all of their worries on you. Assess whether the student just needs you to listen in order to work things out themselves, or if the situation is more serious.
- Take an interest in your student's new activities, classes and friends.
- Trust your student to make good decisions, but be there to support them when they don't.
- Stay connected to the University so you know when your student might be experiencing things like midterms, finals, etc.
- Send lots of care packages with goodies from home.
- Create a screen name and sign up for instant messenger.
- Listen! Listen! Listen!

"Learn how to text message!"

-Renee Mumma, Huntington Beach, CA

## Academics

- Remember it's the student's life not the parent's. Avoid pushing your student into a particular major. Trust your student's instincts and let them explore as many career and study options as possible.
- Encourage your student to introduce themselves to their professors right away and visit office hours regularly.
- Keep in mind that it takes time to adjust to academics at USC, sometimes more than one semester. Stay supportive!

"Remember that USC is a very academically challenging school, and your student should not be expected to bring home top scores like they did in high school.

-Kim and Nola Bienhoff, Shawnee, KS

- Know that USC professors are the best in their fields!
- Become familiar with academic resources on campus and suggest that your student uses them.

## Know Your Resources!



- Take advantage of as many parent opportunities as you can.
- Trust that the University has quality people in all departments who want the best and expect the best from your student.
- Attend programs and read newsletters from USC, so that you are

comfortable with the people who are there to help your student.

"Contact the Office for Parent Programs. They respond very quickly and will get other offices to contact you if you are having trouble. "

-Jean Erstling, Rockville, MD

- Explore the USC and Office for Parent Programs websites ([www.usc.edu](http://www.usc.edu) and [www.usc.edu/parent](http://www.usc.edu/parent)) for more information.
- Try to set up a network to meet and stay in touch with parents of other USC students from your state or region. It is helpful to know someone going to campus who might be able to take things along or check in with your student.



**Most common answer:** Get to know the resources offered for both your student and you as a parent! Take advantage of them!

## Getting Involved

- Visit your student when possible.
- Attend as many parent related events as your schedule permits. Change your schedule to attend Orientation and Parents Weekend.
- Get to know your student's friends and other parents.
- Go to football games and other events. USC has a lot of tradition and history that you can't get until you visit and experience it.
- Remember who the student is! The parent should provide the supporting role, not try to relive their college experience through their son or daughter.
- Be there, but give your student their space to find their own way. Know when to help and when to step out of the way.
- Let your student advocate for themselves.



"Don't be afraid to get involved with activities at USC. It is a very welcoming atmosphere from administrators, to professors, from parents to students. You will truly feel like part of a family, which will carry over when you wear your USC shirt in your hometown."

-Steve and Ginny German, Boise, ID

**Most common answer:** Whether you are able to attend lots of events or be there for your student via phone calls and email, the important thing is to be present, available, and show interest in your student's progress.

