

How to
**support your
college student**
who has now returned home.



Many of you are navigating new terrain as your college-aged child is now a full-time student working from home. Here are some suggestions to support your child as a student and hopefully keep the peace at home.



1

Your child is not home on a break, they are still carrying a full course load and class schedule.

They may have a class scheduled during your previously normal daily routine, and they may not be available for meals or socializing.

As tempting as it may be to put your newly returned college student to use at home, please understand they may not be available to supervise younger siblings at home all day. They may not be able to run errands for the family or elderly relatives.

This does not mean they cannot help with household chores and things around the house. They will need to feel part of their newly reformed family unit.



2

Your child is under a lot of **stress** at this time.

The second half of our spring semester is filled with final projects, papers, exams and other materials that are at their peak in difficulty.

Many students are unfamiliar with online course instruction and have had to make a huge shift in how they study and learn.

Your child has been displaced from their normal routine, social interactions, and campus resources. Many did not have the opportunity to say good-bye to friends and staff on campus.

Many students, especially seniors, are grieving the loss of anticipated spring performances, sporting events, and campus activities that they have been working toward all semester/year.



3

To the best of your ability, make sure your child has a **place to work and study where there are minimal distractions.**

Your child may have utilized quiet spaces on campus, such as the library, resource center or their dorm room, in order to study successfully.

Is the internet connection in your home or apartment strong enough to support their online learning needs?

Do you need to develop a schedule for computer use if there are multiple family members working and schooling from home?



4

Your child is a young adult who is **used to managing their own schedule.**

It may be tempting to remind them of due dates and ask if they've done their homework.

Although it will support them if you check in, your child does not need you to tell them when they should study or that they have a paper due.



5

College students have **unusual schedules!**

It is not uncommon for college students to schedule meeting time with friends at 9 or 10 p.m., and many of them study in the later hours of the evening.

As much as possible, without being too disruptive, allow your child to maintain as close to their previous routine as was successful for them.



6

Be patient with each other.

The sudden shift in your child's college experience has had a huge impact on your family.

As much as possible, respect each other's schedules and needs to accomplish your new "normal" while under very unique circumstances.

Remind your child to stay connected to friends, faculty, coaches and other resources at Lakeland.