



Dear parents, we congratulate you on your child's growth and dynamism and honor your efforts.

Dear Parents, congratulations on your child's acceptance to university. While we know that having a child who has just started university is a pleasant experience, it can also be a trigger for a crisis. Paying attention to your emotional needs, as well as your child's needs, will go a long way in preparing them and you for student life. In this way, it is best to consider the following to find effective ways to deal with potential problems that may lie ahead.

10 Effective Ways to Accompany Your Child After They're Accepted to College

1. Consider college admission an important step for you and your child:

Entering university shows that the results of several years of education and learning have helped your child to have a suitable place in this world, and this is a time when you will witness the fruits of your child's efforts towards independence, which is a great blessing, so be proud of yourselves.

2. Pay realistic attention to your child's grades and academic progress:

There may be a slight drop in academic performance when students first enter university. This is due to several main reasons, including the fact that it takes time to learn how to study in a new environment. Also, outstanding students from all over the country who performed very well in school are accepted to the university, which makes the competition a little tougher, so that some students become passive after a short period of time. Regarding this matter, a student's growth and effort are more important than their grades, so be realistic about this, but remember that completely abandoning them in college is not the right thing to do. Instead, monitor their academic progress and contact their university if you encounter a decline in their academic performance.

3. Try to maintain constant communication with your child:

In the early days of student life, your child will need a chance to adjust to the new environment. Your increased communication at the beginning of their arrival at university will help them adjust to the new circumstances.

Parent-student Communication



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Tips

- You need to be a good and patient listener. Perhaps the student's purpose in making a phone call is simply to relieve their concerns.
- Let your child know their priorities and maintain a balance based on them in all aspects of education, social relationships, career success, and spiritual matters. It is certain that your supportive role, along with trust and respect for beliefs, values and attitudes is essential.

4. Don't withhold your support from them:

Although your child is experiencing independence, they still need you to support them and be available to help them cope with problems. So try to call them regularly or visit them if possible. Sometimes, your presence at their school will provide encouragement and peace of mind.

5. Don't pass on negative feelings and thoughts to your child:

When your child is getting ready to go to college, it is not appropriate to hide your emotional states, such as feelings of sadness, worry, or excessive showing of emotions. It is better to express your feelings in a rational and measured manner. You can seek help from available support resources such as friends, relatives, and acquaintances around you and talk to them.

6. Teach them financial management:

When students enter university, they do not have complete information about the costs of buying books and dormitories, and they do not know how much money their family expects them to expend. Being clear about this and having a financial plan in place can prevent future problems. Allow them to plan for themselves and their spendings, if they ask for help, don't hesitate.

7. Get to know your child's friends and connect with them:

Try to be a friend to your child and treat them in a friendly manner. To do this, be prepared to accept your child's behavior and words, because their ability to correctly understand various issues can open the door to friendship between you and your child, and also because young people are very attached to their peer group, so you can build a better relationship with your child by communicating effectively with their friends.

8. Pay attention to their living location:

Knowing your child's new environment a few days before their move in will provide you with useful information. Especially if your child lives in a rental house, be extra careful and occasionally visit them and check on their condition.

9. If you are worried about your child being away, consider their acceptance in college natural and as an opportunity for their growth and excellence:

For some families, this stage feels like a crisis and they may feel anxious and worried, but remember that your child's distance from the family for education is a normal issue that many families experience. It does not mean complete separation from the family, but rather provides a stage for their personal and social development.

10. Stay in touch with your child's university:

If you feel the need for information and guidance to help your student child, or if you feel it is appropriate to discuss some issues with us, you can contact various departments of the university, including the counseling office.

The counseling office, with one of the most experienced treatment staff, including psychiatrists, psychologists, and counselors, is at your service to promote mental health through in-person and telephone counseling, compiling and presenting brochures, CDs, books, and booklets, as well as holding seminars and workshops. The services of this center aim to help you pursue the university's educational and training goals.

Advice for parents on how to communicate effectively with their children

- Listen carefully to your child and pay attention to their reasonable requests.
- Express your love to them and be kind and honest with them.
- Try to be a good role model for your child.
- Increase your educational skills.
- Avoid unnecessary arguments, discussions, and family disputes.
- Reinforce their positive behaviors.
- Don't argue with your child and listen to them patiently.
- Avoid unconstructive criticism, ridicule, punishment, and other negative methods.
- Build your child's self-confidence and make them resilient to traumatic situations.
- Encourage them to fill their free time with reading, exercise, and healthy hobbies.
- Talk to your child about the benefits of being away from home and practicing independence and growing up; but avoid saying that these are the best years of your life. Remember that this new experience, along with excitement and beauty, can be full of anxiety, and adapting to new situations takes time.

