

## Tips for Parents\*

**What can you do to help your college student from a distance?** *You are still a parent to your college student, and he or she still needs your support and guidance during these years. Here are some ways you can express your caring and help improve your child's experience at UNM.*

**Stay in touch!** *Even though your college student is experimenting with independent choices, he/she needs to know you're still there, to discuss both normal and difficult issues. Negotiate some agreed-upon times to email, text, or call.*

**Allow space for your college student to set the agenda for some of your conversations and interactions.** *It can be normal and developmentally appropriate for some college students to want little contact with their parents for a time, preferring relationships with peers and important faculty. This is an important step towards personal identity and autonomy, and may help the student relate to you, ultimately, on an adult/adult level.*

**Be realistic with your college student about financial matters.** *It helps parents and the college student to create a detailed plan covering how tuition, fees, books, and room and board will be paid for, and the family's expectations about other spending.*

**Be realistic with your college student regarding academic achievement and grades.** *UNM attracts bright students from all over the world. Given the competition, not every first-year student who excelled in high school will be a straight-A student in college. While meeting the basic academic requirements of the University is critical, it can be just as important for the student to develop and refine the capacity to work independently and consistently, experiencing growing mastery.*



## Counseling Services Student Health & Counseling (SHAC) University of New Mexico Albuquerque, NM (505) 277-4537

### Some Important UNM Resources:

(Interactive links available at: <http://shac.unm.edu/counselingtips.html> )

Academic Advisors:	<a href="http://maps.unm.edu/academic-services.html">http://maps.unm.edu/academic-services.html</a>
Branch Campuses:	<a href="http://www.unm.edu/campuses/">http://www.unm.edu/campuses/</a>
Campus Maps:	<a href="http://iss.unm.edu/PCD/campus-map.html">http://iss.unm.edu/PCD/campus-map.html</a>
Campus Police:	<a href="http://police.unm.edu/">http://police.unm.edu/</a>
Campus Safety Tips:	<a href="http://campussafety.unm.edu/index.html">http://campussafety.unm.edu/index.html</a>
Career Advisement:	<a href="http://www.career.unm.edu/index.php">http://www.career.unm.edu/index.php</a>
Class Schedules:	<a href="http://registrar.unm.edu/test/index.html">http://registrar.unm.edu/test/index.html</a>
Counseling:	<a href="http://shac.unm.edu/counseling.html">http://shac.unm.edu/counseling.html</a>
Cultural:	<a href="http://maps.unm.edu/cultural-activities.html">http://maps.unm.edu/cultural-activities.html</a>
Disabilities:	<a href="http://as2.unm.edu/">http://as2.unm.edu/</a>
Emergency/Crisis:	<a href="http://maps.unm.edu/health-wellness.html">http://maps.unm.edu/health-wellness.html</a>
Family Support:	<a href="http://maps.unm.edu/family-support.html">http://maps.unm.edu/family-support.html</a>
Financial Aid:	<a href="http://finaid.unm.edu/">http://finaid.unm.edu/</a>
Health Center:	<a href="http://shac.unm.edu/">http://shac.unm.edu/</a>
LGBTQ:	<a href="http://lgbtqrc.unm.edu/">http://lgbtqrc.unm.edu/</a>
MyUNM:	<a href="https://my.unm.edu/cp/home/displaylogin">https://my.unm.edu/cp/home/displaylogin</a>
Scholarships:	<a href="http://scholarship.unm.edu/">http://scholarship.unm.edu/</a>
Smoke-free Campus:	<a href="http://www.unm.edu/smokefree/">http://www.unm.edu/smokefree/</a>
Social Activities:	<a href="http://maps.unm.edu/social-activities.html">http://maps.unm.edu/social-activities.html</a>
Spiritual:	<a href="https://unm-community.symplicity.com/index.php?s=student_group">https://unm-community.symplicity.com/index.php?s=student_group</a> (On drop-Down, choose "Religious")
Student Advocacy:	<a href="http://dos.unm.edu/">http://dos.unm.edu/</a> (Dean of Students)
Student Government:	<a href="http://sac.unm.edu/UnderGrad_GradStudentGov.html">http://sac.unm.edu/UnderGrad_GradStudentGov.html</a>
Student Housing:	<a href="http://housing.unm.edu/community-living/residence-hall-communities/">http://housing.unm.edu/community-living/residence-hall-communities/</a>
Student Organizations:	<a href="https://unm-community.symplicity.com/index.php?s=student_group">https://unm-community.symplicity.com/index.php?s=student_group</a>
Study Tips/Strategies:	<a href="http://www.studygs.net/index.htm">http://www.studygs.net/index.htm</a>
Veterans:	<a href="http://maps.unm.edu/veterans-services.html">http://maps.unm.edu/veterans-services.html</a>

### Comprehensive List of all UNM Departments:

<http://www.unm.edu/depart.html>

\* Adapted with permission from Susan Landis Beck, Counseling Center, Goshen College, and Mental Health Services of Central Michigan University.