

What to STOP doing for your college student

(and what to do instead)

College students need to develop their self-management skills in order to be confident and independent adults. But how can parents sometimes undermine this growth process?

According to...

GROWN & FLOWN



Being your college student's alarm clock

Making appointments for your college student



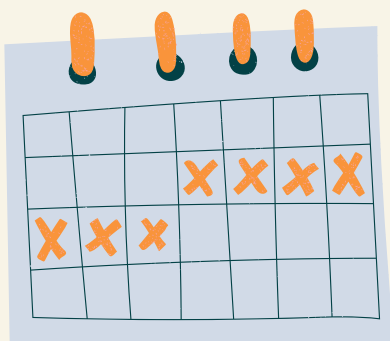
Contacting professors on your college student's behalf



Replacing your college student's lost or broken items



Managing your college student's schedule



According to...

B E Y O N D
B O O K S M A R T



Time management is an Executive Function skill that takes practice. Ask your student, "What time do you think you'll need to get going? How will you manage that?"

Students need to learn the skills of initiating tasks and planning for future needs. Ask your student, "What services will you need to plan for in the next couple of weeks? When will you arrange for them?"

Learning self-advocacy skills will help your student become responsible for their learning. Ask your student, "Who can you reach out to when you're stuck? How will you contact them?"

When students have established systems of staying organized, they help reduce their stress. Ask your student, "How will you keep track of your keys/wallet/phone? What steps will you need to take to replace them, if lost?"

Balancing priorities and maintaining a schedule are skills that often develop through trial and error. Build these skills by asking your student, "How will you fit in your classes and your club meetings this week? Are there any commitments you need to keep track of?"

Executive Function skills such as time management, planning, prioritizing, organization, and problem-solving are coachable skills that students can learn with the right support and expertise.

Reference

Grown and Flown article [14 Overprotective Things To Stop Doing Immediately For Your College Student](#) by Michelle Newman