



Dr. J. S. Jayaraman, Vice-Chancellor, NIVS University







THE BALANCING  
ACT



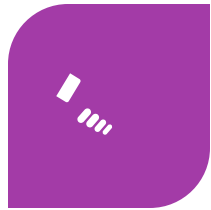
ROOMMATE  
ISSUES



FINDING FRIENDS



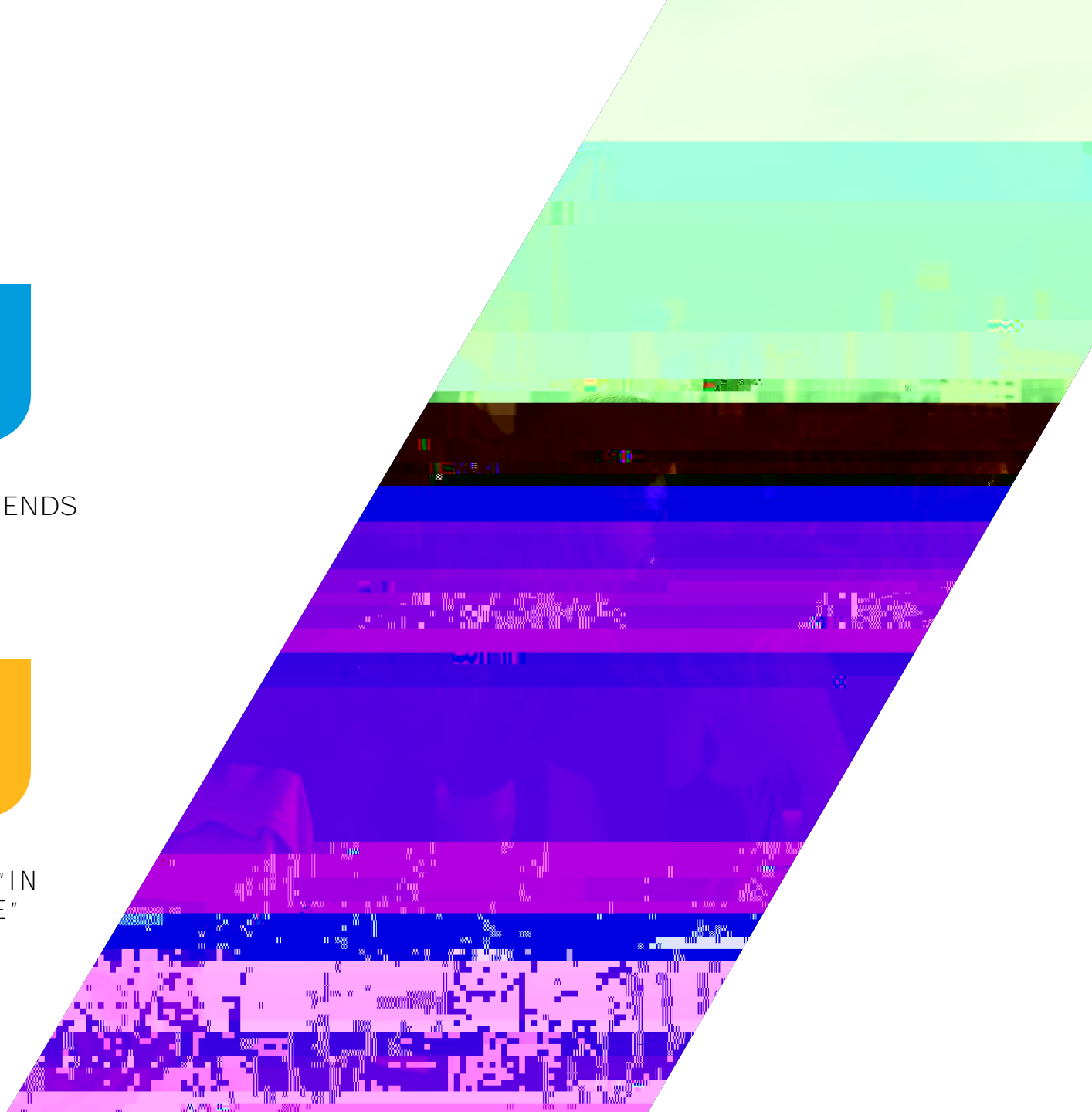
GRADES/FACULTY



NEW EMPLOYMENT



GETTING "IN  
TROUBLE"







Be careful not to 'overparent' your college student

Over-parenting can lead to students experiencing:

- decreased levels of self-regulation, self-efficacy and goal setting
- more difficult time relating to roommates or engaging in extracurricular activities
- depression and difficulty with academic and social adjustment to college
- a feeling that their own actions and efforts are insufficient
- a difficult time developing effective coping mechanisms for conflict resolution and stress management



professor  
academic advisor  
supervisor  
RA/RD  
roommate (or their parents)  
club or organization leader

Is suffering from an illness and cannot advocate for themselves

Is experiencing mental health challenges which interfere with their ability to make well-informed decisions

Cannot be located

...Or when there are financial concerns which may impact the family's finances





