To remove your name from our mailing list, please call 716-926-3604; or email jsturm@hilbert.edu.

In case you just can’t let them go to college without one last gift (or if you just really like to spoil them), we have put together some ideas. They won’t be as meaningful to your students as you, but they will still turn to you for advice and opinions and may even still ask that you handle sticky situations. We hope your students will still love you for it!

Last Minute Gift Ideas

- Gas Card
- Comfy Chair
- Music Subscription
- Phone/Email List of Family Members
- Tunes Gift Card
- Stamp Book
- Local Restaurant Gift Cards
- Picture Frames

Students may be excited or apprehensive as you turn the page to the newest chapter of your child’s life. Whether this is your first child leaving home or your fifth, you may feel a mix of emotions as you navigate your new role as a parent. Help your student unpack some things but leave some for him/her to do to make the transition easier.

Other tips:
- Bring along a cart or dolly if you have one available.
- Pack items in sturdy containers and make sure no one box is too heavy.
- Avoid duplicating large items.
- If they are living on campus, remind them to establish guidelines with their roommate about study, sleep, and personal time and to develop solutions for the negatives. Ask what they like most and least about college, help them build on the positives and look for ways to improve their college experience.
- Stress the need for time management so that they effectively use their free time and plan their schedule around class time rather than the other way around. Suggest they contact the Academic Services Center for tutoring and assistance.
- Discuss the importance of class attendance and preparation. Even if they struggled in high school they can turn things around in college with hard work and determination.
- Have the difficult conversations now. Talk about issues like alcohol use, relationships and sexual consent, and destructive behaviors that can get in the way of their college success.
- Don’t get caught up in time wasters such as afternoon naps, video games, and online conversations.
- Remind them to be involved in student organizations.
- Help them balance their social and academic life and encourage them to attend college when it is their turn.
- Recognize your role has changed. While your role may become less active, it is no less important.
- Your role is still needed. Be there when they need you.
- Encourage your students to get involved! Involvement outside the classroom can contribute to student satisfaction, and is especially important for commuter students.
- Remind them to register themselves for classes and to meet with their advisor. Help them understand class requirements for graduation.
- Encourage your students to take advantage of the resources available on campus such as the Career Services Office, residence halls, and libraries

Managing Time

When you hear about these concerns, have a meaningful conversation and offer suggestions, as your input is encouraged! In an effort to keep you better informed of news from campus, we have put together a newsletter. Please feel free to send us your ideas or topics you would like us to be aware of, please feel free to let us know what you think we are doing well or areas that we need to improve.

Tips for a Seamless Move-In Day

- Encourage your son or daughter to communicate with their roommate in advance to make sure they are both on the same page
- Pack items in sturdy containers and make sure no one box is too heavy
- Remind them to be involved in student organizations
- If they are living on campus, remind them to establish guidelines with their roommate about study, sleep, and personal time and to develop solutions for the negatives
- Stress the need for time management so that they effectively use their free time and plan their schedule around class time rather than the other way around
- Discuss the importance of class attendance and preparation. Even if they struggled in high school they can turn things around in college with hard work and determination
- Have the difficult conversations now. Talk about issues like alcohol use, relationships and sexual consent, and destructive behaviors that can get in the way of their college success
- Don’t get caught up in time wasters such as afternoon naps, video games, and online conversations
- Remind them to be involved in student organizations
- Help them balance their social and academic life and encourage them to attend college when it is their turn
- Recognize your role has changed. While your role may become less active, it is no less important
- Your role is still needed. Be there when they need you
- Encourage your students to get involved! Involvement outside the classroom can contribute to student satisfaction, and is especially important for commuter students
- Remind them to register themselves for classes and to meet with their advisor. Help them understand class requirements for graduation
- Encourage your students to take advantage of the resources available on campus such as the Career Services Office, residence halls, and libraries

Parents Can Do to Help Students Succeed in their First Year of College

What Parents Can Do to Help Students Succeed in their First Year of College

- Encourage them to attend college when it is their turn
- Remind them to register themselves for classes and to meet with their advisor. Help them understand class requirements for graduation
- Have the difficult conversations now. Talk about issues like alcohol use, relationships and sexual consent, and destructive behaviors that can get in the way of their college success
- Don’t get caught up in time wasters such as afternoon naps, video games, and online conversations
- Remind them to be involved in student organizations
- Help them balance their social and academic life and encourage them to attend college when it is their turn
- Recognize your role has changed. While your role may become less active, it is no less important
- Your role is still needed. Be there when they need you
- Encourage your students to get involved! Involvement outside the classroom can contribute to student satisfaction, and is especially important for commuter students
- Remind them to register themselves for classes and to meet with their advisor. Help them understand class requirements for graduation
- Do your students need gas card or phone cards? We are happy to help!

New Student Lounge: The Challenges Ahead

When students begin to college for the first time, they often feel overwhelmed by a new environment and their role as a student is different than their role as a child. This chapter describes some of the challenges that the first-year students will face and explains how they can be overcome. The following topics are just a few of the concerns you may have:

-自理能力: College classes and expectations can be very different than those in high school. This chapter describes some of the challenges that the first-year students will face and explains how they can be overcome.
- 独立性: College classes and expectations can be very different than those in high school. This chapter describes some of the challenges that the first-year students will face and explains how they can be overcome.
- 自律性: College classes and expectations can be very different than those in high school. This chapter describes some of the challenges that the first-year students will face and explains how they can be overcome.
- 自我认知: College classes and expectations can be very different than those in high school. This chapter describes some of the challenges that the first-year students will face and explains how they can be overcome.
- 自我实现: College classes and expectations can be very different than those in high school. This chapter describes some of the challenges that the first-year students will face and explains how they can be overcome.