Confidentiality:

Confidentiality is an essential part of any counseling relationship and is legally protected. As a result, UVI Counseling Services cannot discuss your child’s counseling experience without written permission, except in rare instances when disclosures are legally required. This includes but is not limited to situations when child abuse is suspected, when the counselor has reasonable cause to believe that the client presents a danger to themselves and others, or in response to a valid court order. You should not expect UVI Counseling Services to confirm whether your child has received services. However, you should always feel free to contact UVI Counseling Services if you have any concerns about your child, want the Counseling Center to be aware of something concerning your child, or have questions about how the counseling center works.

Additional Resources:

Admissions: (340) 639-1150
Career Services: (340) 693-1134
Campus Advising and Tutorial Services: (340) 693-1220
Financial Aid: (340) 693-1090
Health Services: (340) 693-1124
Student Housing: (340) 693-1110

Brochure Contributors:

Howard University
Morgan State University
Emory University
American College Counselors Association
WELCOME PARENTS

UVI Counseling Services is aware that sending a child to college can be exciting and also anxiety-ridden for parents and their children. We hope the information in guide will help make the transition as smooth as possible. Many people at the University of the Virgin Islands are working hard to make your child’s educational experience a positive time for learning and personal growth. We have included contact information in case you have specific questions or concerns.

WHAT CAN I EXPECT FROM MY CHILD?

Your son or daughter will very likely be experiencing a range of emotions as he or she leaves for college. Remember that these are emotions, such as happiness, anxiety, sadness, and excitement are perfectly normal. During the college years, your child will continue the process of independence while establishing new and intimate connections with friends, faculty, and other individuals. He or she will be exposed to new ideas which may or may not lead to changes in their behavior and thinking. Many of these changes are just a normal part of growing up. Remember, every child has their own experiences of adjusting to and dealing with the rewards and challenges of college life.

WHAT CAN I EXPECT AS A PARENT?

Like your child, you can expect to experience a wide range of emotions when your child leaves for college. You may be excited over your new found freedom or experience sadness over your child departure. You may also worry about losing your child as he or she experiment with new ideas, behaviors, and friendships. These are normal feelings

HOW CAN I HELP?

1. LISTEN. One of the most important roles of a parent is that of listener and supporter. It cannot be overstated how important this role is. Be an active listener. Work hard at understanding what your child tells you about his or her feeling or experiences. Be sure to listen before making suggestions or giving advice. Listening is always necessary and often sufficient.

2. SUPPORT INDEPENDENCE. Offer suggestions when appropriate but allow child to make up his or her own mind. Resist rescuing your child from a problem but rather let your child know how confident you are in his ability to resolve things independently. Help your child find appropriate resources on campus.

3. COMMUNICATE. Stay in touch with your child. Let him know or her know what is going on at home, when appropriate. Remind your child that he or she is still part of the family.

4. DEAL WITH PROBLEMS EFFECTIVELY. If there are problems at home, work hard to resolve them effectively. Just as you want to know that your child will be able to take care of himself or herself, your child needs to know that you can deal with situations effectively on your own.

5. KNOW WARNING SIGNS. Children are not always direct about letting parents know when they are experiencing serious problems. Some warning signs are: a drop in academic performance, an increase in sadness or anxiety, calling home more or less, physical complaints, depression, changes in appetite, alcohol or drug related problems, changes in sleep patterns, and a lack of social support. If you notice any of these signals do not hesitate to ask your child how he or she is doing or call UVI Counseling Services to find out how you might get you child needed help.

6. IDENTIFY RESOURCES. This particularly important if your child has a previously identified physical or mental health related condition or requires ongoing treatment or medication. Find out where the important resources are for your child. Do not be shy about calling these resources if you or your child need help.

IF YOU HAVE QUESTIONS

As parent of a UVI student, you can talk to a counselor at Counseling Services during office hours, Monday to Friday 8:30am.-4:30p.m. The Counselor can help you decide if your child needs assistance and where he or she can get it. The number is (340) 639-1134.