
Helping your Child from a Distance

- **Stay in touch!** Even though your child is experimenting with independent choices, he or she still needs to know that you're there and are available to talk over both normal events and difficult issues. Make arrangements to write or call your child on a regular basis.
- **Allow space for your child to set the agenda for some of your conversations.** If he or she needs help or support, the subject is more likely to come up if you aren't pointedly inquiring about what time he or she came in last night!
- **Be realistic with your college student about financial matters.** Most students come to school with a fairly detailed plan about how tuition, fees, books, and room and board will be paid for. They should also know what the family's expectations are about spending money. Being specific at the outset may help avoid misunderstandings later. Students tend to spend a fair amount on social interactions. It may behoove your family to be aware of how much your child is spending, to set reasonable limits, and to monitor any credit card usage so that large debts are not incurred.
- **Be realistic about academic achievement and grades.** Towson University attracts bright students from all over the world, and not every freshman who excelled academically in high school will be a straight-A student here. Developing or refining the capacity to work independently and consistently and demonstrating mastery can be more important than grades--as long as the student meets the basic academic requirements set out by the University. Again, these are choices that each individual student makes, though certainly it is appropriate to help your child set his or her own long-term goals.
- **If your child does experience difficulties at TU, encourage him or her to take advantage of the wealth of resources available for students.** For academic issues, talking with the professor or academic advisor is probably the first step, but the [Academic Achievement Center](#) and the [Career Center](#) are also available to help. If your son or daughter could benefit from counseling, the Counseling Center is available on campus. You can help your child by reminding him or her of the many resources available on Towson University's campus.

If you think your son or daughter will need counseling:

It is not unusual for a student to come to Towson having already received counseling at home. Others may not have previous counseling experience, but might have a difficult time in making the transition to college. In either of these circumstances, students and parents are advised to use the consultative services of the Center to get information about the best options available to them. We will assess your child's current needs and then link him or her with the most appropriate treatment option. Such options might include participation in a group, short-term individual counseling at the Counseling Center, and/or a referral to a highly qualified therapist in the community. Remember that continued parental support and involvement is often crucial to the well-being of the student.