# Letting Go

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# We are ONE Hampton University Family

Together, we are dedicated to providing the #1 Student Experience in America

# Before I Let Go

Frankie Beverly & Maze – Before I Let Go

# What is Letting Go?

Letting Go is the process of launching your young adult children.

Letting Go means dealing with thoughts, feelings, and reactions of having your young adult transition to Hampton University

Some key aspects of Letting Go may include healthy communication, setting boundaries, and providing support to the newest Hamptonians.

# What Does "Letting Go" Bring Up for Me?

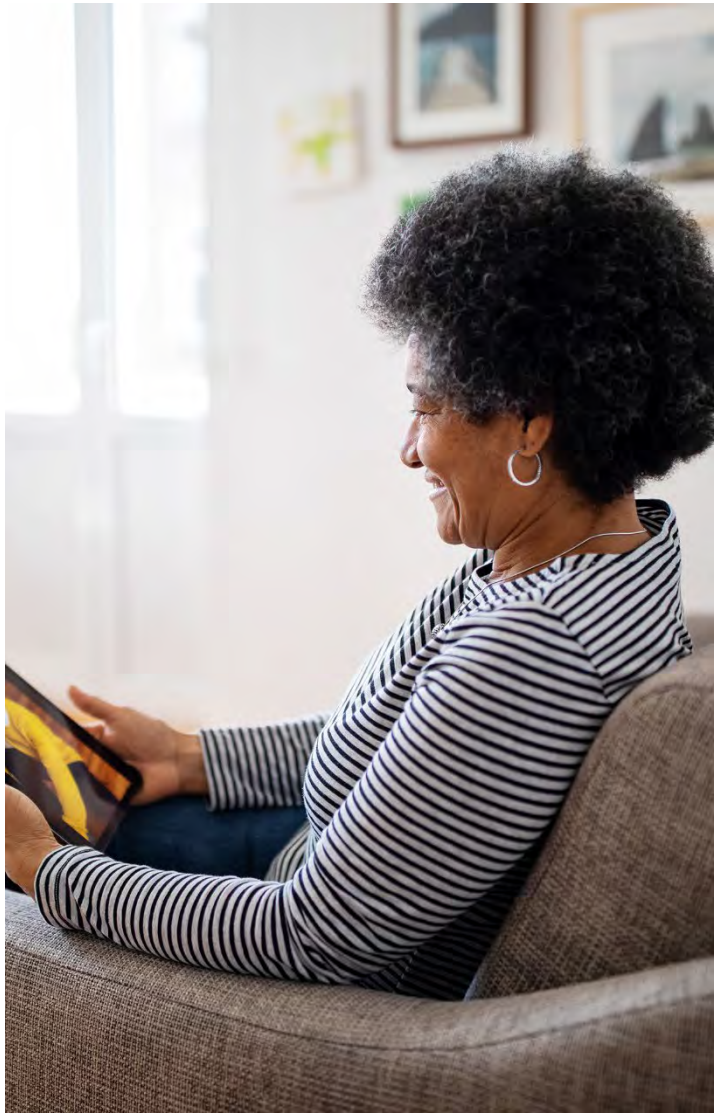
- I struggle within myself to manage the two strong pulls within me right now — the need to let go of my college-bound adult child, to be happy for them and grateful for their readiness to leave — with the deep, guttural, sharp abandonment-like pain I feel as I prepare to "release" my college freshman-bound son/daughter.
- "I have berated myself for being a wimpy mom, the parent who cannot walk away without tears, the mother who misses her kids every day. I have given myself the stern talk about being overly attached to my sons and told myself a hundred times that it is not about me but them. I decided there must be something wrong/missing from me or my life if saying goodbye was this hard. I have wondered, endlessly, why it hurts so much when they go."
- *"Let me get the door for you."*

# Acknowledging Internal Responses

- The transition of having to let go can bring up an array of thoughts and emotions
- Common reactions may include anxiety, excitement, guilt, and joy
- A range of emotions may occur at different parts of the process
- You may question whether or not your parenting skills equipped your child for success
- Practice self care and honor the transition
- Parents Weekend and Homecoming Participation
- Engagement with Social Media Groups (e.g., Facebook and Instagram

# Monitor Communication

- Setting healthy boundaries for yourself and your student while fostering support is key
- Avoid calling or texting during class times.
- Avoid the “These are the best years of your life” statement. While the University is prepared to help make it so. Sometimes, these years – especially the transitional freshman year – feel like the worst year(s).
- When you miss them---consider sending something via snail mail
- Resist trying to solve the problem(s)
- Listen and don’t lecture
- Helping to sort through options is very constructive for problem-solving and decision making. If it is clear that your student is in crisis, give a reminder that the Counseling Center is here to help. Resident and Graduate Assistants can assist in making contact and following through.
- Be specific and realistic about what you will and will not pay for.



# Health and Wellness

- Encourage your child to be emotionally open.
- Avoid burdening your student with troubling news over which they have no control. If there is news that your students must be given, try not to give it at night. It will interfere with sleep, yet there is nothing they can do about the situation.
- Sadly, deaths of family members and friends do occur. When you must inform by phone, you may request assistance from the Counseling Center.
- If your child has a mental health history (including ADHD, depression, problems with alcohol / drugs, and 'acting out') - DO NOT assume that college will somehow cause it to resolve itself, or that s/he will grow out of it.
- Be sure your student knows where the Counseling Center and Student Health Center is located. If s/he is on medication, emphasize the critical importance of compliance.

# Encouraging Autonomy and Engagement

| Encourage | Realize | Don’t panic | Let |
| --- | --- | --- | --- |
| Encourage students to get involved in student activities | Realize that you are no longer in control of all of their decision making processes | Don’t panic if you don’t hear back right away | Let your student develop problem solving skills—this means saying no when they ask for help finishing a paper or residence halls |

# Available Resources

# When to & Where to Refer

## Student Counseling Center

Call the SCC first when...

- the concern is solely about mental health issues.
- there are specific questions about SCC services.
- there is a release of information on file to consult about a specific SCC Client.
- Active Crisis (active harm/suicidal ideation)
  - After calling HU PD
- community referral for medication
- Non-emergent wellness checks

## Dean of Students

Call the DOS office first when...

- conduct questions or issues
- general concerns/complaints
- residence life information
- student life
- university-wide activities

## HU Police Department

Call HU Police Department first when...

- ALL Crises that occur after 5pm
- Individual or HU Community in immediate danger
- Active self-harm/suicide attempt

Outside Services:

Sentara Hospital (757) 224-2230

Riverside Hospital (757) 594-2000

When in doubt, call the Counseling Center to consult (M-F 8am-5pm) at 757-727-5617

# Resources Page

Additional Resources available via Linktre.ee QR Code

- Instagram Pages
  - @hustudentcounseling
  - @JEDfoundation
  - @mentalhealthamerica

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Therapy Assistance Online

Free Registration

Mental Health Guide

Free Access

# Trust the Journey

| | |
|---|---|
| Trust | Trust the University |
| Trust | Trust the Process |
| Trust | Trust Your New Hamptonian |
| Trust | Trust Yourself |

*Accept* what **IS**,
let go of what **WAS**,
and have *faith*
in what **WILL BE.**

# Questions and Comments