



REED COLLEGE PARENT'S GUIDE TO SUPPORTING YOUR REEDIE

Month	Reed activities	Student developmental issues	Student Services support at Reed	How parents can help
September	Finalizing academic schedule; humanities paper due (freshmen); thesis advisers assigned to new seniors.	Adjustment to college life (making new friends, homesickness); Gearing up for the academic year; questions about fitting in; doubting academic readiness; balancing academic and campus life.	<ul style="list-style-type: none"> • Assistance with joining/starting student groups—continues all year. • Gray Fund (GF) trips to meet people; Selecting physical education courses and other sport/recreational activity. • Ensure that students have unfettered access to HCC (Health & Counseling Center) services, and a clear understanding that services that are available to prevent, and not just to treat problems. • Post-orientation programs for first-year international students to support them with academic/cultural adjustment. 	Participate in your student's transition to life away from home by supporting the student in his/her process of individuation, allowing them to solve some of their own problems, and experience the confidence that derives from this process.
October (18–26) Fall break	<p>Receiving academic progress reports & feedback on writing projects and exams.</p> <p>Career and life after Reed considerations for upperclass students.</p> <p>Juniors taking key courses in their majors.</p> <p>New seniors finalizing thesis topics.</p>	High stress may set in due to academic feedback; managing time appears difficult; having doubts about intellectual and academic readiness.	<ul style="list-style-type: none"> • Helping students address academic issues by improving study skills and communication with faculty. • Previously undiagnosed and/or untreated learning disabilities become apparent, and HCC works with Academic Support to assess, accommodate and treat these issues. • Students attend a myriad of career services programs. • Flu shots available on campus. • being. 	<p>Send midterm care packages—students love mail, both freshmen and upperclassmen.</p> <p>Remind students to take study breaks by signing up for GF trips and fall break activities.</p> <p>Discuss career aspirations with your student, but DO NOT pressure them to be what you want them to be.</p>

October continued...			<ul style="list-style-type: none"> • Off campus trips for international students during fall break to expose the students to American life outside Reed. Individual meetings with first year students to check-in on academic and personal well 	
November (10–deadline to withdraw from college or take a leave)	<p>Registration confirmation for spring classes.</p> <p>Making Travel Plans for Home.</p> <p>Spring/Fall seniors working hard on finishing the thesis.</p>	<p>Students assessing the work to be done in final weeks of the semester.</p> <p>Students who are feeling overloaded are deciding whether to withdraw from a course by the November 10 deadline.</p>	<ul style="list-style-type: none"> • As cold and flu season hits, HCC provides individual treatment as well as community-wide education regarding how to avoid getting sick, and what to do if/when students do get ill. • Counselors focus on the challenges inherent in returning home for break, and/or making sure that students have the support they need if they are not going home. • For international students, host families often welcome them to their homes for Thanksgiving. 	Encourage student to make Thanksgiving plans–dinners on campus or start their own for their dorm.
December (5) Fall senior thesis due (10) Last day of classes (15–18) Final exams (19) Residence halls close at noon	<p>Final Papers, projects, and exams.</p> <p>Fall graduating seniors finishing the thesis, defending it in the oral exam, and filing theses in library.</p>	Academic stress; anxious about returning home; excitement/disappointment about academic performance overall.	<ul style="list-style-type: none"> • Academic pressures often cause students to neglect self-care, so HCC counsels students to focus on adaptive stress–management skills, and often intensifies supportive interventions to help students complete their work for the term. • Winter housing provided for international students. 	<p>If your Reddie is an upperclassman, continue to inquire about their academic and campus life while home for the holidays.</p> <p>For freshmen, understand that they’re negotiating between freedom at school and getting back into family mode at home.</p> <p>Encourage them to go to the Sports Center to relax.</p>