

Issue 11 April 2020

THE PFP POST



STOCKTON
UNIVERSITY

PARENT & FAMILY
PARTNERSHIPS



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How to Help Your... Student Process the Emotional Impact of Leaving Campus Abruptly

Written by Liz Zadnik, Associate Director of the Wellness Resource Center, Temple University

As a caring parent or family member, your primary focus is ensuring the health and safety of your student - this is incredibly important. For your student, they are balancing this priority with feelings of uncertainty, sadness related to missing out on what they expected their semester to look like, and the desire to connect with friends, peers, and mentors.

These feelings and priorities are not at odds with one another. They are all valid responses to a confusing and complex situation.

How can I help my student if they are feeling sad about leaving campus?

First and foremost, validate the emotions of grieving or being disappointed about the unfulfilled dream of completing the semester as they hoped, as well as some identity confusion over their role as a student / student worker / intern.

-Avoid "At least..." statements. As a parent, you may be feeling relieved that your student is home or in the process of coming home. You may also be managing work responsibilities, family obligations and care, and / or a myriad of other concerns. A response with "At least..." is most likely intended to be a way of helping your student broaden their worldview - it may not be received this way.

-Share affirmations or open up the conversation to how they might be feeling. This is an incredibly unusual situation for most of us in the United States and, while we may have more life experience to navigate uncertainty, students may not. Try practicing some reflective language that validates and affirms, such as "I can't imagine the disappointment. I'm glad you're safe and I'm also sorry this is happening."

What can I do to help them when they feel ready to move forward?

In the coming days or weeks, your student may feel ready to have conversations about what to do next or be more open to other perspectives on the situation. When engaging in these conversations ask, "Can I share something?" or "Are you interested in hearing an idea I have?" to keep the conversation on track and supportive.

- Offer perspective on how this could help them in the future. These skills in flexibility, creative problem-solving, and handling a crisis will serve them later in life at work or in their personal lives.

- You could share how proud you are of them for specific choices they made during the switch to online classes, caring for friends and classmates, and / or moving home.

- Remind them that social distancing does not mean disconnecting - they can still honor routines with friends, such as weekly lunches or study breaks. They can explore a new way of connecting with technology (e.g. everyone eats lunch and jumps on a videochatting app at a certain time).

- Help them practice gratitude for what they were able to experience.

- >Encourage them to reach out to peers and professors or mentors who helped them this academic year or while in school. A simple email of "Thanks!" can help them feel connected to campus and the people that shaped their experience.

- >As a family or community, engage in a daily gratitude practice - everyone

Stockton's Assistant Director of the Counseling Center, Laura Shaw, also adds:

Allow your students to have private space (or assist them in finding this space) both for them to be a successful on line student and for some personal privacy. For students that do not have their own rooms or private space this could mean use a room for certain hours on certain days.

- Our main Counseling services center at J204 will be closed, appointments will generally be conducted via phone, zoom remotely to reduce risk of transmission.

- To speak to a Counselor On-Call, please call 609.447.2328.

- Walk-in/Crisis Services are still available Mon to Friday 9:00am-4:00pm via phone at 609.447.2328.

- Regular hours of operation will be observed: Monday to Friday: 9 am – 4:30 pm remotely.

For the most up to date information on Coronavirus and its impact on the Stockton community, please visit Stockton's Coronavirus web page by clicking [HERE](#).

Recommended Reading:

10 Ways for College Students to Succeed During COVID-19 by
Lori Bender

COVID-19: When Your College Student Needs to Complete the
Semester at Home by Vicki Nelson

Parents, Now is the Perfect Time to Extend Grace to your
Returning Students by Barbie Beyer

**Check out the video below that was sent
to all students about the transition to
online learning!**



Stay Connected with Parent and Family
Partnerships on social media by clicking the
icons!



Spring PFA Fundraiser



CLICK the image to check out the Spring PFA Fundraiser! Orders ship straight to your home and 50% of the sale goes to the PFA!

A green advertisement for Dutch Mill Bulbs. It features the company logo with tulips and the text "Fundraising & Wholesale". Below the logo, it says "Spring is coming! Get your plants today!" and "Order online, delivered to your door! Proceeds benefit Stockton Parent & Family Association". There are illustrations of yellow flowers and a bouquet of yellow flowers. At the bottom, there are photos of various flowers like tulips and lilies.

DUTCH MILL BULBS
Fundraising & Wholesale

**Spring is coming!
Get your plants today!**

Order online, delivered to your door!
Proceeds benefit Stockton Parent & Family Association

Meet Freya: Stockton's K-9 in Training!



Students participating in the Housing Renewal Process to select their on campus housing for the Fall 2020 were emailed an update on the Housing Selection Timeline! The process has been extended to give students more time to create roommate groups!

Updated

HOUSING SELECTION

Due to the changes in housing and the ongoing pandemic, we have re-structured the dates and timing for the Housing Renewal Process. Please see the details below for the remaining steps

2.

Step 2, the Roommate Group Formation, will be extended until **Monday, May 11th, 2020**.

During this time, continue to form full Roommate Groups to maximize your selection time slot.

3.

AC Priority Time Slots will be emailed to Group Leaders on **Thursday, May 14th, 2020**.

AC Priority Selection Days are:

Monday, May 18th and Tuesday, May 19th, 2020

3.

Full Campus Time Slots will be emailed to Group Leaders on **Thursday, May 21, 2020**.

Campus Selection Days are:

Monday, May 25th — Friday, May 29th, 2020



A CAMPAIGN OF **NALBO**
Education Fund

The 2020 Census is critical even in this time of flux. Students who normally live at school should be counted at school, even if they are temporarily living somewhere else because of the COVID-19 pandemic. Students are counted where they normally live because accurate responses impact how billions of dollars in federal funding will be distributed to school's for services like school safety, mental health services, and Pell Grants.

A few friendly reminders from Financial Aid:

THE STATE WON'T WAIT!
**RENEW YOUR
STATE AID**
FILE YOUR FAFSA BY THE JUNE 1 DEADLINE



The State Won't Wait!

File the FAFSA today! Any student who fails to file the 20-21 FAFSA by June 1 will lose more than \$7500 of State Tuition Aid Grant (TAG), as well as Educational Opportunity Fund (EOF) funding, if eligible. Students are encouraged to file as soon as possible. The sooner they apply, the earlier they can find out about available State financial aid and make informed decisions about the 2020-2021 academic year.

Visit stockton.edu/fafsa to learn more.



Verification in a Snap!

The Office of Financial Aid has recently introduced a new, personalized process that will make the financial aid process an easier one. This process is mobile friendly and allows us to continue our financial aid operation remotely.

Students who are selected for Federal Verification or need to submit required documents to our office will receive an email asking them to create their own VerifyMyFAFSA account and will be responsible for submitting most documentation through this account.

In some cases, parent signatures may be required. Please have your students monitor their goStockton email account for updates. To learn more, visit stockton.edu/verification.

Complete
EXIT Counseling
studentaid.gov

Complete EXIT Counseling

Attention Parents of Spring 2020 graduates! Be sure your student completes EXIT Counseling on studentaid.gov ASAP! They need to take this important step to close out their undergrad loans and gain access to their transcripts and diploma.