

Parents of a College Freshman—Staying Involved

- Pay special attention to your son's or daughter's experiences and activities during the crucial first 6 weeks on campus. With a great deal of *free* time, many students initiate heavy drinking during these early days of college, and the potential exists for excessive alcohol consumption to interfere with successful adaptation to campus life. You should know that about one-third of first-year students fail to enroll for their second year.
- Find out if there is a program during orientation that educates students about campus policies related to alcohol use. If there is one, attend with your son or daughter, or at least be familiar with the name of the person who is responsible for campus counseling programs.
- Inquire about and make certain you understand the college's "parental notification" policy.
- Call your son or daughter frequently during the first 6 weeks of college.
- Inquire about their roommates, the roommates' behavior, and how disagreements are settled or disruptive behavior dealt with.
- Make sure that your son or daughter understands the penalties for underage drinking, public drunkenness, using a fake ID, driving under the influence, assault, and other alcohol-related offenses. Indicate to them that you have asked the college/university to keep you informed of infractions to school alcohol policies.
- Make certain that they understand how alcohol use can lead to date rape, violence, and academic failure.