

“Ten rules to help you and your student adjust to his or her first year at Central Piedmont Community College”

1. Accept that struggles and failures are a part of adulthood.

- You can't keep your student from experiencing struggles, but you can help support your young adult to become more self-sufficient.

2. Realize that your child is now a college student.

- There is a major difference between high school and college! It is easy to forget this principle since students attending community college are usually still living at home.

3. Accept that your child is now entering adulthood and may have different goals than you have.

- Your child's career goals, academic goals, and school of choice may not be what you would have chosen. Try to remember that as they enter adulthood they need to develop ownership over their goals and aspirations for their future.

4. Decide ahead of time who is responsible for what and the level of access.

- Financial responsibility: Who's paying for what? Are there conditions for payments? If you're applying for financial aid (FAFSA), do it early!
- Access to grades: Does the student have to show you grades at the end of the semester? Keep in mind that Advisors and Counselors cannot give out this information to people other than the student.

5. Encourage the student to be his or her own advocate.

- This includes interactions with Instructors, Advisors and Counselors, and the Academic Learning Center.

6. Don't be overly wired.

- If a student is going to see an instructor or other college personnel, do not send text messages to the student or call during the conference. Allow the student to talk to the college official one on one.

7. Encourage your student to start thinking of the future now.

- What are their plans when they are finished at CPCC? They can reach out to the [Transfer Resource Center](#) to assist with planning for transfer to a four-year university. [Career Services](#) can assist in the job search and career planning both during and after college. The [Co-op department](#) can help with internship opportunities for students in selected programs.

8. Encourage your student to use campus services and resources.

- Financial Aid
- Global Learning
- Campus Security
- Disability Services
- Student Computer Labs
- Transfer Resource Center
- Learning Resource Center (Library)
- Student Life (Clubs/Organizations/Campus Life)
- Fitness Center (Central Levine/Merancas campuses)
- Student Success Center (Academic Advising/Personal Counseling/Career Services)

9. Encourage your student to be involved in campus activities.

- You can learn more about campus activities and clubs and clicking [here](#) for Student Life.

10. Encourage your student to check his or her CPCC email regularly.

- At least once a day during the semester.
- At least twice a week during breaks.
- If desired, CPCC email can be forwarded to other email accounts.