

# First-Year Parent

Publication of The Retention Office

Issue 1



## Welcome to Capital!

It really happened. Your student walked through the gates of Capital, and became a member of the Capital family. In doing so, you also became a part of our family. So welcome. My name is Brad Pulcini, and I am the Director of Retention at the University. My office is dedicated to making sure that your student achieves the ultimate goal of walking out the gates of Capital at graduation.



There will be bumps and hurdles that both you and your student will encounter along the way, but know that my office is here to assist, help, and direct you through it all. Parents play an integral part in a student being successful in college. As a parent of a first-year student, you will especially be important as your student deals with transitioning to a new environment at a critical time in their development from an adolescent to a young adult. Please know that I am here and only a phone call away. I would love to talk to you about any concerns you may have, as well as share in accomplishments with you.

**-Brad Pulcini**  
**Director of Retention**  
parents@capital.edu



You can always reach me by calling 614.236.6694

## How was your day?

When your child was home, you likely talked every day about what was happening. Now that your child is in college, your communication with them will change. You might be communicating less frequently, but it is important to stay in touch and keep those lines of communication open.

**HINT:** To find out what is going on, ask open-ended questions that require more than one word answers, such as “What are you studying in English?” or “Tell me about your meeting the other night.”



## To text or not to text, that is the question

**Cell Phones**—Cell phones will make it easy for you to stay in touch with your child. College students seem to always be in the middle of something, so it may be best to let them call you, or send them the occasional text message that will allow them to respond back when they have a minute.

**E-mail**—In your e-mails, check in, but also talk about what’s happening at home. Students see their home as a safe haven, and with so many new things in their lives, it’s reassuring for them to know that life goes on for those back home (let them know how the pets are, and how last night’s meatloaf turned out).

## Is your student stressed?

As you are probably aware, college can be stressful. Your child will face new surroundings, new people, and new demands. They will experience more readings, longer written assignments, and harder exams. They might worry about fitting in, finding direction, and making sense of it all.

If your child seems stressed out, encourage him/her to talk about what is going on. Encourage them to meet with their instructors, advisers, resident assistants, etc. If they feel overwhelmed encourage them to see if something can be dropped or rescheduled.

If the issues are anxiety, depression, homesickness, or alcohol/drug abuse, encourage them to schedule an appointment with Capital’s health center. Not sure who to contact? I would be happy to connect your son/daughter with the appropriate resources here on campus.



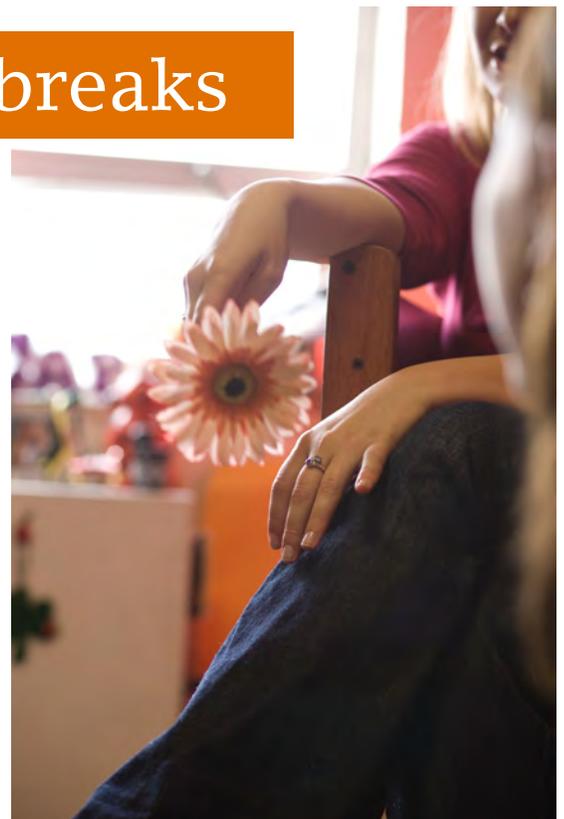
I'm coming home to...

Some students will go home often, others will not (don't take it personally). While you want your child to always feel welcome at home, encourage them to **stay on campus the first few months of college**. They will make better connections with their roommates, hall mates, and the rest of the student body by participating in weekend activities, meetings, intramural sports, etc. **Developing friendships and getting involved in campus activities early contribute greatly to a student's college success.**

## Home visits and breaks

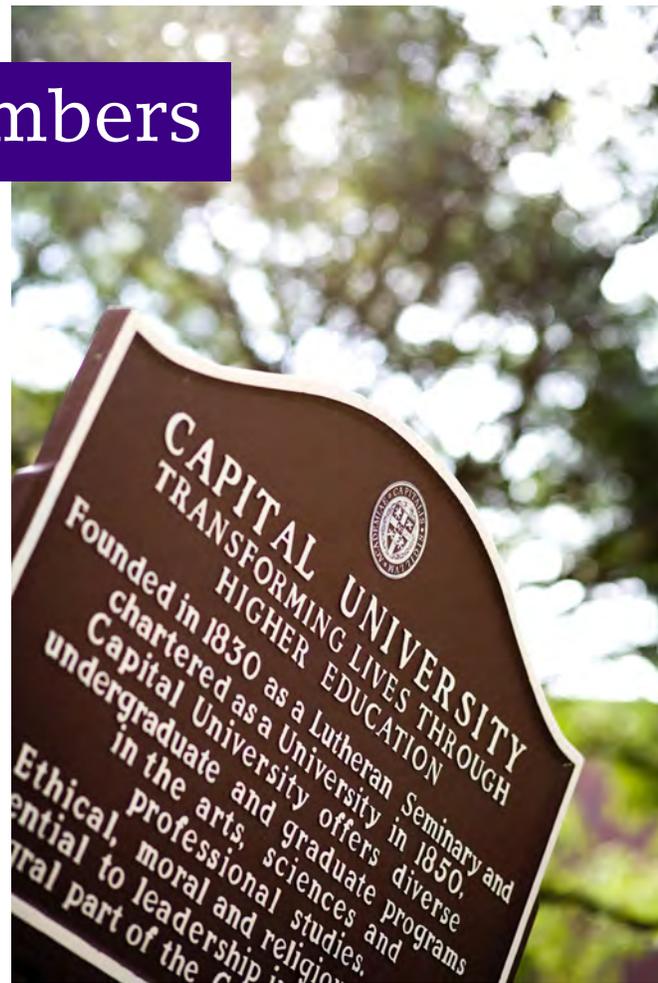
We know you will be excited to have your child home for a visit, but be aware that this now may present some unique challenges.

College students grow accustomed to considerable freedom and autonomy at college. So before your child comes home, go over house rules, responsibilities, and expectations regarding curfews, chores, and borrowing the car (you might even utter the words, "as long as you're under my roof you're going to live by my rules," or something along those lines).



# Important Campus Numbers

Financial Aid	614.236.6511
Health Center	614.236.6114
Public Safety	614.236.6504
Registrar	614.236.6150
Residence Life & Housing	614.236.6811
Retention Office	614.236.6694
Student Accounts	614.236.6123
Student Affairs	614.236.6611
Tutoring/Academic Services	614.236.6327
Unified College Dean	614.236.6204



## Take A Professor To Lunch

One of the most important steps your son or daughter can take while at college is getting to know their professors. **The most successful students on campus meet and talk with their professors outside of the classroom.** These same professors can help your son or daughter find internships, help with research, and provide letters of recommendation after graduation.



We want to help your son or daughter take the first step in getting to know their professors. **This is why we offer them the chance to take them out to lunch.** Students can ask their professor to lunch, and then stop by the **Office of Retention (located in the Student Service Center in Yochum Hall) for a lunch ticket.** Your student can get more information on this program by calling me at 614-236-6694.