



REED COLLEGE PARENT'S GUIDE TO SUPPORTING YOUR REEDIE

| Month | Reed activities | Student developmental issues | Student Services support at Reed | How parents can help |
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| 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> |

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| 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> |