Parenting A Sophomore

Being the parent of a college sophomore can be energizing and exhausting, rewarding and disheartening, clarifying and confusing.

At a stage in life when your student is “supposed to be” choosing a life direction, deciding on a career path and picking a major, s/he is also “supposed to be” finding his/her role in the campus community, trading high-school friendships ties for new college ones and meeting increased academic expectations and responsibilities.

While your student is questioning his/her identity, searching for a sense of purpose, working to achieve personal goals and trying to develop some autonomy from you, s/he is likely still reliant on you for moral guidance and financial support.

Like your student, your role, too, is in transition: for him/her from being a child to becoming an adult; and for you, from being a primary care-giver to being “on-call”. Like your sophomore, you too may have questions.

The Sophomore Year Experience Program (SYEP) at SUNY Potsdam recognizes and appreciates that you may have no more experience being a parent of a college sophomore than your student has being one. Further, we know from personal and professional experience that while there are commonalities in the questions, challenges and issues that sophomores face, each sophomore is a unique individual.

With this in mind, this site is intended to provide you with information about the sophomore experience at SUNY Potsdam as well as with links to resources, both general and specific, to help you contribute to the success of your sophomore.

SUNY Potsdam Links and Resources

Academics

Academic Calendar
Orientation
The College Store
Undergraduate Programs
Graduate Programs
Special Programs
Finance Your Child's Education
Policies

Departments and Offices

These links provide you with the location, phone numbers, email addresses and webpages of
some of the resources for you as a parent of a SUNY Potsdam sophomore:

Academic Support Office
http://www.potsdam.edu/support/asotutoring/index.cfm

Accommodative Services
http://www.potsdam.edu/support/oas/index.cfm

College Counseling Center
http://www.potsdam.edu/studentlife/counseling/index.cfm

Registrar
http://www.potsdam.edu/offices/registrar/index.cfm

Residence Life
http://www.potsdam.edu/studentlife/ResHalls/index.cfm

Student Health Services
http://www.potsdam.edu/studentlife/healthservices/index.cfm

Student Success Center
http://www.potsdam.edu/studentlife/healthservices/index.cfm

Student Support Services
http://www.potsdam.edu/support/sss/index.cfm

University Police
http://www.potsdam.edu/studentlife/safety/index.cfm

Student Accounts
http://www.potsdam.edu/offices/studentaccounts/index.cfm

For the full SUNY Potsdam Directory, visit this link: http://www.potsdam.edu/directory/

External Links

College Parents of America, http://www.collegeparents.org, is the nation's only membership organization comprised of current and future college parents. Founded in 1997, the mission of CPA is to assist families in the successful preparation, transition, adjustment, and completion through college. The CPA site provides information on a variety of topics relevant to parenting a college student, and has many good suggestions for helping your sophomore be successful.