Texas A&M University

- Female = 47.5%
- Male = 52.5%
- CS, Galveston, Qatar, HSC, Law School, McAllen = 69,367
- TAMU College Station (Fall 2018) = ~64,000
We are the Aggies, the Aggies are We

- Varied religious beliefs
- Multiple racial & ethnic backgrounds
- Disabilities/special needs
- Different sexual orientations
- Urban, suburban & rural hometowns
- Varied socioeconomic backgrounds
- Different family situations
- Range of ages
Program Overview

- Transitions
- Self-Care
- Resiliency
- Academic Success
- Finances/Insurance
- Health & Safety
- Living in Aggieland
"I’m still a part of the family – I just don’t live at home anymore. And I still need a place to stay when I come home to visit!"
-Kim
Transitions: Realities

Major Differences for Students

- Academics (intensity, expectations)
- Independence (time, health, decisions)
- Multiple changes
  - New experiences
  - Roommates
  - Group Work
  - Accountability
- Parents at a distance
Transitions: Communicating Today
Transitions: Emotions

Happy, Happy, Happy
Crisis, Crisis, Crisis

“Everyone says college is the best time of your life. I think it is the most stressed I’ve ever been.”

-College Student on Pinterest
Self-Care

MENTAL HEALTH
• Stress levels
• Anxiety & depression

PHYSICAL HEALTH
• Eating, sleeping, exercising
• Vaccinations, check-ups

OTHER
• Seek healthy outlets
• Create a good support system
• Participate in college life

Send this message to your student: Self-care is important!
Resilience

“Resilience is adaptation in the face of adversity, trauma, tragedy, threats, or stress.”

-American Psychological Association
Resilience – What builds it?

- Social support
- Optimism and confidence
- Use of resources
- Problem-solving skills
- Emotional stability
- Humor
- Tenacity
- Keep things in perspective
Academic Success: Connections

• Developing a commitment to learning
• Making connections
• Texas A&M Community
  o Faculty
  o Academic Advisors
  o Student Affairs Staff
  o Fellow Students
• Service & Leadership
Academic Success: Resources

- Academic Success Center
- Academic Advisor
- Disability Services
- Libraries
- Tutoring
  - Academic Department
  - Peer Tutoring
  - On and off campus
- University Writing Center
Finances & Insurance
Finances & Insurance

Employment
On and off campus
How much?

Budget
How much?

Insurance
Homeowner’s/Renter’s
Health Insurance
Student insurance – shs.tamu.edu
Health & Safety: Personal Responsibility

Physical
Avoid being a victim * Property safeguards * Crime prevention

Texas A&M University Police Department/Federal Clery Act Crime Alerts:

“The safety of our community does not have borders. It is the goal of every law enforcement agency to protect the citizens that we serve. Be the eyes and ears of your police department. When you see suspicious activity contact the Texas A&M University Police Department at 979-845-2345, the College Station Police Department at 979-764-3600, or the Bryan Police Department and the Brazos County Sheriff's Office at 979-361-3888. Together we can make a difference in our community.”
Health & Safety: Personal Responsibility

Internet Use
• Twitter
• Instagram
• Snapchat
• Facebook

Stalking
Harassment
Identity Theft
Health & Safety: Hazing

- Illegal by Texas State law & Student-rules.tamu.edu
- Not limited to any particular group
- Consent is not a defense
- Some example of activities:
  - Sleep Deprivation
  - Forced consumption of food/beverages
  - Mandated Tasks (e.g., cleaning, driving)
  - Blindfold and made to follow orders
  - Humiliating tasks
Health and Safety: Alcohol

In one month:

Prevalence of Drinking
- 59% drank alcohol

Prevalence of Binge Drinking
- 39% engaged in binge drinking (5 or more drinks on an occasion)

Prevalence of Heavy Drinking
- 12% engaged in heavy drinking (5+ on an occasion/5+ times per month)
Health and Safety: Alcohol

• Risk factors:
  • alcohol is available & inexpensive
  • binge drinking
  • self-medicating

• Majority of students make good decisions

• Research: Parents who talk to their children have a positive impact—in many cases, the greatest impact.
Health and Safety: Drugs

- Factors associated with drug use
  - stress
  - course load
  - curiosity
  - peer pressure
- Prescription Drugs
- Emerging trends
Health and Safety: Sexual Misconduct

• Survey results: 25% of all women and 7% of all men experienced unwanted touching of a sexual nature

• On-going education for the prevention of power-based interpersonal violence at TAMU
  • Sexual assault, dating violence, domestic violence, stalking, sexual harassment

• Bystander intervention
  • To reduce and ultimately end sexual violence, EVERYONE must get involved.
Health and Safety: Resources

- University Police Dept. (UPD) (979) 845-2345
- HelpLine/Student Counseling Service (979) 845-2700
- Dial-a-Nurse (979) 458-8379
- Student Assistance Services (979) 845-3113
- Critical Incident Response Team (CIRT)
- TellSomebody.tamu.edu
- StopHate.tamu.edu
Living in Aggieland: Get Involved

- Division of Student Affairs
  - Student Organizations
  - Sport Clubs
  - Student Government
  - Student Newspaper and Yearbook
  - Student Radio
- Academic Affairs
- Student Employment
- Student Representation on Committees

Get involved (but not over-involved) & Get Connected!
Questions? Email Us!

studentlife@tamu.edu
scs@tamu.edu

Thanks & Gig ‘Em!
Family Resources

As part of the Aggie Family, we want to be your partner in supporting your student(s) at Texas A&M. Your roles as parents and mentors are as important as ever. Studies show that parental involvement increases the chances that a college student will be successful on campus and improves graduation rates.
Howdy Family Members!

Welcome to the Aggie Parents & Families website. As part of the Aggie Family, we want to be your partner in supporting your student(s) at Texas A&M. Your roles as parents and mentors are as important as ever. Studies show that parental involvement increases the chances that a college student will be successful on campus and improves graduation rates.

We hope that you will take full advantage of the services and resources we provide. We strive to be a one-stop resource for Aggie Parents & Families. Feel free to contact us at 979-845-5826 or by email if you have any questions, comments, or concerns.

Connect with us!

Información para Familias de Aggies en Español
Haga clic aquí

Outcomes for Families

The Aggie Parent & Families Program in the Offices of the Dean of Student Life, in collaboration with key partners across campus, works with parents to help them understand the student experience, support student learning, and empower students to take personal responsibility for their social and academic achievement.

Announcements

- A recording of the October Webchat on Student Counseling Service can be viewed here.
- If you are looking for information regarding Family and Guest Registration for New Student Conferences, click here.
- Sign up to receive Code Maroon text updates.

2017-2018 Family Calendar
The Aggie Families Newsletter delivers the most current information to you on a regular basis. We send an e-mail newsletter once a month with information about pending deadlines, campus news, and special notices.

Signup at aggiefamilies.tamu.edu/newsletter
Involvement

• Save the Date!
  Family Weekend April 12-14

• Apply to serve on the Advisory Council!
  aggiefamilies.tamu.edu/aggie-parent-family-advisory-council/
Aggie Moms

- 109 clubs located throughout Texas and in Louisiana, Arizona, Colorado and Minnesota/Western Wisconsin

- Aggie Moms' clubs have given back over $550,000 in the form of scholarships to students and to support on campus student organizations
Connect!

/AggieParentsandFamily
@NSFPTAMU

new_aggie
@nsfptamu

aggiefamilies.tamu.edu
979-845-5826
HOWDY!  
WE’RE GLAD YOU’RE HERE.

New Student & Family Programs
DIVISION OF STUDENT AFFAIRS

979-845-5826
aggiefamilies@tamu.edu