

Parent Orientation.

In addition, the programme is structured to help parents, guardians, and sponsors of first-year students understand a new student's transition to tertiary studies and how best to support them.

Supporting your child during their time can make a big difference in their success and well-being. Here are some ways you can provide meaningful support:

1. Encourage Independence

Foster Responsibility: Encourage your child to take ownership of their schedule, deadlines, and commitments, as this builds essential life skills.

Set Realistic Expectations: Acknowledge that they may face challenges and reassure them that growth often involves learning from mistakes.

2. Stay Informed, But Respect Boundaries

Get To Know Eduvos: Familiarise yourself with Eduvos's academic requirements, support services, and key dates to understand their study experience better.

Respect Their Privacy: Allow them to share information as they feel comfortable and trust them to handle issues with Eduvos staff when needed.

3. Offer Emotional Support

Be a Sounding Board: Let them share their experiences and challenges without immediately offering solutions, so they feel heard and supported.

Encourage Resilience: Remind them that setbacks are a natural part of their studies, and that perseverance is key.

4. Promote Healthy Habits

Encourage Balance: Remind them to prioritise self-care, sleep, and downtime along with their studies.

Check In on Mental Health: Recognise signs of stress and encourage them to use on-campus resources like counselling if needed.

5. Guide Without Directing

Offer Advice When Asked: Provide guidance but avoid taking control, letting them come to you when they need help or advice.

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Support Their Career and Academic Goals: Encourage them to pursue internships, study groups, and academic advising to maximise their study experience.

6. Be Patient and Available

Stay Connected: Regularly check in, even if just through a quick message, to show your interest and support.

Celebrate Their Progress: Acknowledge their milestones, big or small, to reinforce their hard work and growth.

Supporting your child from a balanced, understanding standpoint helps them build confidence and a sense of independence as they navigate their academic journey.

