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What to Say About Your Student at Finals

Lucy Arendt

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Giving
to SNC



One thing all students can use as they prepare for finals is their loved ones' support.

About Our Contributor

What to Say to Your Student About Finals

Lucy Arendt (Business Administration) gives some advice from her perspective as a professor and parent.

As the end of the semester looms, you might be wondering what advice you can offer to your adult children. As a professor of business administration with three adult sons, I've seen this issue from three perspectives: as an undergraduate student myself, as a mom and as a professor. Here are my thoughts.

First, it's helpful to recall that your adult children are adults. To that end, limit your conversation about finals to "once and done." Decide what you're going to say, say it and then resist the urge to say it again. Young adults do not care to be babied. I know because that's what your children and mine have told me, in no uncertain terms. Nagging – and that's how they construe repeat conversations – can make them feel as though you don't view them as responsible adults.

Second, ask your children how they learn best. Do they have a favorite place to study? Do they prefer to study alone or with others? Do they rewrite their notes, take

Lucy Arendt teaches both undergraduate and graduate courses in organizational behavior, leadership, strategic management and sustainability. Much of her scholarship focuses on individual, organizational and community **decision-making around disasters**. Before coming to St. Norbert in 2018, she spent 26 years as a member of the University of Wisconsin-Green Bay community.



notes on their reading and reread their notes at least weekly? Have they reached out to their professors with any questions or concerns? Have they taken advantage of tutoring, teaching assistants and the **Writing Center**? Have they attended, or are they planning to attend, any study sessions? Helpful resources exist; they need to seek them out.

Third, when you do talk to them, say things that will lift them up. Remind your children how well they've done when faced with challenges in the past. Note that everyone feels stressed at the end of the semester – even their professors! – and that they have successfully made it through many exams, assignments and other life challenges. Give real examples of when they've overcome obstacles. Success starts with wanting to succeed, and happens when we exert the effort to achieve our goals. They can do this!

Fourth, remind your children that while it's important to study hard, it's equally important to maintain their health. They need to get good sleep, eat healthy and stay active. People who are sick are more easily stressed, and too much stress diminishes performance.

Finally, remind them that your love for them is unconditional, and that being a part of your family means they will be loved forever, no matter what. They'll appreciate the reminder.

Peace,
Lucy

Nov. 12, 2018

Advisement Happens Year-Round

Many people think **advisement** is all about selecting and registering for classes. That's an important part of advisement, but it incorporates so much more.

“Advisement not only helps students plan coursework for upcoming semesters, but it's also a great time to discuss things like **studying abroad**, **internship opportunities**, **research projects**,” says A Hintz, director of academic advisement.

Advisors can be instrumental in helping students craft long-term academic, personal and career goals. And they're available to meet any time of the year, even just to chat about life at SNC.

“Encourage your students to reach out to their advisor if they have any questions,” Hintz says.

Also in This Issue

This article first appeared in the November 2018 issue of Parents of St. Norbert College. Other features in this edition included:

What to Say to Your Student About Finals



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