

Top 8 concerns for
Parents during their
student athletes
transition to college
athletics:





To the parents of student athletes:

I have outlined the top 8 concerns that most parents experience when their child is preparing to make a transition from high school to college athletics.

After 36 years of coaching, and many conversations with former collegiate athletes and their parents, I have proposed common concerns and included the impact of those concerns.

As you navigate this brief presentation, I encourage you to reflect on how these concerns may relate to you and your student athlete.

Concerns:

1. Am I having difficulty letting go?

Impact of concerns:

- Am I impeding my daughters emerging adulthood experience as she prepares for this transition?
- Some parents want to come to college via technology, they go as far as tracking apps to monitor their kids whereabouts at college with the intention of micromanaging
- Do I have the ability to allow my daughter to have this experience, to go it alone and make her own mistakes?
- Something that is supposed to be joyous can turn into resentment if they aren't allowed to own this
- Am I adding pressure on my daughter by expecting her to be what I want her to be?

Concerns:

2. Am I concerned about my daughter's safety?

Impact of concerns:

- Safety on any college campus takes on a brand-new meaning for parents, what are the safety protocols on campus?
- Not knowing where she is in an unfamiliar location can be unsettling for some parents. Am I afraid my daughter could be in the wrong place at the wrong time or trying to fill a void of loneliness?
- Do I trust that my daughter can manage peer pressures and social pressures and remain safe?
- Do I recognize when my daughter is experiencing sadness, anxiety and depression? How will I support her if she experiencing self harm/suicidal thoughts?

Concerns:

3. What social and peer pressures will my daughter experience?

Impact of concerns:

- Did you know sometimes values and upbringing can be compromised when a child goes to college?
- Will my daughter get in a vehicle with someone who has been drinking and wants to drive?
- Do I trust my daughter 's decisions when she goes to parties where there will be drugs and alcohol?
- Dating violence is real and a very hidden problem on campuses, did you know 1 in 3 teens experience dating violence? Did you know college aged women between 16-24 have the highest per capita rate of intimate partner violence?
- How will my daughter deal with the common issues like body image, sexist comments, stereotypes regarding sexual orientation that come with sport?
- Your daughter may experience pressure to engage in sexual activity. Does she understand it's acceptable to say NO? Even after saying yes?

Concerns:

4. Will she be homesick?

Impact of concerns:

- Most likely, because 66% of freshman experience loneliness and homesickness
- Does my daughter have a tendency isolate herself and not be involved with people around her?
- Student athletes need their rest and healthy nutrition; these needs can be compromised when they are feeling homesick. What signs should I look for?
- Some student athletes end up dropping out of school, coming home or transferring closer to home when they experience being homesick, how can I help prevent this?

Concerns:

5. Is she ready for this academic adjustment?

Impact of concerns:

- Athletics is a big business and the increased work-load in the athletic environment is enormous. Do you wonder how student athletes adjust to this?
- What if my daughter falls behind early? Is she at risk of being ineligible? Will she lose focus get behind and must play catch up?
- Will my daughter be pushed into a major that fits her athletic schedule and not what she is passionate about?
- Racism, gender inequalities and microaggressions permeate on college campuses. How will your daughter handle it?

Concerns:

6. Autonomy

Impact of concerns:

- How can I allow the college experience to do what it's intended to do but stay involved in her life?
- College is a development stage and the gateway to adulthood, is she ready?
- How can I promote self advocacy, so my daughter doesn't resent me later in her adult life?
- How can I allow my daughter to have independence and experience and gain confidence in making decisions, so she's ready for this transition?

Concerns:

7. Balancing the demands

Impact of concerns:

- Are you worried about the impact of all the accumulated demands, such as academics, athletic, social, mental and psychological will have on my daughter?
- Failing in one of the areas because of scheduling constraints can have domino effect and repercussions. What coping strategies does my daughter have to self manage the demands?
- Student athletes can perceive their imbalance as “normal” but what happens when this “normal” causes emotional stress, illness, burnout, injury, fatigue, depression and so on?

Concerns:

8. Will she fit in and form her own Identity?

Impact of concerns:

- It's not uncommon for student athletes to seek self validation in their sport. Does your daughter love and accept herself outside of her sport?
- The reality is sometime young women go to great lengths to fit in
- She will experience an array of different religions, cultures race & ethnicities, sexual orientation, personalities etc. How will she be influenced by these experiences, and will she find her niche?
- How does social media affect your daughter? Will she be at risk for comparing her own life to the grandiose, exaggerated, or celebratory stories? Is she seeking validation through the number of likes?



If any of these concerns or the impact of the concerns resonate with you, feel free to reach out to one of my college success coaches at Next Step.

We would be happy to create a customized game plan to put you and your daughter on the road to success.

Click on the scheduling page link below and book an appointment today or email us:

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