

Letting GROW

A Conversation Guide to Support Your Student

Together, we can help your student GROW into confident, self-advocating, independent Bulls.

Has your Bull contacted you about an obstacle or challenge they've encountered? We recommend you follow these steps to coach & guide your student. Remember, it's not about you letting go...it's letting them GROW!

Gather your own emotions and thoughts before immediately beginning to fix things for your student. Obstacles and challenges present an opportunity for your young adult to build confidence, independence, and problem solve! Take a breath and ask yourself these questions:

- If my student works through this, how could they learn and grow?
- If I fix this for my student, does it help them reach the long-term goals of developing independence and problem-solving skills?
- Is this something my student is unable to solve on their own?

Reflect with your student. College is a time when roles and dynamics shift between students and their families. Your support and care remains import to how they will continue to develop into adulthood. Show them your believe in them by asking them questions so they are heard, while affirming their strengths and ability to make positive personal change.

- What situation are currently facing?
- What steps have you taken to navigate this situation so far?
- How would you like things to be different?
- What obstacles are in the way?
- How high are the stakes for you?

Offer opportunities and options for your student to explore. There are countless resources and people at USF who can support your Bull through a situation. Need help knowing what options are available? Parent & Family Engagement is here to help.

- What offices or resources could assist you in navigating this situation?
- What immediate options do you need to explore? What about long-term options?
- What could get better by exploring your options? What could happen if you don't explore these options?
- What do you want to do next?

Ways forward. After walking alongside this situation with your student, empower them to take action and problem-solve on their own. You have prepared them for this moment! Allow them time to solve this problem on their own. Circle back to them in a few days and ask them about the steps they have taken and what they learned throughout the process. As you navigate these situations over time with your student, you will both gain confidence in their ability to work through the peaks and valleys of their college experience.

- How can I be supportive to you as you work through this?
- I believe in you. You are capable of getting through this!

*Adapted from Sir John Whitmore's GROW Model (1992) and Gonzaga University Parent & Family Relations' Pause Reflect Guide (2019).



Gone through this process and still need assistance? Parent & Family Engagement is here to help guide you and your student. We are just an email (family@usf.edu) or phone (813-974-2896) call away!