

Health and Well-being: Supporting Your Student



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jmu.edu/wellbeing

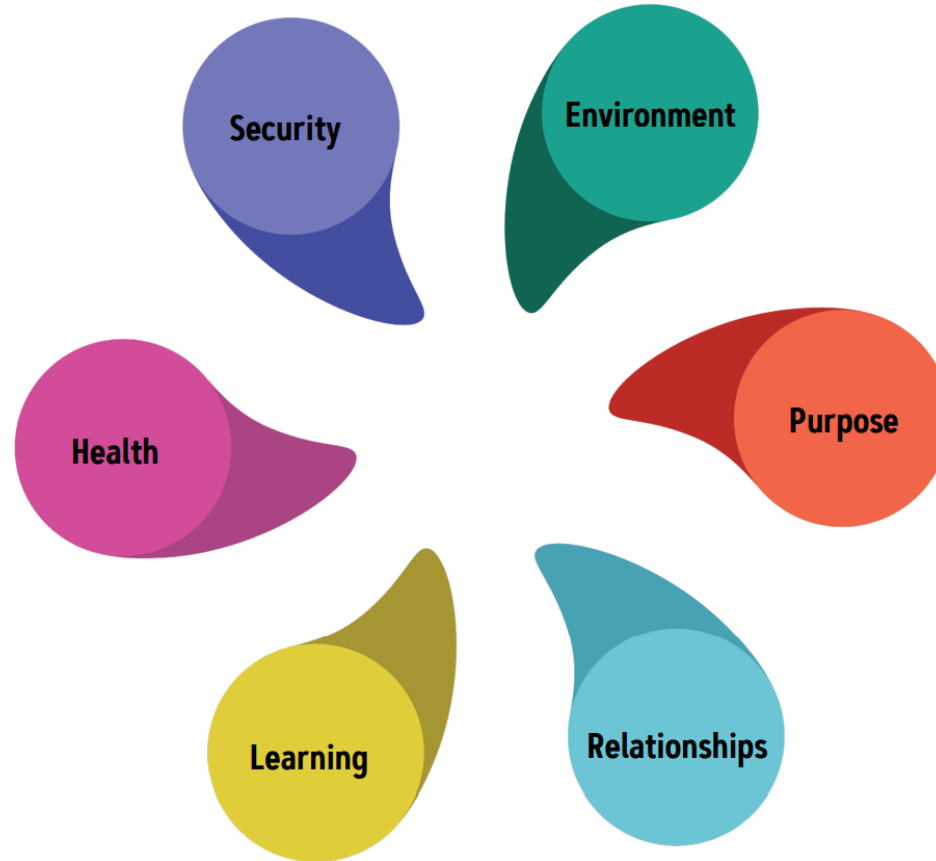
Overview

- How **JMU** as a **partner** empowers students in their health and well-being
- How you as a **family partner** empower your student in their health and well-being



JMU is a Health Promoting Campus

“Every student flourishes”



Exploring Independence

Empowerment: The process of becoming stronger and more confident, especially in controlling one's life

How might your student describe what “independence” means to them?

How might independence be rewarding and how might it be challenging for THEM?

How might their independence be rewarding and how might it be challenging for YOU?

Tools to Guide Decisions While Exploring Independence

**Family Values
& Expectations**

**Student Values
& Expectations**

**Local Laws &
Ordinances**

**Student Handbook
jmu.edu/handbook**

“Hearing my daughter say ‘I get to now manage my own calendar and schedule,’ is incredibly rewarding for our family and her independence! She said creating her own weekly, monthly, and semester calendar was a huge help.”

Carr Family

Parents of Class of ‘24 and ‘27

“I didn’t anticipate how hard it would be to let him go. His entire life I’ve wished him happiness & independence and then when he spread his wings and showed that independence it was so hard!”

Christine Carbone
Parent of Class of 2026

Empowering Your Student – A New Journey



Conversation Checklist

- ☐ Setbacks and resiliency
- ☐ Time Management
- ☐ Family Expectations
- ☐ Community Values
- ☐ Laundry
- ☐ Creating Healthy Routines
- ☐ Essential Documentation
- ☐ Communication
- ☐ Their values, strengths, and priorities
- ☐ Trying new things / meeting new people
- ☐ Self-awareness
- ☐ Medical Support
- ☐ Waking Up Independently
- ☐ Resources

Which conversation(s) would you want to have with your student before they arrive at JMU?

What do you wish your family had talked with you about before you came to JMU?



How Families Can Empower Their Student

Guiding vs. Directing

Open-ended Questions

- *What do you think might be going on?*
- *Where can you learn more about _____?*

Affirmations

- *You're following through. This is important to you!*
- *You already have a good idea of what might be going on...*

Avoid the “Fixing Reflex”

- The fixing reflex doesn't help students stretch their problem-solving muscles.

Open-ended questions

Affirmations

Fixing Reflex

Real Life Scenario #1



Student: *"Hey, I'm super sick. I've felt awful all week. What should I do?"*

Family: *"Oh, I'm so sorry you aren't feeling well. What've you tried so far to feel better?"*

Student: *"Well, I've taken ibuprofen...but...I'm just not getting any better."*

Family: *"That's a good first step for self-care....What else do you think might help?"*

Student: *"I don't know. I just need to feel better! I have a test in a couple of days that I can't miss."*

Family: *"You know, at Orientation...we talked to the Health Center at the Resource Fair. I bet they'd be a good resource to start with. I think you can even make an appointment online."*

Student: *"Oh yeah, you're right. I remember where they're at. I'll look them up now."*



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Open-ended questions

Affirmations

Fixing Reflex

Real Life Scenario #2



Student: "Hey Dad, there is something going on with my roommate. They are skipping a lot of classes; they are always in bed, and they are just acting different than they were before. I don't know what to do."

Family: "You've noticed a big difference, and I can see you're concerned. What do you think could be some options here to help your roommate?"

Open-ended questions
Affirmations
Fixing Reflex

Real Life Scenario #3



Student: “Man. I’m not fitting in here the way I wanted to. My roommate and I get along but we’re just into different things. I don’t really have friends yet and I’ve already been here two months! I feel like everyone else has found their place, and I already feel behind.”

Family: “You're so good at making the effort to meet people and get involved, even though it's taking longer than you want! What could a 'next step' look like to keep trying?”

Thank You!



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