

Supporting Your Student as they Transition to Simpson College

- **Stay Connected but Give Space:** Maintain regular communication with your student but respect their need for independence. Set up a schedule for calls or video chats that works for both of you.
- **Promote Healthy Habits:** Encourage your student to start or maintain a balanced lifestyle that includes physical and mental health. College can be stressful. Be there to listen and provide support when they face challenges but avoid trying to solve all their problems for them. A few resources are listed below:
 - **Counseling Services:** Kent Campus Center, 2nd floor
 - Schedule appointments by emailing counseling.services@simpson.edu or stop by the office on second floor of the Kent Campus Center/<https://simpson.edu/sites/default/files/2024-08/SCCS%20Intro.pdf>
 - **The Steven Johnson Fitness Center** offers classes and plenty of hours to get workouts in throughout the week:
 - **Health Services** is here to help your student stay healthy!
 - [Here](#) are some resources specifically for parents
 - Students can schedule appointments by emailing health.services@simpson.edu or stop in the office on the second floor of the Kent Campus Center
- **Support Academic Success:** Help them develop effective study habits and time management skills. Encourage them to utilize the Center for Academic Resources, Student Accessibility Services, Writing Center, and other academic resources at Simpson. Go to Simpson.mywconline.com
- **Discuss Safety and Security:** Talk with your student about campus safety, including personal safety measures, emergency procedures, and the importance of being aware of their surroundings.
 - Students living in Barker and Kresge can call the on-call Residence Life CA between 7pm-7am at 515-214-8999 with emergencies. Each student has a CA they can reach out to for support, ask questions, etc.
 - Campus Security is available 24/7 and can be reached at 515-961-1711 – they are also available via email at chris.frerichs@simpson.edu
 - Residence Life can be reached at reslife@simpson.edu or by calling Student Development at 515-961-1306
- **Prepare for Financial Responsibility:** Teach your student how to manage their finances, understanding credit, budgeting, and handling banking. Encourage your student to connect with Simpson's Office of Financial Aid and/or Business Office.
 - Financial Aid: 3rd floor College Hall – email: finaid@simpson.edu
 - Business Office: 1st floor Hillman Hall – email: beth.trebilcock@simpson.edu or jessica.danielson@simpson.edu
- **Foster Open Communication:** Keep the lines of communication open. Encourage your student to share their experiences, concerns, and achievements with you.
- **Encourage Involvement:** Urge your student to get involved in campus activities, clubs, and organizations. We all want your student to find their home at Simpson. Getting involved helps them build a social network and will help them feel more connected to the Simpson community. A few ideas during the first few weeks are listed here:
 - Student Government Association (SGA) is seeking first-year class students to serve as class president or class senators for 2024-2025. Students should check their email and sign up to be placed on the ballot.
 - Volunteer Fair: Tuesday, September 17th 11am-2pm – Black Box
 - Follow Campus Activities Board (CAB) on Social Media
 - Follow Simpson College on [Facebook](#), [X](#), and [Instagram](#)