給家長的話

子女上大學，對父母及子女都是一個重大的轉變。大學教育能為大學生活獨立自主的生活，並為他們所作的決定提供責任。家長可能與子女一樣，面對新的學習環境，心情興奮；但同時也因子女升讀大學後，留在家的時間比從前少，溝通的時間也好像不足夠而困惑。

您以家長或家庭成員的身份，願意「放手」、「接受及適應轉變」和「重新界定在子女生命中的角色」，便能在轉變中發揮正面作用。

以下是給父母的一些建議：

一、保持適當的聯絡
- 明白他們因行程緊密未必能即時回覆您。
- 使用Whatsapp、電郵、Facebook等社交媒體與他們保持聯絡。
- 就着電話交談及參與家庭聚會的時間和頻率程度，訂立一個雙方都接受的方案。

二、耐心面對子女的學業上的掙扎
- 有些學生需要重新掌握大學程度的學習策略，及同時應付各方面的要求，未能立刻取得期望中的好成績。
- 若學生在中學時期名列前茅，他們成績下滑會倍感沮喪，請他們安心，告訴他們這似乎是短期的失望不等於失敗。
- 學生的學業成績屬於個人隱私，因此大學不會向任何第三者（包括父母）透露。若想知道子女的成績，請直接與子女溝通。

三、鼓勵子女主動解決問題
- 當子女與您分享他們的難處和問題時，請以開放態度聆聽。
- 鼓勵他們聽取各方意見（例如：老師、學院人員、舍監、輔導主任及高年級學生的意見），多思考，然後才作出決定。
- 鼓勵他們主動探索及使用大學的資源，例如語文課程、就業諮詢、輔導服務等。

四、支持「全人發展」及「整全學習」
- 學業固然重要，但大學教育強調全人發展。支持子女把握機會新形式的機會，例如：宿舍生活、學生組織、實習計劃、海外交流等。
- 我們的學生常報讀與專業無關的選修科，因此而開闊思路。故此，請鼓勵子女重視學習本身的意義，明白求學不單為得到學歷與證書。

五、放手
- 子女的經驗與能力也許不及父母，但請您明白子女有自己的想法。
- 讓您的子女為自己的命運和將來負起責任。
- 讓子女在大學生活、職場規劃及將來的人生旅程中，尋求自己真正的目標及夢想。

當您察覺子女有適應困難、心理或精神上的困擾時，請鼓勵他們盡早尋求協助。學生發展及資源中心提供輔導服務，以協助學生學生及整個生活上的障礙和挑戰。所有學生資料將絕對保密。

若需要更多「家長支援」的資料，請瀏覽:
http://wp.cedars.hku.hk/web/cope/?p=1036

香港大學學生發展及資源中心(CEDARS)
輔導及心理培育部(CoPE)編寫
TIPS FOR PARENTS

The first year at University is a time for transition and changes for both students and parents. The University encourages students to enjoy freedom and autonomy as well as take responsibilities for their own decisions. While parents may feel as excited as their children about the new learning environment, they could be more puzzled that their children now spend more time away from home and seem to share less with them. As a parent and family member, you can make a positive impact by letting go, accepting and adapting to changes and redefining your role in your children’s lives.

Here are some tips for you:

1 STAY IN TOUCH, APPROPRIATELY
- Understand that your children may not reply promptly due to busy schedules.
- Use social media e.g. Whatsapp, emails, Facebook to stay in touch.
- Make a mutual agreement with them about the frequency and timing for phone calls and family gatherings.

2 BE PATIENT IF YOUR CHILDREN STRUGGLE WITH STUDIES
- As students need to learn new study strategies for university education and manage competing demands, some students may find their initial grades not as good as expected.
- Students who used to rank top in their high schools may feel particularly disappointed. Reassure them that such disappointment does not equal failure.
- The academic results are their privacy and therefore we will not disclose them to any third party, even parents. Please ask your children directly.

3 ENCOURAGE PROACTIVE PROBLEM-SOLVING
- Listen with an open mind when your children share their problems and stories.
- Encourage them to get more opinions from different sources (e.g. academic advisers, faculty members, hall wardens, counsellors and senior students) to make sound judgments.
- Encourage them to take initiatives to explore and make use of university resources, such as language enhancement, career advising and counselling services.

4 SUPPORT WHOLE-PERSON DEVELOPMENT AND COMPREHENSIVE LEARNING
- While academic studies is very important, the university place emphasis on whole-person development. Support your children in embracing diverse opportunities such as hall life, student societies, internships and overseas exchange.
- Encourage your child to learn for the sake of learning instead of merely “collecting credentials”. Our students often broaden their scope of knowledge by taking elective subjects which they do not major in.

5 LET GO
- Understand that your children have their own perspectives although you may be more experienced and competent.
- Let your children take responsibilities for their own welfare and future.
- Let them search and advocate for their true passions in university education, career path and ultimately, in life.

If you notice your children having adjustment issues, mood or mental health problems, encourage them to seek help as early as possible. Counselling service is provided by the Centre of Development and Resources for Students (CEDARS) to support and assist students in facing these challenges. Confidentiality is assured.

For more tip for parents, please visit http://wp.cedars.hku.hk/web/cope/?p=1036

Prepared by the Centre of Development and Resources for Students (CEDARS) - Counselling and Person Enrichment Section (CoPE)