

Parent Orientation

Welcome parents & families!

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Welcome!

Your presenters today:

- Maria Mantey, Intercultural & Virtual Learning Manager
- Clara Arent, Learning Abroad Adviser
- Maria Wentworth, Senior Marketing Specialist
- Nathan Jacobson, Learning Abroad Adviser
- Ashley Metz, Program Adviser

Family members, please introduce yourself to everyone in the Q & A:

- Your name
- Program your student is participating on



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Top FAQs from parents

- Why does my student have a \$50 or \$400 charge on their student account?
- How does the billing cycle function for my student's program fees?
- How do I access the program pages and my students' specific page program?
- How will housing be handled on my student's program?
- When does housing typically get assigned?



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Agenda

What we will cover:

- Student-Parent relationship
- Data Privacy
- LAC Philosophy
- Communication
- Covid 19
- Mental Health
- Health & Safety
- Visiting your student
- Billing & Financial Aid
- Parent Resources

What we will not cover:

- Program Specific Details
 - Accommodations
 - Airport arrival
 - Program schedule
 - In-country cell phone
 - Vaccinations
 - Visas
- Please ask your student to reach out to the program team for this information

Purpose of Parent Orientation



- Address parents' questions & concerns
- Define roles of LAC, partner organization staff, parents, and students
- Communicating with & supporting students
- Onsite support

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Students & Families Today

- Often close parent-child relationship
- Many ways to communicate/stay connected
- Heightened health & safety awareness
- Desire detailed advising & resources



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Learning Abroad Center Philosophy & Student Development Theory

- Student-centered advising & learning
- Studying abroad starts before a student boards a plane
 - Fostering independence/self directedness
 - Self advocacy

Where do parents fit in when it comes to study abroad?



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Understanding FERPA

(Family Educational Rights and Privacy Act)

Data Privacy Law- College students are considered adults, able to determine who will receive information about them

- **What can be shared?**
 - *General or public information about the program (dates, fees, overview of program)*
- **What cannot be shared?**
 - *Any personal information about a students' participation in the program (forms, their bill, cell phone number, homestay address)*
- **When would we contact parents?**
- **What if parents contact the LAC?**

[FERPA link](#)

[One Stop: Parent and Guest Access link](#)

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Communication



- Create a communication plan
 - Communication methods
 - Appropriate amount of communication
- Expect limited contact during first few days
- If an issue arises, use in-country resources first

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Health & Safety

Pre-Departure:

- Pre-departure vaccinations
- Health information form
- Mandatory online Health & Safety orientation
- International Insurance
- [STEP registration \(Smart Traveler Enrollment Program\)](#)

While Abroad:

- Required cell phone to receive local calls/texts
- Comprehensive orientation upon arrival
- Strong lines of communication between in-country staff & LAC
- 24-hour emergency line

Parents: Please take some time to discuss these points with your student.



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Managing Risk

- Drugs
 - Not a time to experiment
- Alcohol
 - Responsible drinking & culturally appropriate behavior encouraged
 - Go out in groups; no one left behind
 - Take cabs at night
- Good judgment and responsible choices
 - Difference in cultural context
- Dating & Intimacy
 - Differences in the concept of consent
- Driving: not permitted
- Students managing risk & advocating for their own safety
- Parents- talk with your student about ways in which they have considered managing risk



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Mental Health

- Workshops being offered this year
- You know your student & their history
- Anxiety/depression can relapse abroad
- Discuss plans to study abroad in advance
 - With family, therapist
- Develop coping strategies



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Driven to DiscoverSM

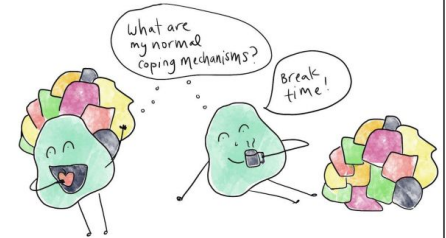
MY SELF-CARE PLAN

It's important to take good care of ourselves, including our mental health & wellness. After all, life can be stressful and difficult. Thinking intentionally about how to take care of ourselves makes it more likely we'll do so. In this activity you'll design a plan for how to take good care of yourself when you really need it. You'll start by recognizing stressors in your life, your typical coping methods, signs you need more self-care, and finally by designing a self-care plan.

1. RECOGNIZING STRESSORS IN MY LIFE



2. RECOGNIZING MY TYPICAL COPING METHODS



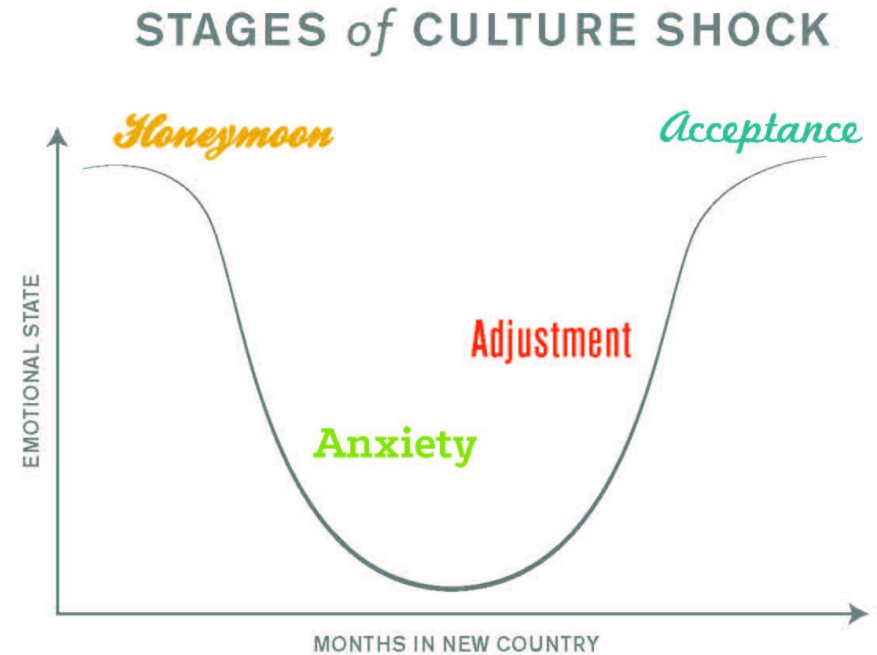
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Supporting from Afar

When your student calls you from abroad...

- Evaluate whether it is a true crisis
- Stay supportive and positive
- Encourage student to contact on-site staff
- Give them 24 hours, then re-evaluate



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Visiting Your Student Abroad

Before, during or after?

- Have some conversations before your student departs
- Different considerations for each:
 - Before: onsite staff cannot help
 - During: students still have class; aren't on vacation
 - Program breaks: students may want to travel with friends
 - After: give them space to say goodbye



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Money Matters

- Financial Aid Preview meeting with OneStop
 - Students must submit a SACE (Study Abroad Cost Estimate) to access & modify their financial aid package
- Students are billed through their UofM student account
 - Billing follows [UofM dates & deadlines](#)

Your student should:

- Alert their bank they will be abroad
- Diversify ways to access money
 - debit card, credit card, and cash
- Have some of the host country's currency on hand upon arrival



Parent Resources

- Parent section on Learning Abroad Center website:
<https://umabroad.umn.edu/resources/parents>
 - [Information on Power of Attorney](#)
 - [Create a Study Abroad Folder](#)
- UofM Parent & Family Program:
<https://parent.umn.edu/>



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Wrap Up

- Talk to your student before departure:
 - Communication plan
 - Create study abroad folder
 - Review program materials
 - Talk about ways of managing risk
 - Discuss mental health preparation & support
 - Reiterate that program on-site staff are there to help



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Thank you for joining us today!



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