

## Gaining the Support You Need From Family and Friends

1. Take time to think about the support that you need as you take on the new role of student.
2. Acknowledge that you need and will seek this support. Think through what you want to talk about and what you need.
3. Schedule time to speak with the people you will need support from. Select the best time to talk. Include in the discussion your class schedule and how it will affect the family/relationship. Discuss how reduced free time will affect family/relationship. Explain why school is important to you. Ask them what worries or concerns they have as you become a student. Ask what positive feelings they have about you enrolling in college.
4. Be specific about the type of support you are asking for: undisturbed time alone, encouragement, help maintaining the household, etc.

*“I would like my older children to do more chores.”*

*“I would like my wife to ask me about my courses and talk to me about my experiences as a student.”*

*“I would like three nights a week to study at home without interruption.”*
5. Reward behaviors that are helpful or positive from others by acknowledging them with thanks and appreciation.
  - Actions that are rewarded tend to increase. Reward actions you want to see again.
  - Express your appreciation again and again!
  - Say THANK YOU!
  - Buy or fix the significant people in your life their favorite food.
  - Give hugs and kisses. Give hugs and kisses. Give hugs and kisses.
  - Be interested in their lives. Be present in their lives.
  - Leave nice notes and surprise them whenever possible.
  - Tell them about your classes, assignments, readings, projects, research, etc.
  - Speak highly of them to others.
  - Let them feel your success as their success.
  - Ask what they need from you.
  - Send cards to express your love and appreciation.
6. Create a plan for success together!
7. Expect surprises! Anything can happen at any time! Be flexible and reorganize when needed. Whatever happens—keep going!