



University of
New Hampshire



How to Talk to Your Student to Support Their College Success

Free Family/ Caregiver Webinar Series

Aug. 6, Sept. 3, and Oct. 1, 2025 | 7–8 PM EDT

College is an exciting time filled with growth, independence, and self-discovery—but it also comes with stress and adjustment. As a parent, guardian, or mentor, the way you communicate with your student can play a powerful role in helping them thrive—academically, socially, and emotionally.

- Discover ways to support your student's success through open, meaningful conversations
- Learn about key campus resources available to students
- Get your questions answered by campus experts

Session Topics

- Staying Connected: Supporting Healthy College Relationships
- Understanding Your College Student's Emotional Health
- Know Before They Go (Out): Talking About Alcohol and Drugs

Presented by

Wildcats for Recovery
UNH Health & Wellness

UNH Psychological &
Counseling Services

UNH Residential Life
UNH Parents Council

UNH New Student &
Family Programs

Questions?

email Heather.Morris@unh.edu

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**HEALTH &
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