



# Health & Well-Being: Empowering Your Student

Follow along:



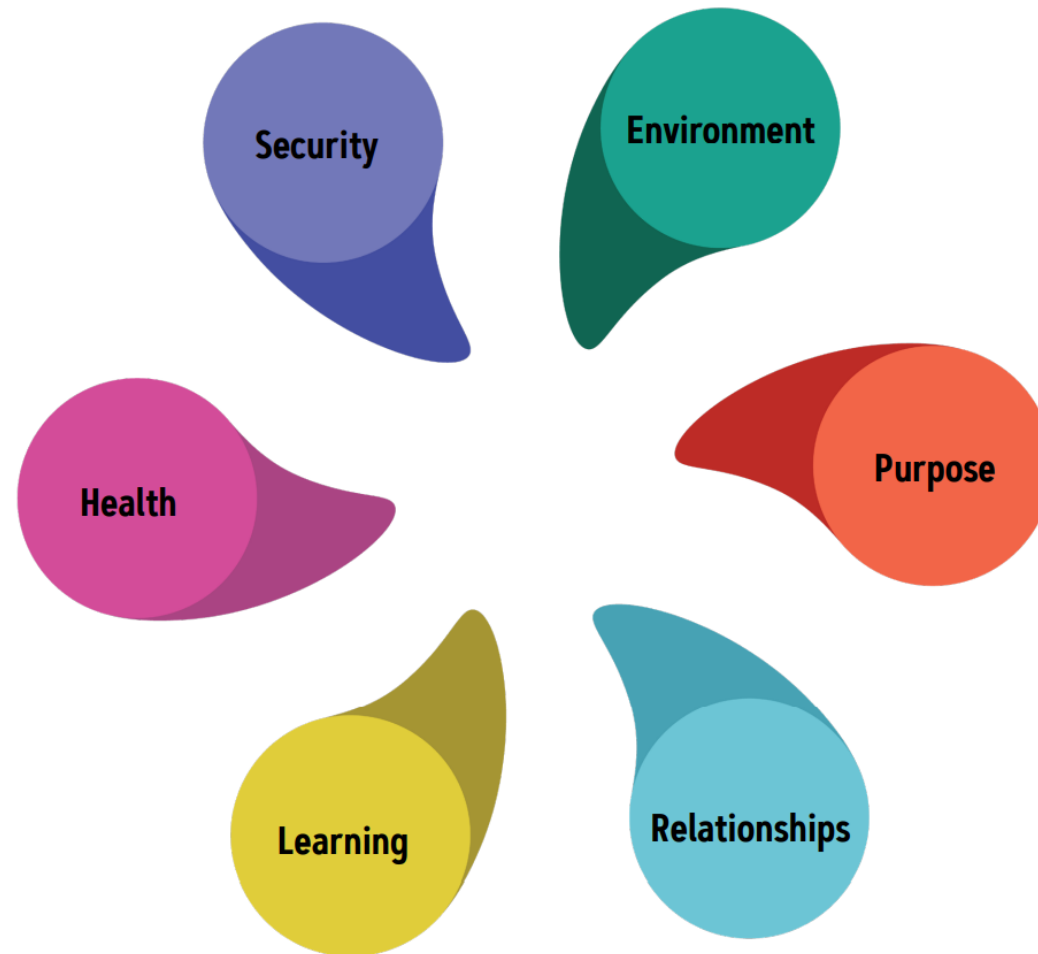
# Overview

- How **JMU** as a partner empowers students in their health and well-being
- How you as a **family** partner empower your student in their health and well-being



# JMU is a Health Promoting Campus

*“Every student flourishes”*



# Exploring Independence

*Empowerment: The process of becoming stronger and more confident, especially in controlling one's life*

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*How might your student describe what “independence” means to them?*

*How might independence be rewarding and how might it be challenging for THEM?*

*How might their independence be rewarding and how might it be challenging for YOU?*

*“Hearing my daughter say ‘I get to now manage my own calendar and schedule,’ is incredibly rewarding for our family and her independence! She said creating her own weekly, monthly, and semester calendar was a huge help.”*

Carr Family

Parents of Class of ‘24 and ‘27

*“I didn’t anticipate how hard it would be to let him go. His entire life I’ve wished him happiness & independence and then when he spread his wings and showed that independence it was so hard!”*

Christine Carbone

Parent of Class of 2026

# Empowering Your Student – A New Journey



# Conversation Checklist

- Creating healthy routines
- Medical support
- Essential documentation
- Waking up independently
- Laundry
- Self-awareness
- Communication
- Family expectations
- Their values, strengths, & priorities
- Trying new things / meeting new people
- Setbacks and resiliency
- Resources
- Time Management

**Which conversation(s) would you want to have with your student over the summer?**

# What do you wish your family had talked with you about before you came to JMU?





# How Families Can Empower Their Student – Guiding vs. Directing

## Open-ended Questions

- What do you think might be going on?
- Where can you learn more about \_\_\_\_\_?

## Affirmations

- You're following through. This is important to you!
- You already have a good idea of what might be going on...

## Avoid the “Fixing Reflex”

- The fixing reflex doesn't help students stretch their problem-solving muscles.

# Real Life Scenario #1

Open-ended questions

Affirmations

Fixing Reflex



Student: *“Hey, I’m super sick. I’ve felt awful all week. What should I do?”*

Family: *“Oh, I’m so sorry you aren’t feeling well. What’ve you tried so far to feel better?”*

Student: *“Well, I’ve taken ibuprofen...but...I’m just not getting any better.”*

Family: *“That’s a good first step for self-care....What else do you think might help?”*

Student: *“I don’t know. I just need to feel better! I have a test in a couple of days that I can’t miss.”*

Family: *“You know, at Orientation...we talked to the Health Center at the Resource Fair. I bet they’d be a good resource to start with. I think you can even make an appointment online.”*

Student: *“Oh yeah, you’re right. I remember where they’re at. I’ll look them up now.”*

# Real Life Scenario #2

Open-ended questions  
Affirmations  
Fixing Reflex



Student: *“Hey Dad, there is something going on with my roommate. They are skipping a lot of classes, they are always in bed, and they are just acting different than they were before. I don’t know what to do.”*

Family: *“You’ve noticed a big difference, and I can see you’re concerned. What do you think could be some options here to help your roommate?”*

# Real Life Scenario #3

Open-ended questions  
Affirmations  
Fixing Reflex



*Student: “Man. I’m not fitting in here the way I wanted to. My roommate and I get along but we’re just into different things. I don’t really have friends yet and I’ve already been here two months! I feel like everyone else has found their place, and I already feel behind.”*

*Family: “You're so good at making the effort to meet people and get involved, even though it's taking longer than you want! What could a 'next step' look like to keep trying?”*



Website:



[jmu.edu/wellbeing](http://jmu.edu/wellbeing)

# Questions?

Presentation:



[bit.ly/4hbBsPq](http://bit.ly/4hbBsPq)

