



Whose Degree is it Anyway? Empowering Student Independence: Navigating Helicopter Parenting in Higher Education

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Overview

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Who We Are

Top 3 Public University

Washington Monthly, 2024

Top 20 Economic ROI in a College Degree

Degree Choices, 2025

Top 25 Best Value Public Universities

U.S. News & World Report, 2025

Top 50 Public University

The Wall Street Journal, 2024

FIU



Scenes From A Hat



Empowering Student Independence

Current Issues Students Face:

- Over-Involvement of Parents
- Fear of Making Mistakes
- Cultural Expectations
- Navigating Complex Systems Alone



Strategies to Empower Students:

- Encourage Self-Advocacy
- Promote Student-Led Decision-Making
- Set Achievable Goals
- Provide Resources, Not Answers
- Integrate Academic Coaching Techniques

Understanding Helicopter Parenting

- A parent who takes an “**overprotective** or excessive interest in the life of their child or children” (Swalboski, 2018 as cited in Truschel & Hoffman, 2021).



- **P** – Provide guidance
- **A** – Allow autonomy
- **R** – Reinforce confidence
- **E** – Empathy
- **N** – Nurture communication
- **T** – Transparency

The Legal Framework

- **Legal Boundaries of Parental Involvement**
 - FERPA Implications
- **Rights & Responsibilities**
 - Student as Captain
 - Parent as Co-Captain
- **Communication Strategies**
 - Cultural Differences
 - Cues



Whose Advice Is It Anyway?



Best Practices for Advisors

- **Open Communication & Clear Expectations:**

- Have direct conversations
- Set clear expectations

- **Collaborative Goal-Setting:**

- Involve the student
- Celebrate the students' achievements

- **Provide Resources & Support:**

- Academic tools
- Mentorship programs



Future Directions: Recommendations for Success

- Developing orientation sessions specifically for parents
- Promote Self-Advocacy in Advising Sessions
- Building Student Confidence with Community
 - Proposed initiatives and programs for your institution
 - Long-term strategies for fostering a healthy balance between support and autonomy (Clubs, coaching, National student exchange, counseling, student abroad)





Acknowledgements



Q&A

