

Relief for Parents:

Your new college graduate is going to be OK (and so are you!)

Are you feeling concerned or anxious about the stalled pace at which your new university or college grad is able to obtain a great job that launches them into their professional adult life? Are they sending out resumes but getting no interest or interviews? Are they unsure where to go or what kind of job to apply for? Or are they still in the exploration phase that has them checking out different options? This can be a trying and uncertain time for you and your emerging adult.

As a parent and support person for your new grad the best thing you can do short term is to prevent yourself from going into fear or anxiety about how things are going (or not going) for your son or daughter. If they detect your fear and concern it will increase the stress they may be experiencing. They are likely having their own feelings of uncertainty and frustration so experiencing your feelings as well as their own will only compound their concern.

Find a way to **calm your worries** by talking with other parents or even a counsellor. Try destressing by going for walks, joining an evening class, or finding a positive way of temporarily getting away from the situation. The less worry you take on and the more stress you are able to release, the more relaxed you will feel around your young adult. This will create a calm atmosphere that he or she can use to help stay grounded and focused. Your anxiety would only add to his or her concern and you want to help the situation not add to the tension.

The next tip is to **trust** that although things may not be how either of you would like them to be at the moment, **things will change** and improve. Whatever is holding back your new grad from moving forward, it will change. Time, patience and trust will reap rewards in the not too distant future. So try to relax and trust that this phase is very normal and temporary. With lots of positive encouragement your emerging adult will find his or her way to a bright and positive career and future!

Summary: Tips for sailing through your new grad's transition:

1. Stay positive and encouraging - let your calm be their calm.
2. Find ways to release whatever anxieties and concerns may be building in you.
3. Trust that this is a transitional time and things will work themselves out (soon).
4. Remember that you are not alone in this! Many parents have similar concerns. Reach out to friends and others in similar situations for support.

First Chapter Careers: "Guidance and coaching for new university and college graduates as they transition to successful careers and sustainable lifestyles. And support for their parents, too!"