**PARENT
& FAMILY
RELATIONS**

TEXAS TECH
Office of the Provost
Academic Innovation
& Student Success

Syllabus for First-Time Parents, Families, and Supporters

Red Raider Families: Supporting Your Student's Transition

Instructors: Parent & Family Relations Team

Office Location: Drane Hall, First Floor

Office Hours: Monday – Friday,

8:00 am – 5:00 pm

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Social Media Information:

Facebook, Instagram, and YouTube: @TTUPFR

Overview

The Office of Parent & Family Relations aims to guide parents, families, and supporters as they navigate their students' journeys as Red Raiders. This course provides parents and families with information and tools to support their students' emotional, academic, and social growth while fostering their independence. You will gain insights into the first-year experience and learn how to navigate the challenges of supporting your student while transitioning into your new role.

Learning Goals and Outcomes

We hope that by engaging with our office, you will:

- Gain insights into the experiences of students at Texas Tech University.
- Understand how to support your child emotionally, academically, and socially.
- Learn strategies for managing your expectations as a parent, family member, or supporter of a Red Raider.
- Discover how to foster a healthy, supportive relationship with your student while respecting their growing independence.
- Become familiar with the key resources at Texas Tech that can help both you and your student succeed.

Course Content and Key Topics

1. Transitioning Together: Understanding the Shift for Both Students and Families

Focus: Both students and their families experience significant changes during the first year of college. Learn how to recognize and respond to these changes.
Key Parent/Family Resources: Parent & Family Relations, Texas Tech Parents Association
Key Student Resources: Student Success Specialists, Raider Ready Program, Texas Success Initiative (TSI), University Coaching, Student Engagement, Mentor Tech

This is a sample syllabus used for instructional purposes only. Actual course syllabi will include specific information that may be different.

Suggested Conversations:

- College is different from high school. What has been different for you so far?
- What is something you wish I understood better about how you're feeling right now?

2. Empowering Students' Growing Independence

Focus: Empower students to take ownership of their academic journey while providing emotional support. Foster healthy communication with your students and respect their growing need for independence.
Key Family Resources: Parent & Family Relations Office, Red Raider Family Network
Key Student Resources: Student Success Specialists, Advisors, College Academic Success Centers, University Coaching; TechAlert!
Suggested Conversations:

- How often would you like to check in with me?
- How will you share your academic progress with me?
- What do you need from me right now?
- Who have you talked to about…?
- Is your emergency contact information updated in TechAlert!?

3. Building a Healthy Social and Emotional Foundation

Focus: Support your student in developing social connections and emotional resilience during college. Familiarize yourself with the wellness, safety, and support resources available at Texas Tech.
Key Student Resources: RISE, Student Counseling Center, Texas Tech Police Department, Student Health Services; Student Organizations, Student Success Specialists, Student Engagement
Suggested Conversations:

- Where are the health & wellness resources at Texas Tech?
- How are you feeling about your overall well-being?
- What clubs or organizations on campus interest you?
- How are you managing to balance school with downtime?
- Tell me how you handle stress?

4. Managing Finances and Practicalities Together

Focus: Help your student navigate the financial aspects of college life, including budgeting and managing expenses.
Key Student Resources: Financial Aid Office, Student Business Services, Red to Black, Military & Veterans Programs, University Career Center
Suggested Conversations:

- How are you managing your finances?
- Do you need help navigating your financial aid?
- Do you know what the career outlook is for your major?

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5. Academics at Texas Tech

Focus: Support your student's academic transition by understanding academic expectations and resources to support your student's success. Ensuring your student understands using effective communication strategies with campus personnel, using responsible AI, campus technology resources.
Key Student Resources: Academic Advisors, Student Success Specialists, University Writing Centers, Student Learning Center, Supplemental Instruction, Raider Ready Program, Texas Success Initiative (TSI), Raider Success Hub, University Coaching, University/Departmental policies; IT Help Central, AI and Academic Integrity Guidelines

Suggested Conversations:

- How are your classes going so far?
- What study routine works best for you?
- Do you have all the textbooks and access codes you'll need for your classes?
- Do you have your laptop ready and know how to download the Microsoft products you'll need?
- Do you plan to use AI to supplement your studies? What are the guidelines regarding AI found in your syllabus?
- How will you use email to communicate with your professors or do you prefer to visit them during office hours? Do you know your instructors' office hours and how to reach out to them?
- How can I help you self-advocate with campus professionals when you experience a challenge?

Assignments and Activities

- **Sign up** for the Red Raider Family Network at ttu.campusesp.com
- **Join** your student's college community in the Red Raider Family Network
- **Bookmark** www.parent.ttu.edu
- **Follow** Texas Tech Parent & Family Relations on Instagram, Facebook, and YouTube: @TTUPFR
- **Attend** a Red Raider Family webinar to learn more about specific topics
- **Share** information with your student and/or other TTU student supporters
- **Extra Credit Opportunities:** Attend "Refuel & Refresh with Parent & Family Relations" during Move-in August 21st, 22nd, or 23rd; Participate in Family Weekend on October 24th -26th

Recommended Readings:
- Red Raider Family Guide
- Parent & Family Relations One-Page Calendar
- Texas Tech Academic Calendar

Key Dates Fall 2025

- **Move-In:** Timeslots begin August 21, 2025 (check with housing)
- **Raider Welcome:** August 21-31, 2025
- **First Day of Classes:** August 25, 2025
- **Family Weekend:** October 24-26, 2025
- **Thanksgiving Holiday:** November 26-30, 2025
- **Final Exams:** December 5-10, 2025 (dates and times vary by class)

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Attendance Policies and Absences:

Attendance policies will vary by class. Encourage your student to review any attendance policies in their course syllabi and attend class every day even if there is no penalty for not attending. Students should pay special attention to how absences are handled in each of their classes. Some instructors may allow students a certain number of absences without penalty before absences affect their grades, while some may not count absences at all. Students who experience documented extended absences (a week or more) should reach out to the Office of the Dean of Students for assistance in notifying their instructors.

Late or missed work:

It is up to individual instructors whether they will accept late work or allow students to make up missed assignments. Your students' syllabi may have details on how their instructors handle late or missed work. Late work may not be accepted at all or may involve a point deduction for each day it is late. Missed work may be assigned a grade of "0" with or without an opportunity to make up the assignment. Once an assignment appears on a syllabus with a due date, it is assigned and due at that time. Instructors may not remind students of upcoming due dates, so encourage your student to enter all assignments, tests, and due dates in their planners or online calendars as soon as they receive their syllabi.

Grading

Most students' syllabi will have grading details, showing how many percentage points assignments are worth and how letter grades are assigned.

Additional Information:

Students' syllabi often contain a variety of additional guidelines and resources to help them understand academic policies and processes and learn about resources to help them succeed.

Students will receive information on ADA accommodations, academic integrity, absences due to religious holy days, and accommodations for pregnant students.

Your students' instructors may include a statement on **AI use** in their classes. This could range from "AI use is encouraged and allowed" to "AI use is allowed for specific assignments" to "AI use is prohibited." Students should refer to the syllabus for each of their courses or ask their instructors directly to learn about AI use in their classes.

Syllabi may also include resources related to resources like the following:

- **TTU Student Counseling Center, 806- 742-3674**: Provides confidential support on campus

- **TTU 24-hour Crisis Helpline, 806-742-5555**: Assists students who are experiencing a mental health or interpersonal violence crisis. If you call the helpline, you will speak with a mental health counselor.

- **Voice of Hope, 806-763-7273**: 24-hour hotline that provides support for survivors of sexual violence.

- **Risk, Intervention, Safety and Education (RISE) Office, 806-742-2110**: Provides a range of resources and support options focused on prevention education and student wellness.

- **Texas Tech Police Department, 806-742- 3931**: To report criminal activity that occurs on or near Texas Tech campus.

- **Raider Relief Advocacy and Resource Center, 806-742-2011,** for students experiencing food or housing insecurity.

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