

Parent & Family Pulse Poll – February 2014: Sources of Stress

Results (131 responses)

As a parent or family member of a Texas Tech student, please indicate the top three areas that cause you the most stress:

Answer Options	Response Percent	Response Count
Finances	63.4%	83
Student's career options after graduation	38.9%	51
Student's academic progress	52.7%	69
Missing your student	34.4%	45
Unaware of your student's daily life	22.1%	29
Whether student is attending class	7.6%	10
Student's lack of social involvement	10.7%	14
Whether your student should move off campus	16.0%	21
Spring break choices	3.1%	4
Student working too much	6.1%	8

Please check the top three things that cause your student the most stress:

Answer Options	Response Percent	Response Count
Academics	80.9%	106
Roommates	20.6%	27
Not being socially involved	4.6%	6
Being away from home	15.3%	20
Finances	42.0%	55
Major - are they in the right one?	25.2%	33
Career concerns - what will they do after graduation?	24.4%	32
Housing	13.0%	17
Relationships	11.5%	15
Health (physical or mental)	19.1%	25
Work	9.2%	12

In order of frequency, students were most concerned about academics, finances, major choice, and career concerns, while parents were most concerned about finances, academic progress, student's career options, and missing their students.

My student is a:

Answer Options	Response Percent	Response Count
High school student	1.5%	2
Freshman	38.9%	51
Sophomore	32.8%	43
Junior	19.8%	26
Senior	6.9%	9
Grad student	0.0%	0

Tips for managing stress for you and your student:

- Academics – The Learning Center (<http://www.depts.ttu.edu/passent/PLC/>) and the Residential Tutor Program (<http://housing.ttu.edu/reslife/resltutor>) are great sources of free academic help for your student. The Learning Center even offers tips for managing stress: <http://bit.ly/1hE6jAv>.
- Students worried about finances can set up a free visit with a peer financial counselor at Texas Tech's Red to Black Program (<http://www.ocrs.ttu.edu/r2b/>). Their counselors can help students with budgeting and financial aid issues.
- If your student is worried about choosing a major, University Advising (<http://www.depts.ttu.edu/advising/>) can help. They have a Discovery program designed to help undecided students find the right major. They also have information for parents and family members.
- Texas Tech's Career Center (<http://www.depts.ttu.edu/careercenter/>) can help students match careers and majors, write effective resumes and cover letters, and more.
- Parents concerned about their student's academic progress should have conversations with their students. Outline your expectations about communication concerning grades and progress. If your student has a FERPA waiver on file, contact the Registrar's Office at 806-742-3661.
- Missing your student? Schedule a Skype call or a visit with your student. Family Weekend is October 10-11, 2014, so go ahead and plan that visit for the fall. Registration for events will begin in the summer at www.parent.ttu.edu.
- Don't forget to call or email Parent & Family Relations at 806-742-3630 or parent@ttu.edu with your questions and concerns. We are happy to help you and your students.