



# Help Your Student Become an Independent Adult, Part 2

An SMCM Parent & Family Webinar  
April 8, 2025

# Your Presenters

Rob Maddox  
Darby



trice



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# Agenda



1. Money Management & Money Skills
2. Avoiding Summer Learning Loss
3. Living with the Person in Your Basement
4. Q&A

# Learning Outcomes



By attending this webinar, participants will be able to:

- Establish a healthy relationship with your student while they are home for the summer or beyond.
- Offer helpful suggestions to your student so your student can take appropriate actions.

# Money Management & Money Skills



# Money Skills



provided by:



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## Money Skills

[Banking Basics](#)

[Credit Basics](#)

[Gauge Your Debt](#)

[Identity Theft](#)

[Credit Review](#)

[Stay The Course](#)

[Next Lesson](#)



# Money Management



provided by:



## Money Management

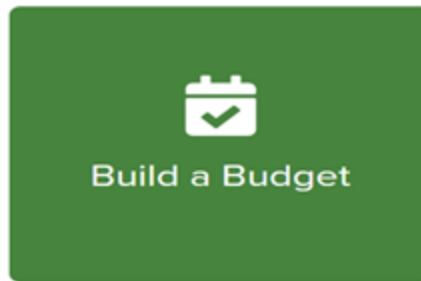
### 1. Learn

Get started by watching the Money Skills videos.



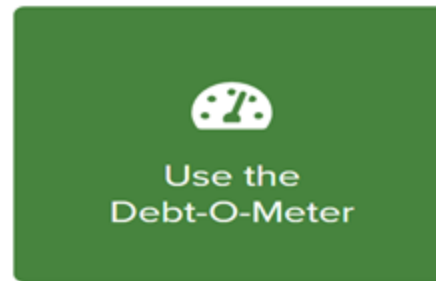
### 2. Budget

Build your monthly budget and track your expenses.



### 3. Gauge

Try out the Debt-O-Meter to see where you stand.



# Budgeting



provided by:



## Budget

Budgeting is the single best way you can take control of your money. Once you get in the habit of it, you'll be surprised how easy it is to watch your spending, save a few bucks, and stop stressing so much about your cash. GradReady's Budget can help you track your monthly income and expenses. Start with the categories provided. Delete what you don't need, or add others to suit your unique situation. Once you've got a working template, you can use it in future months too. Need help customizing your budget? Check out these [instructions](#).

[Visit this page](#)

◀

April 2025

▶

Balance: \$0.00

[Reset budget](#)

Income		
Income Source	Planned	Actual
✎ Employment	\$0.00	\$0.00 +
✎ Family Contribution	\$0.00	\$0.00 +
✎ Student Loans	\$0.00	\$0.00 +
Total	\$0.00	\$0.00

+ Add Income Source

Expenses		
✎ Housing		▶
✎ Food		▶
✎ Transportation		▶
✎ Education		▶
✎ Miscellaneous		▶

+ Add Category

	Planned	Actual
Total Expenses	\$0.00	\$0.00

## Your Actual Expenses

You have not added any planned expense amounts yet.

What does this graph tell me?

## Helpful Resources

- Creating a Budget
- Financial Fitness
- Budget Busters
- Glossary
- Budgeting FAQ



# Federal Student Loans



# Federal Loans



- Repayment
  - Can be repaid at anytime
- Grace Period
  - 6-months
- Different Loan Types from DoE

# Subsidized VS. Unsubsidized

- Direct Subsidized Loans are available to undergraduate students **with financial need**.
- Your school determines the amount you can borrow, and the amount may not exceed your financial need.
- The U.S. Department of Education pays the interest on a Direct Subsidized Loan
  - while you're in school at least half-time,
  - for the first six months after you leave school
  - during a period of **deferment**
- Direct Unsubsidized Loans are available to undergraduate and graduate students.
- Your school determines the amount you can borrow based on your cost of attendance.
- You are responsible for paying the interest on a Direct Unsubsidized Loan during all periods.
  - If you choose not to pay the interest while you are in school and during grace periods, **your interest will accrue and be capitalized**



# Loan Servicers

- A loan servicer is a company that we assign to handle the billing and other services on your federal student loan
- Keep your contact information up to date so your loan servicer can help you stay on track with repaying your loans.
- To find out who your loan servicer is, visit your account dashboard and scroll down to the “My Loan Servicers” section, or
- Call the Federal Student Aid Information Center (FSAIC) at 1-800-433-3243.



# Loan Information

 An official website of the United States government.

[Help Center](#)

[FAFSA Form](#)

[English](#) | [Español](#)

Federal Student Aid  
AN OFFICE of the U.S. DEPARTMENT of EDUCATION

[FAFSA® Form](#) ▾

[Grants and Loans](#) ▾

[Loan Repayment](#) ▾

[Loan Forgiveness](#) ▾

[Log In](#) | [Create Account](#)



Prepare and Apply

[Loan Exit Counseling](#)

[Who's My Loan Servicer?](#)

[Income-Driven Repayment \(IDR\) Plans](#)

[Consolidate Loans](#)

Tools and Calculators

[Loan Simulator](#)

Learn About Repaying Loans

[Repayment Plans](#)

[Repayment 101](#)

[Deferment or Forbearance](#)

[Delinquency and Default](#)

# Loan Simulator

## Calculate Your Federal Student Loan Repayment Options with Loan Simulator

Loan Simulator helps you estimate monthly student loan payments and choose a loan repayment option that best meets your needs and goals. You can also use it to decide whether to consolidate your student loans.



A federal court issued an injunction preventing the implementation of the Saving on a Valuable Education (SAVE) Plan and parts of other income-driven repayment (IDR) plans. Borrowers using Loan Simulator might see SAVE as a repayment plan option, but it is not available. Borrowers with certain marital and tax filing statuses also might see inaccurate information.



**I Want to Find the Best Student Loan Repayment Strategy**

[Log In and Start](#)

[Or Start From Scratch](#)



**I'm Struggling With My Student Loan Payments**

[Log In and Start](#)

[Or Start From Scratch](#)



**I Want to Simulate Borrowing More**

[Log In and Start](#)

[Or Start From Scratch](#)

# Special Circumstances & Professional Judgement



# Special Circumstances

- Conditions exist that cannot be documented with the FAFSA
- Send written explanation and documentation to your college's financial aid office
- College will review and request additional information if necessary
- Colleges are now required to accept appeals



Unusual uncovered  
medical/dental  
expenses

Secondary  
school tuition

Extraordinary  
dependent care

Parent or  
spouse  
death

Loss of  
employment

Divorce



# ***Questions?***

**Contact Info:**

**[www.smcm.edu/osfa](http://www.smcm.edu/osfa)**

**[osfa@smcm.edu](mailto:osfa@smcm.edu)**

# Avoiding Summer Learning Loss



# Learning Loss?



## What:

- Forgetting information and skills they developed because they aren't using it.

## Impact:

- A slower start to the fall semester
- Struggling in classes that build upon previous knowledge

# Prevention and Reduction



1. Take good notes during the semester.
  - a. If students struggle with note taking, they can meet with an Academic Coach or PASS Specialist in OS3 for free!
2. Keep exams and other graded assignments.
3. Review notes and exams for classes that are foundational to future classes in August.
4. Make review sheets for the classes you just completed.

# Prevention and Reduction

## pt2



5. Read articles and papers relevant to their field.
6. Continue writing (i.e. journal, blog, book report).
7. Take a free class that will help with future courses
  - Khan Academy, edX, Coursera
8. Review a textbook related to their fall courses
  - OpenStax
9. Participate in an internship related to their field.

# What About Summer School?



Watch the [video](#) of our March 2025 Parent and Family Webinar!

# OS3 is open over the summer!



[os3@smcm.edu](mailto:os3@smcm.edu)

240-895-4388



# Living with the Person in Your Basement





## In the chat, indicate what issue you are most concerned about?

- A. Living with them
- B. The costs of having them home
- C. Upsetting our routines
- D. Dealing with this “adult”
- E. All of these



# Embrace the Shift to Independence



- Support their emotional growth from FY to SO to JR to SR to full-fledged adult
- Respect their space

# Foster Problem-Solving Skills



- Let Them Make Mistakes
- Ask Guiding Questions

# Prepare Them for Self-Care



- Instill Healthy Routines
- Teach Them to Seek Help When Needed

# Model Healthy Relationships



- Demonstrate Emotional Intelligence

# Respect Their Developing Identity



- Understand the Identity Formation Process

# Establish Boundaries







	Jerry	Nicki	Pierce	Sashsa
Garbage	 			
Recycling	 			
Kitchen				
Liv. Room				
Bathroom				
Misc.				

# Together Time



- What do you like to do together?
- What new activities can you share?
- Create routines



# Finances



- Will your student pay rent?
- Who pays when you go out?
- Who pays for food in the house?
- How can they or should they contribute (electric, streaming, water, etc.)?
- If you expect them to save, will you monitor this?





How does the concept of dealing with your emerging adult's significant other make you feel?

1. EWWWW!
2. No problem!
3. What happens in Vegas stays in Vegas

# Dealing With Significant Others

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- Can they stay the night?
- Weekend?
- PDA?
- How can you be welcoming?

# Additional Questions



- Kitchen privileges
- Laundry
- Shared bathrooms (long showers???)
- Pets

What other questions can you come up with? Post in the Chat.



# What Will Be Your Role?



- 1. Advisor**
- 2. Confidant**
- 3. Sounding Board**
- 4. Parent**

# Family Meetings



- Keep everyone on the same page
- Everyone gets a chance to speak.
- Everyone can share concerns.
- Together you process issues.







# Launch

## Ways to Help

- Set a timeline
- Responsibilities
- Check-Ins
- Financial if reasonable
- Accountability

## Don't

- Coddle
- Make it too easy to stay

# Resources



[Boomerang Kids: When Adult Children Move Back Home by Michelle Seitzer \(2023\)](#)

[Doing Life With Your Adult Children by Jim Burns \(2019\)](#)

[Stanford Life Design Lab & Designing Your Life](#)

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