

“WE CAN’T GET HOLD OF OUR CHILDREN’S ACTIVITIES, ACADEMIC RESULTS AND SOCIAL GROUPS ANYMORE!”



Did you know?

As adults, university students receive various rights (including privacy rights) and are held responsible for themselves. Personal records of students are kept confidential. The university will not release information to any individuals (including parents) without the student’s consent. In contrast to secondary schools, the university sees each student as an autonomous adult. Students are able to choose courses based on their interests, as well as managing school-life balance. Aside from academic learning, our university provides various resources, student programmes and associations that allow students to explore and gain valuable skills while living a vibrant campus life.

As parents, are you concerned for your children’s academic performance and university life, but unable to convey your feelings?

✔ *Remember: Being independent is a major developmental goal for young adults. Do not morph your concern into suspicion, or use controlling methods to display your concern.*



Tips for parents

1. Let go of parental authority. Instead, treat and respect your children as equals.
2. Be willing to learn new matters your children are interested in, and become friends with whom they can have heart-to-heart conversations.
3. Your children have their social groups. It is time to let go of the “babysitting” mind-set. Instead, you may prioritise your own life and interests.

“THEY ARE ALWAYS EITHER AT SCHOOL OR AT WORK. WE DON’T EVEN HAVE TIME TO COMMUNICATE!”



Did you know?

Part-time jobs can offer students practical experience and help them develop their self-reliance while reducing their dependence on their parents. However, excessive work may exhaust them and affect their study, depriving them of a meaningful university life.

As parents, you may hope that your children can understand how laborious it can be to earn money by working. At the same time, you may feel sorry for their exhaustion from studying and working at the same time. You may want to show your concern, but there is no opportunity.

Note: It is illegal for non-local students to work in Macau.

👍 Tips for parents:

✔ *Remember: Don’t use busyness as an excuse. The quality of communicating is far more important than quantity!*

1. Do not limit yourself to a single mode of communication. Aside from face-to-face communication, you can utilise phone calls, social media, notes, or even letters.
2. Cherish every opportunity together and share daily events. Put down your phone for a while.
3. Listen to your children when they share their hardships and experiences at work. Don’t rush into sharing your own experiences or instructing them what to do.
4. In case of severe financial hardship, you may contact us for tuition fee instalments and information about financial aids (Tel. +853 8822 4638).

Going to College

with Your Children



Your children are going to college to pursue their dreams. As parents, what can you do to help them embark on their journey towards a new chapter of life? How can you provide them with the proper space for education and development?

“Going to College with Your Children” is a parent-child communication leaflet specially prepared by the Student Affairs Office of the University of Macau for parents of UM students. We hope it will help you gain a better understanding of your children while communicating more effectively with them.



澳門大學
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學生事務部
Gabinete de Assuntos dos Estudantes
STUDENT AFFAIRS OFFICE

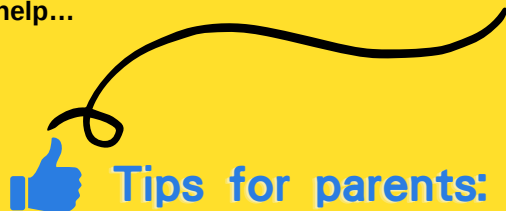


“OUR CHILDREN LOOK PREOCCUPIED BUT WE DON’T KNOW WHAT’S ON THEIR MIND!”

Did you know?

University is a pathway for students to explore new knowledge and different aspects of life. Some students see this as an opportunity for self-development, while others may feel lost and helpless. When facing these challenges, some students will try to handle them on their own, while others will figure their way out with friends and peers who are going through the same experience.

As parents, you may be aware of their distress, yet you feel frustrated for not being able to help...



Tips for parents:

1. Don't criticise your children's negative emotions. Instead, encourage them to accept and adjust their feelings.
2. Give them some space. Don't rush to define the problem or give instruct advices. It is always important to listen to them and their feelings.
3. If your children experience emotional instability over a long time, please encourage them to seek professional assistance from our psychological counsellors (Tel: +853 8822 9000).

✓ *Remember: When your children are going through difficult times, emotional support from parents is more important than hard-headed advices.*



“MY CHILDREN ARE NOT LISTENING TO ME ANYMORE!”

Did you know?

To help children thrive and flourish, parents often share their experiences, viewpoints, and set rules for their children. However, as children gradually grow up and learn to become independent, parents may find that their children sometimes may not share the same values. Conflicts may occur as a result.

As parents, you may feel bewildered, or even annoyed, when your children reject your concern and advice. You may think that they are being disobedient and disrespectful...



Tips for parents:

1. Discuss and negotiate the issues with your children instead of preaching them in an old-fashioned way.
2. Express your appreciation of their achievements, no matter big or small. Don't just point out their flaws.
3. Listen to their viewpoints before offering your advice.

✓ *Remember: Obedience does not equate to respect. Compliance with parents' expectations does not guarantee success. Children with dissimilar values can also be loving and respectful to their parents.*

CONTACT DETAILS OF THE STUDENT AFFAIRS OFFICE

We understand that it takes time for both of parents and students to adapt to the new university environment.

The Student Affairs Office is committed to provide diverse services for our students and to help them adjust smoothly to their university life.

Should you have any enquiries, please feel free to contact us.



<https://sao.um.edu.mo>

Non-Local Student Service

Tel.: (853) 8822 9902

Email: sao.services@um.edu.mo

Scholarships, Tuition Instalments & Financial Aid Consultation Service

Tel.: (853) 8822 4638

Email: sao.aid@um.edu.mo

Psychological Counselling Centre

Tel.: (853) 8822 9000

Email: sao.counsellor@um.edu.mo

Office Location: 2nd Floor, Student Activity Centre (E31), University of Macau