

Parents and Caregivers In Academia (CSSW)

SUMMARY

Completing any educational program while balancing the competing demand of family, career, and life requirements can cause work-life conflict as well as economic strain. In order to recruit and retain scholars who are parents/ caregivers, especially those from historically excluded communities, educators must understand they are a parent/caregiver's scholar first support system.



CSSW resources

Reality

- Students who are caretakers are not “Typical Students.”
- 1 in 5 students are parents
- 52% suspend their enrollment and do not return
- Parenting students are at higher risk than other students for basic needs insecurity
- Having that work-first mentality makes it harder for parenting students to meet their households’ basic needs
- Education is not a top priority

Advice

- Build community!
- Open communication with support system (Yes, you are a superhero, but help is always good)
- Setting boundaries, every call, text, and email does not have to be answered.
- Never sacrifice your sleep; the work will be there tomorrow.
- You cannot pour from an empty cup
- It's ok not to be ok.
- Encourage family-friendly spaces on campus
- Giving up is not an option!!!!

Office Of advising

Time Management
Method of Field of practice
Stress/Anxiety
Study tips
E-mail:
swadvising@columbia.edu
<https://cu-acad.mywconline.com/>

Counseling Center

Coping counseling
Couples counseling
Multicultural concerns
E-mail:
swwrite@columbia.edu
Tel: 212-851-2232

Writing Center

Talk through assignments
Feedback on writing
Group work
In-person/ virtual support
Correction without meet
Tel:212-851-2232
<https://cu.mywonline.com>

Columbia University Life

Lactation room
Open Culture Free educational Resources
Family engagement
Emotional support
Email:universitylife@columbia.edu
bia.edu
Tel:212-853-1628

REFERENCES

[Institute for Women’s Policy Research \(IWPR\), 2018.](#)
[Institute for Women’s Policy Research \(IWPR\) analysis of data from the U.S. Department of Education, National Center for Education Statistics, 2015–16 National Postsecondary Student Aid Study \(NPSAS:16\). Office, U. S. G. A. \(2022, April 28\). Higher education: More information could help student parents access additional Federal Student Aid. Higher Education: More Information Could Help Student Parents Access Additional Federal Student Aid | U.S. GAO. Retrieved March 11, 2023, from <https://www.gao.gov/products/gao-19-522>](#)