

## Parental Support

Grad Challenge requires initiative and self-discipline. Your parents may suggest project ideas, names of possible consultants, possible places to work, but ultimately your Grad Challenge project should be embraced by you. Make the idea your own. Carefully consider suggestions and respect the help and support. If an idea doesn't captivate you, perhaps the next idea will. Keep talking to your parents about what you think you might be interested in. We, at CVU, understand the fine line between encouraging and nagging. Reminders of deadlines can be very helpful. Post them on the refrigerator. To make certain your conversations with your parents are not reduced to nagging, share with them your progress and schedule as you work on your Grad Challenge project.

Some students choose to use Grad Challenge to explore something they think they might like to study in college, such as architecture, nutrition, science research, physical therapy. Some students see Grad Challenge as an opportunity to learn something they haven't had time for such as pottery, glass blowing, running a marathon. Students may choose an organization whose work is of interest to them, or choose a Community Consultant who does interesting work or has a particular expertise. However you go about designing their project, parental patience and support are helpful.

***One of the most important elements of Grad Challenge is that it is student-designed.*** You, of course, often need help figuring it out. It can be challenging to figure out:

What to learn

Where to learn it

How to learn it

Who can help you learn

Parents have been around a long time. Many often know others in the community and may suggest ideas, people, organizations, and places to you. Listen carefully and explore the ones that seem most interesting to you.

Parents are rightfully concerned about your project and success. This is a required course and the sole responsibility for it lies with you to make it happen and to demonstrate your learning. If you keep your parents in touch with what you are doing and how it is going, it will help them to relax that you are meeting your graduation requirements.