

Supporting Students for Success

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A beginning thought....

“Vastly underrated as a complicated transition for parents and children alike, the launching years rival any two years of parenting for the formidable events they contain, the challenges and questions they raise, and their sheer emotional intensity.”

-Kastner and Wyatt: The Launching Years, 2003

Outcomes

What will happen during this transition to college for my student and my family?

What do parents/guardians/family members need to know to support a student for success?

How does my role as parent/guardian/family member change?



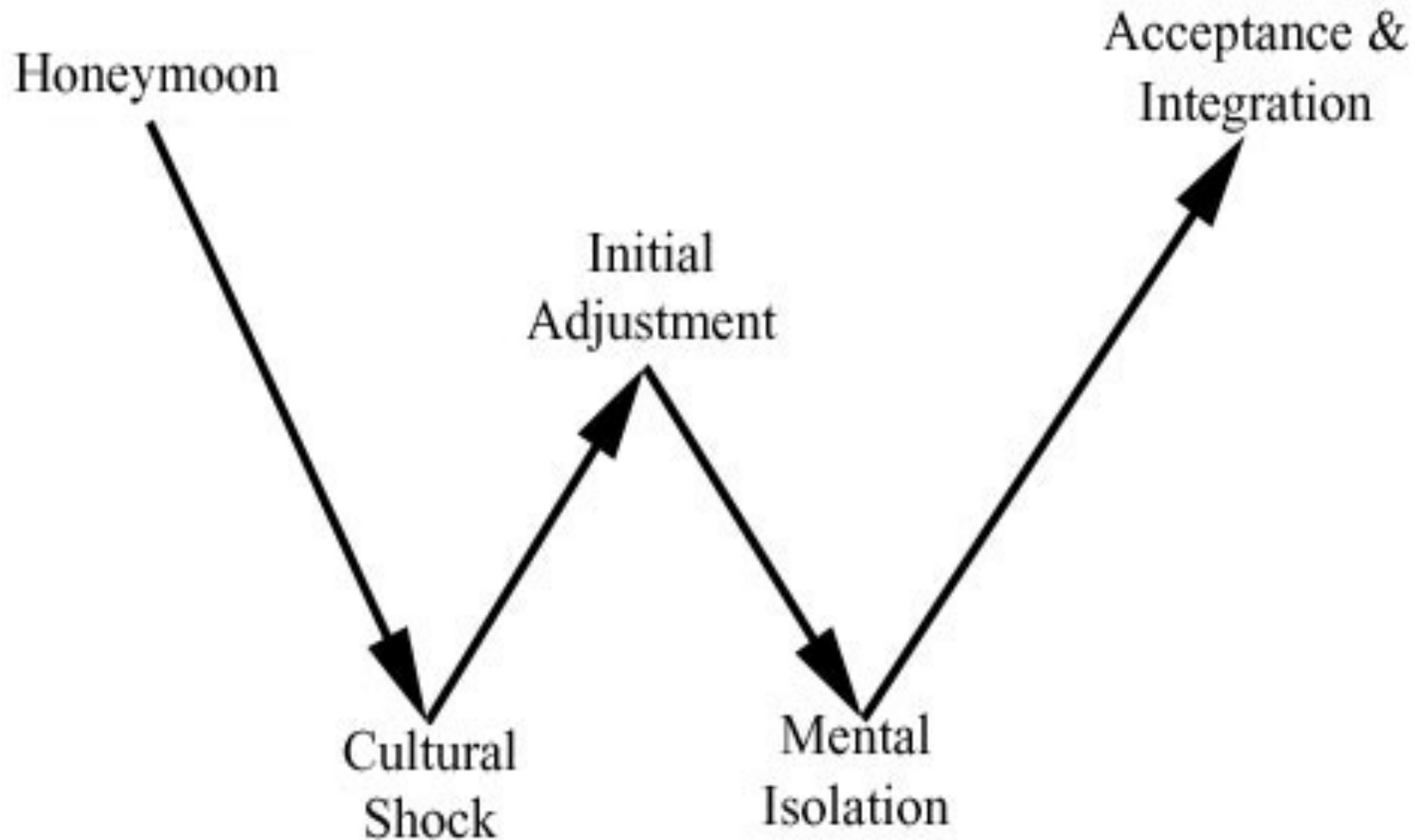
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**What will happen
during this transition to
college for my student
and my family?**



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The “W” Curve



The Honeymoon

- *Prior to Opening to Mid-October*
- Common to observe first year students experiencing:
 - General apprehension, nervousness
 - Excitement, happiness and sheer joy!
- This period typically includes students:
 - Establishing relationships
 - Testing boundaries
 - Exploring interests
 - Begin creating a new personal identity



Cultural Shock

- *Mid-September through October*
- New living environment + New relationships + New academic systems + New campus = can lead to students being overwhelmed or shocked
- Challenged by questions of . . .
 - What to major in?
 - Why is what I used to do for studying not working?
 - How to communicate in a new relationship?
 - What are my interests, beliefs?



Initial Adjustment



- *October through December*
- Finding balance with academics, managing life and campus culture
- Key time for modifying their schedule for time management, post mid-semester progress reports, opportunities for campus engagement increase, building personal confidence and exploring old/new interest
- Important to reassure, encourage, demonstrate support
- Send “snail mail” as a tangible sign of support

Suggested Questions to Determine Students' Academic Engagement

- How are you doing in classes? How do you know your performance?
- Are you studying alone or have you formed a study group? Tell me how this is different for each class.
- Do you know all of your instructors' names? Have you visited their offices?
- Have you obtained all your books and materials required for class?
- Tell me how you did on mid-term progress reports.

Mental Isolation

- *Late November through mid March*
- Typically will begin to see this period after returning from longer break periods when they have been with family or friends back home or connected to home
- Important to note, this coincides with a darker weather period in Wisconsin
- Struggle that comes in finding . . .
 - Changes in relationships back home/school
 - Academic work being more difficult than expected or not performing at level of expectation at end of term
 - Questioning their experiences
 - Trying to reconcile home life and school life



Acceptance, Integration and Connectedness

- *March through May*
- Final stage is more peaceful and celebratory
- Students have . . .
 - Identified new boundaries for themselves
 - Gained understanding of the campus culture
 - Established relationships
 - More confident in managing academic work and the time accordingly
 - Begun to accept their new identity
- Students may reference school as “home” = good sign of connection

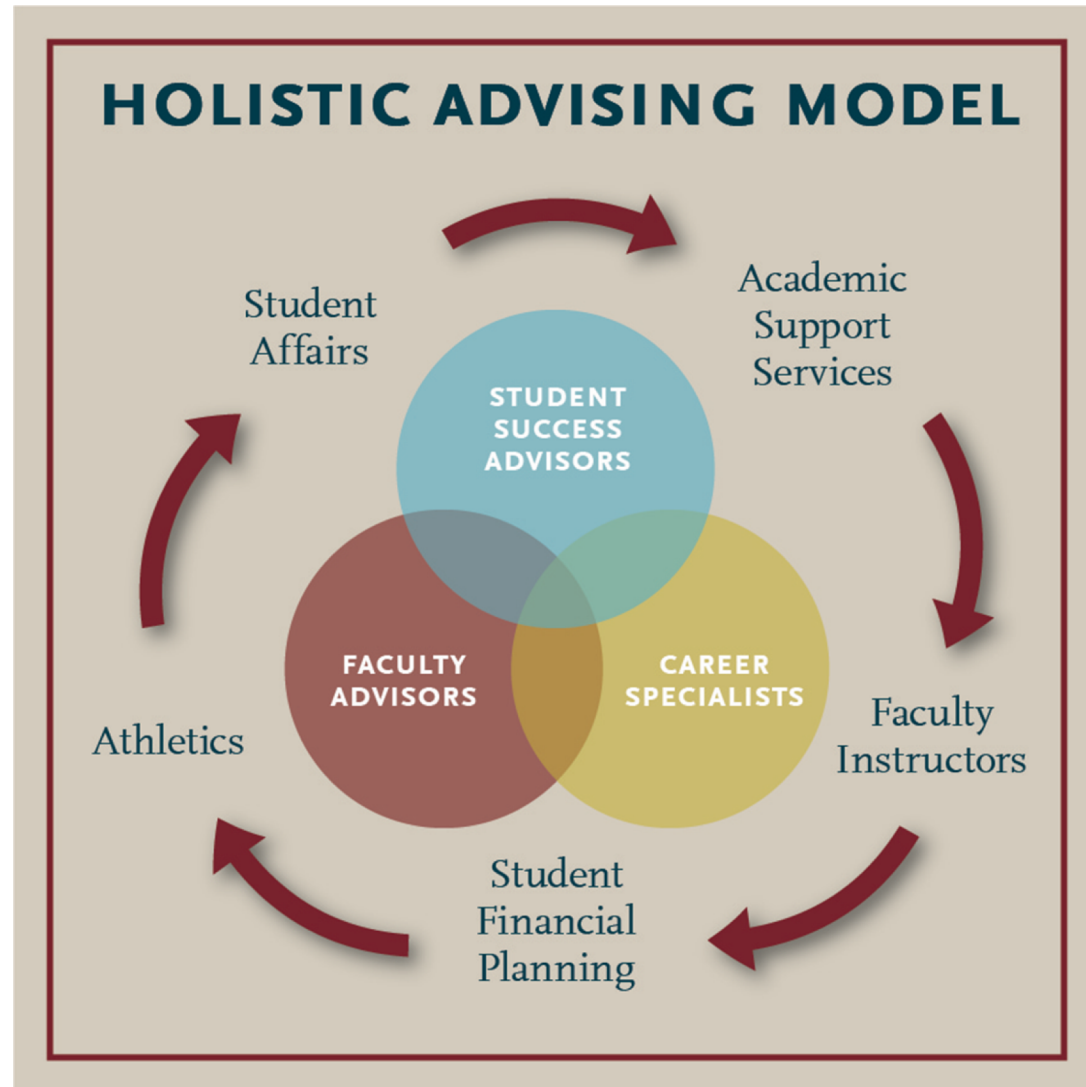


**What do
parents/guardians and
family members need
to know to support a
student for success?**



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Academic Need to Know



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Academic Need to Know

- Role of . . .
 - Student Success Advisors,
 - Career Specialist, and
 - Faculty Advisors
- Advisee Role



Academic Need to Know

- Academic Support Services
 - Writing Center
 - Learning Accessibility
 - Tutoring
 - Faculty



Student Life Info to Know

- College Communication
 - The Bridge– students need to read to know what is happening on campus
 - Required to read all e-mail by college officials – primary form of institutional communication
- Safety
 - Campus Alerts – students choice to include parent/guardian contacts, but messages are for immediate community
 - Personal attention to safety



Student Life Info to Know

- Student Health (physical and mental)
 - Counseling is for short-time and crisis
 - If student has been in long term therapy, suggest you identify a local therapist
 - Student Health Services is a Clinic open 8:30-5:00 when classes are in session during fall and spring, limited assistance with insurance billing
 - Urgent Care/Clinic and Emergency Room are all options after hours (Uber and Friends with Cars can often assist)
 - Chronic Health issues, suggest you identify local specialist



Student Life Info to Know

- Student Conduct
 - FY students have the greatest number of violations
 - FERPA protects information, waiver needed to discuss more than procedure
 - To understand more, explore Community Code located online
- Out-of-class notices
 - Student Health Services for documented absence of 3 days or more for physical or mental health
 - The Dean of Students Office will forward notices for a documented death in the family that results in absences



**How does my role
as parent/guardian/family
member change?**



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The Changing Role of Parents

The Pre-College Parent tends toward....

Parental priorities
Parental expectations
Controlling
Directing
Telling
Prescriptive
Provider
Manager

The Effective Collegiate Parent tends toward....

Student passions
Student interests
Facilitating
Advising
Listening
Developmental
Partner
Coach

Student Advice to Parents:



Please Do . . .

- Relax
- Send stuff
- Be a friend, not a parent
- Give me some space
- Be there for me and listen
- Give straight advice when asked
- Trust me and support me
- Tell me that you are proud of me
- Tell me that you love me
- Love me unconditionally

Please Do Not . . .

- Call to ask me if I am doing my homework
- Call my friends/siblings to get a report on me
- Interrogate me
- Use my bank statements to track what I do
- Make me feel guilty for leaving home
- Bribe me to stay connected
- Judge my behavior
- Hold on too tight

Our Top 5 Suggestions

5. Please put your cape in the closet for safe keeping and buy a coaching hat and whistle!
4. Only your student's number should be on speed dial in your phone.
3. Chat about the important stuff now or early in break periods.
2. Become aware of the overstated.
1. Be prepared for the surprise!