During this time, students tend to reassess their academic and social services. Outside support systems and are also able to access the school's academic support services that their school provides. Changes might need to occur to ensure academic success. Ask if they have looked at academic support services that their school provides. Families may feel some anxiety about their child's grades. Ask what he or she has made some major changes without discussing those changes with you.

If your child will live at home for the summer, you will experience joy, disappointment, or relief. If your child will live at home for the summer, it is completely normal for conflict to develop between roommates. Your child may be sharing a room with someone who is quite different from themselves. Most students are able to work things out when they discuss issues directly with one another or with a Resident Advisor. In a college or university, a Resident Advisor is a student who is responsible for supervising and assisting other, typically younger, students who live in the same residence hall or dorm. If your child is a commuter, they may feel like they don’t fit in with the campus community or know the campus and its resources as well as their peers. Commuters must balance their responsibilities at home and at school. It is important that they build relationships with their instructors and classmates. They can depend on the campus community or know the campus and its resources as well as their peers. Commuters must balance their responsibilities at home and at school. It is important that they build relationships with their instructors and classmates. They can depend on

- Avoid conflict. If you notice your child is involved in a disagreement, encourage them to try to work things out.
- Encourage them to think about the bigger picture. What are the long-term goals they have for their education?
- In the moment, encourage your child to take a deep breath and think about the choices they are making.

Advice for Families

Advice for Families

Families may feel some anxiety about their child's grades. Ask what changes might need to occur to ensure academic success. Ask if they have looked at academic support services that their school provides.

If you have filled out the FAFSA or WASFA for the fall.

Connection Starters

- Have you decided where to live next year?
- Has your child filled out the FAFSA or WASFA for the fall?
- What courses are you taking next year? Are you starting to narrow in on a possible major?
- What are you looking forward to about your living arrangements for next year?
- How do you think you have changed this year?
- What do you wish you had done differently in your first year of college?
- I am so proud of everything you have learned and accomplished this year!
The first year of college is a time of transition for everyone. Students may experience common challenges:

- **Financial.** School and college life can be expensive. Students need to understand how to budget their finances and avoid credit card debt.
- **Academic.** College will be different and more challenging than high school. Some students may be caught off guard by the difference.
- **Time Management.** Students are expected to do more coursework outside the classroom than they did in high school. Typically, students should plan for at least two hours of studying for every one hour in class.
- **Independence.** As young adults, they are now more accountable for their actions. Students have to balance school, work, a social life, sleep, and their health.
- **Social.** When students begin a new school, they must reestablish their social world. This may mean making new friends, learning how to live with roommates, and navigating a new environment.

### Stage One: The Honeymoon Period

During this period, students are eager to begin college life, full of enthusiasm and a sense of freedom when they begin school. Homelessness and the desire for frequent contact with family are common. Students may also be getting to know roommates, making new friends on campus, and finding their way around. This tends to be a time when students incur many expenses for items such as textbooks, school supplies, and room decorations/furnishings.

#### Tips for Success:

- **Attend Class.** Attendance is an important factor in academic success. Unlike high school, no one is going to remind students if they are absent or intervene when the absences are excessive.
- **Office Hours.** Instructors have office hours during which students can meet one-on-one with their professors. Office hours are for students to get help, get their questions answered, and better understand course content.
- **Get Involved on Campus.** Students who are involved in college life are often more motivated and focused. Be involved in sports teams, clubs, or volunteer work, attend student government, and clubs based on extracurricular interests.
- **Campus Calendars, Course Withdrawal.** The academic calendar provides the class registration schedule and includes the withdrawal deadlines. Students are able to withdraw from a class at any time; however, the deadline on the academic calendar determines whether students can expect any money back if they withdraw in the middle of a term.

#### Conversation Starters

- What are you most looking forward to about attending this school?
- What are you most nervous about?
- What courses are you thinking of taking next quarter or semester?
- What are you most thinking about at the moment?

#### Advice for Families

- Reassure your child that they can succeed in this environment. Talk about study skills and time management, and refer to campus resources.
- Ask about study time, workload, and involvement in campus organizations/activities.
- Encourage your student to ask for help when needed, attend campus welcome activities, and meet new friends.
- Express your confidence that your student will be successful.

### Stage Two: Culture Shock

Many students experience culture shock, a feeling of being overwhelmed, and a sudden sense of freedom when they begin school. Homesickness and the desire for frequent contact with family are common. Students may also be getting to know roommates, making new friends on campus, and finding their way around. This tends to be a time when students incur many expenses for items such as textbooks, school supplies, and room decorations/furnishings.

#### Tips for Success:

- **Attend Class.** If you withdraw from a class during the first quarter or semester, while others take longer to adjust.
- **Office Hours.** Instructors have office hours during which students can meet one-on-one with their professors. Office hours are for students to get help, get their questions answered, and better understand course content.
- **Get Involved on Campus.** Students who are involved in college life are often more motivated and focused. Be involved in sports teams, clubs or volunteer work, attend student government, and clubs based on extracurricular interests.
- **Campus Calendars, Course Withdrawal.** The academic calendar provides the class registration schedule and includes the withdrawal deadlines. Students are able to withdraw from a class at any time; however, the deadline on the academic calendar determines whether students can expect any money back if they withdraw in the middle of a term.

#### Conversation Starters

- Are you managing your money? What resources does your school offer to help you with that challenge?
- How and how frequently should we communicate? Have you met with any of your professors or teaching assistants?
- Have you accessed any student support services on campus, like the tutoring center or career center?
- What do you want to do differently on your next weekend away to do better?
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