NAVIGATING THE JOURNEY AHEAD
Navigating the Journey Ahead:
Supporting your Student through a Successful Transition

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Today’s Navigation Plan

We want you to...

- Identify topics to discuss with your student in preparation of their transition
- Further your thinking about the changes your family will experience in the upcoming months
- Identify resources available to assist you and your student
- Develop a navigation plan to support your student
- Feel excited about the opportunities USFSP has to offer so your student can be successful over the course of the next four years
From High School to College – SPRING

April
• Register for First-Year Orientation and Parent Orientation
• Submit Admissions Deposits to take the next steps such as Housing Applications
• Review financial aid offers - Make sure all supplemental forms are turned in
• Enjoy your student’s senior year milestones (i.e. Prom)
• Remain supportive as your student prepares for graduation and moves to college

May
• Make sure your student takes any needed AP exams
• Once your student makes the final decision, start writing together a “to do list” of items that require attention
• Celebrate your student’s high school graduation
• Encourage your child to write thank you notes to anyone who may have been especially helpful in the college-planning process
From High School to College –
The Summer Flood of Information

- May come in hard copy through mail or electronically
  - Information will be sent to your student and not you
  - Most likely will arrive at your student’s new college e-mail address
- Crucial and should be carefully read and considered
- You should expect:
  - Health & Immunization Forms
  - Insurance Information
  - Student Account Information
  - Technology
  - Housing
  - Financial Information
  - Online Tutorials
  - Orientation
From High School to College - SUMMER

- Great time for your student to begin practicing certain behaviors
  - Set an alarm clock
  - Hit the laundry room
  - Manage his or her finances
  - Making decisions
  - Manage time effectively
  - Healthy choices

- Ideal time to have important conversations about expectations
  - Your student’s reasons for going to college?
  - How much contact do you expect to have with your student?
  - Do you expect to send your student money or will he/she be responsible for his/her own expenses?
  - Are there consequences if grades are poor?
  - Tough subjects: alcohol, drugs, sex?

- Attend your New Student Orientation
Don’t Leave Orientation Without...

• An academic calendar with dates for final payments, advising, registration, breaks, final exams, parent weekends, and other important events
• Names, phone numbers, websites, and e-mails for offices and staff who can help
• Information about the billing process
• A list of college resources
• A glossary of general and specific academic terms
• An understanding of the general counseling and health-related services on campus.
The Big Day – Move In

If your student is living on campus:
- Simplify the move
- Be prepared for what may be one of the most emotional days you will face as a parent
- Follow your child’s lead
- Help locate the essential places
- Don’t get into the roommate scene
- Encourage student to engage fully in activities
- Think about your parting words
The Big Day – Move In

If your student is commuting:
- Recognize the transition – No longer in high school
- Identify family/household expectations
- Encourage involvement in campus life
- Be mindful of campus resources
- Attend campus family events
Embrace Your New Role
Will you be your student’s secretary?
Let’s Discuss!

• Does this at look or feel familiar to you?

• How might this mother’s good intentions be impacting her children's transition into adulthood?

• What might you do differently to support your student’s growth and independence at USFSP?
From Parent to Coach

1) The Phonesaurus
I know, sweetie, but I'm just calling to confirm that you got my text confirming that you got my email confirming that you got today's letter.

2) The Inquisitor
Yes, I know University Tech Support is for students only ... but I think that picture of my Debbie as a little flower may have broken her facebook, because suddenly I can't see her page anymore.

3) The Inspector
But my child is different! Analysis of Western Civilization. I'm afraid we can't just. As you say, 'Hug this one out.'

4) The Roominator
Oh, this isn't our daughter. This is a better roommate we found for our daughter.

5) The Fixer
You'd think they would appreciate our help.

POST UNIVERSITY

Blazek

An origami Dave Blazek, inc. cartoon
by Post University for blogpost.etc.
“Do you think college has a ‘Student of the Month’ award?”

From Parent to Coach

CPA
Join us for more insights, tips & humor on college life at collegeparents.org
Your Student’s Transition

- **The Neutral Zone**
  - Ending, Losing, Letting Go
- **The New Beginning**

**Author:** William Bridges
**Book:** Managing Transitions: Making the Most of Change (2nd ed.)
**Year:** 2003
Upcoming Transition Points

- High School Graduation
- New Student Orientation
- Move-In
- Roommate/s
- Relationship Changes
- First Visit Home
- Commuting from Home
- Midterms/Final Exams
- Course selection for upcoming semester
- Selecting a major
7 Life Task Demands of New Students

- Setting future goals
- Time Management
- Getting Good Grades
- Making New Friends
- Being on their Own
- Identity Exploration
- Maintaining Physical Self

Managing your time...

- Class
- Course-work
- Work
- More course-work
- Friends & family
- Hobbies & interests
- Physical fitness
- Job searching
- Sleep
What our students are saying...

- Greater independence
- Making decisions
- Experiencing cultural differences
- Changes in sleep, stress, and eating
- Time management
- Unrealistic expectations
How Successful Parents Coach Growth

Problem Solving/Decision Making

- Normalize transition into adulthood
- Let them become their own problem-solver
- Express Confidence
- Have critical conversations
- Recognize growth
When the Unexpected Happens

- Actively listen
- Show patience and tolerance
- Encourage them to use on campus resources
Know your Support Staff
First-Year Orientation Office

The Voyage Begins!
USFSP Orientation

Orientation Website: usfsp.edu/orientation

Facebook: www.facebook.com/usfsporientation

Registration Currently Available
Other Campus Resources

- Academic Advising
- Bookstore
- Campus Recreation
- Career Center
- Cashier's Office
- Computing Help Desk
- Financial Aid & Scholarships
- Housing & Residence Life
- Multicultural Affairs
- Parking and Transportation
- Student Disabilities Services
- Student Success Center
- University Police
- University Student Center
- Counseling & Psychological Services
- Wellness Center
- Health Services
Support for Your Student

- Move-In Weekend
- Convocation
- Peer Coaches
- Week of Welcome
- Academic Calendar
- Involvement in Campus Events/Programs
Are you Ready to Coach Your Student’s Growth?

- Do you feel more prepared?
- Have you identified topics to discuss with your student?
- Do you know your resources?
- Do you have a game plan?
QUESTIONS?
Contact Information

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