The Transition to College

Resources for the “ups and downs”
Student Success Center

The Student Success Center engages students in the pursuit of their personal and academic goals, ensuring that all students have access to a variety of resources that foster success and self-advocacy. We collaborate with the campus community to promote a culture of student-centered learning.
Student Success Center

- New Student Programming
- Tutoring & Supplemental Instruction
- Math & Writing Labs
- Peer & Academic Coaching
- Disability Support Services
- International & Online Student Support
- Arthur O. Eve Higher Education Opportunity Program (HEOP)
“It’s normal to have the ups and downs of the W-Curve, and knowing about this may help make the transition easier.”

William J. Zeller and Robert Mosier, 1993
Stage 1: Honeymoon

• Acceptance letters and selection
• Housing assignments
• Orientation programs
• I’m in college now... and I love it!
All Bonaventure Reads (ABR)

- Common Text
- SBU 101
- 1st Assignment
  - Due August 16
- Provost’s Essay Contest
Dear America by Jose Antonio Vargas
Tip #1: Changing Roles

• Discussing expectations with your child
  • How often will we talk on the phone? Text? Email?
  • Conduct and behavior
  • Interaction during breaks

• Problem Solving
  • Point to resources

• Enjoy the excitement (and nerves!)
Stage 2: Culture Shock

• Reality sets in
• Living on campus
• College classroom / expectations
• Independence vs. clinging to what is familiar for support
SBU 101: First-Year Seminar

- 2-credit course
- General education requirement
- What is community?
  - How do we create healthy communities?
- Effective learning strategies
Time Management

- Weekly Planner
- Receive one for free
- SBU Academic Calendar
- Campus Resource Guide
Tip #2: Academic Adjustment

• Ask about classes & grades
  • What did you go over in your PSYC 101 class?
  • When are you starting to study for your math exam?

• Make suggestions
  • It sounds like you should sign up for a tutor
  • Go to class!

• Wait until Family Weekend to visit
Stage 3: Initial Adjustment

• Initial successes
• Developing a routine
• Dissipation of homesickness
• Increased confidence
• Sense of wellbeing
Service & Involvement

• Freshman Service Project
• Bring school supplies or winter jackets to Welcome Days
Tip #3: Celebrate Success

• Encourage reflection
  • Hear how they were successful (so you can reinforce that process when they have challenges later)

• Return to goals & expectations
  • Capitalize on initial high-point to reinforce standards

• Congratulate and recognize what has gone well
Stage 4: Mental Isolation

- 2\textsuperscript{nd} culture shock
- Caught between two worlds
- Heightened homesickness
  - Home isn’t the same anymore
- Doubt increases about choices in:
  - College
  - Major
  - Career
Peer Coaches
Tip #4: Social Adjustment

• Assume your son/daughter is attending certain events...and ask about them!
  • What clubs did you see at the Organization Fair?
  • What intramural team did you join?
  • What has your Peer Coach / RA said about that?

• Take panic with a grain of salt
  • Have you talked to your adviser? The CPRC?
  • Reach out to FYE Office for suggestions & resources

• Do not ask if they are homesick!
Stage 5: Integration

- Getting involved
- Knowing people & places
  - Developing history
- Integrating successes and challenges
- Calling Bona’s “home”
Staying In the Know

• Parent & Family Facebook Group
  • Search “Parents and Families of St. Bonaventure”

• Parent Website: www.sbu.edu/parents

• Parent Email: parents@sbu.edu
BEGIN YOUR BONA ADVENTURE