Welcome to Virtual College Week

The Big Transition
October 26, 2017
3:00 p.m. ET
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YOUR
Transition to College

When Change is Not Considered a Dirty Word

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Florida International University
Why are we here?

Today we will......

• Reflect on the concerns of families of first year students
• Explore the transition process
• Share examples of social, emotional, and academic transitions of students and families
• Delve into how you can help support your student through this transition
Your concerns are valid!

What has been the most challenging aspect of being a parent of a senior going to college?
Change is Always Just Around the Corner

**Transition is temporary**

**Remember:** Your student is *also* going through a grand transition period

- Delving into a new world with new rules
- Acting out in their anxieties
- Extremely sensitive to criticism
- Managing money, time and relationships on their own
- Knowing when to get help
What does this transition look like?

Socially and Emotionally

Exploring their Competencies
• Can I really do this?
• Do I fit in and will I make the team?

Questioning facets of their Identity
• Who am I?
• Who am I away from my parents?

Examining what they Value
• What is the right thing for me to do?
What does this transition look like?

Time Management: Academic and Wellness

Academic
High School: 30-35 hours per week in class
College: 16-18 hours per week in class
2/3 seniors spend less than 6 hours per week studying

Wellness
Sleep difficulties are within the top 3 factors impacting performance (along with stress and anxiety)
Readiness is the KEY factor

87% of high school seniors want to go to college

42% incoming college students felt that they were unprepared to meet the expectations of college

You Can Help

Your New Role: Getting Your Student Ready

You are no longer the Project Manager.
You are now the Consultant and Coach.
How Can You help?

**EDUCATE**
- Instill a habit now where you both read through EVERYTHING and get a full understanding of what’s needed
- Develop a practice of asking questions with and to your student
- Be realistic and specific regarding financial concerns
- Create a plan of academic success NOW
- Get to know the campus resources

**EMPOWER**
- Set clear expectations between student and parent responsibilities
- Allow them to make their own individual choices
- Hold them accountable for their performance and behavior
- Learn from those choices

**ENGAGE**
- Positive affirmations are crucial
- Stay connected
- Provide reassurance without rescuing
Thank You!

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Questions.........
Thank you for attending Virtual College Week. For additional information or questions please visit FloridaShines.org or email us, collegenight@flvc.org