American University

Parent & Family Transitions

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WELCOME

Dr. Rob Hradsky

Assistant Vice President of Campus Life
and Dean of Students

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Objectives

- Understand transitions in the first few weeks and semester
- Become familiar with AU resources to support your student

- Gain an understanding of AU's community standards and expectations of students
- Understand your role as a partner in your student's transition
- Feel comfortable contacting the Dean of Students Office

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Beginning College

Time of joy and sadness; a new life chapter is beginning...

Focus on basic needs first:

- Where will I live?
- How will I get around?
- Will I like my roommate?
- Where are my classes?
- Where can I study?

Questions about personal ability:

- Can I really do this?
- Will college be too hard?

Questions about fitting in:

- Will I make new friends?

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Adjusting to New Demands

Schedule/Time Management

IN COLLEGE...

- Students must create an environment that fosters their success.
- Developing a routine early on is the key to success:
  - Eating
  - Sleeping
  - Studying
  - Socializing
  - Laundry
  - Appointments

Adjusting to College/Asking for Help

- Students face higher expectations from college faculty and may struggle with acknowledging emotions/shortfalls.
- Students must develop help-seeking behaviors and ask for help when needed.

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High School Schedule

07:30 - 08:20 Math
08:25 - 09:15 Spanish
09:20 - 10:05 Biology
10:05 - 10:55 Art
11:00 - 11:50 Lunch
11:55 - 12:25 Psychology
12:30 - 01:10 History
01:15 - 02:05 English
02:30 - 03:30 Yearbook Meeting
03:30 - 05:30 Lacrosse Practice
06:30 - 07:30 Dinner
07:30 - 10:00 Homework
10:00 - 10:30 Bed

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College Schedule

10:20 – 11:35 Economics

02:35 - 03:50 Biology

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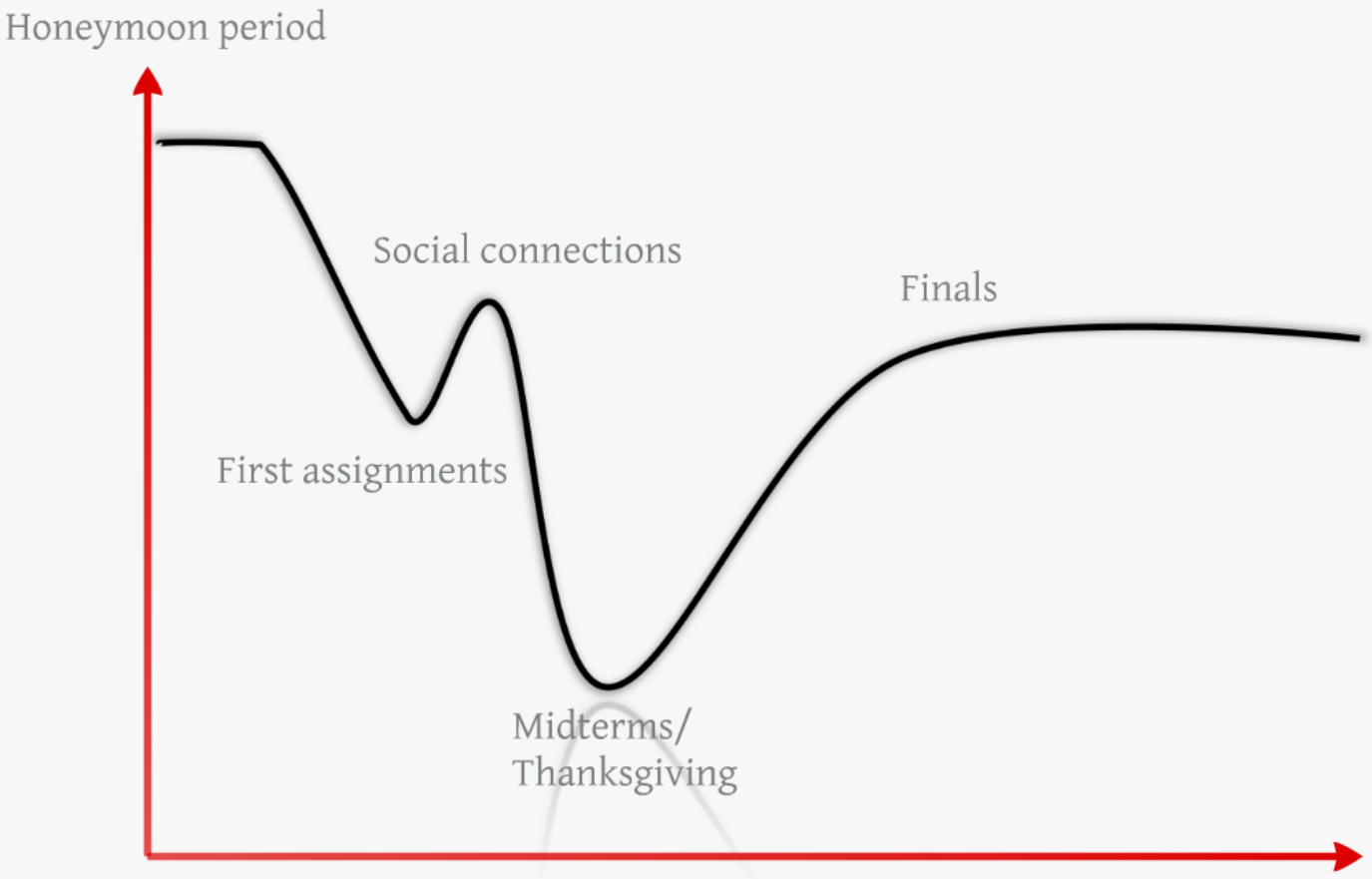
Adjusting to the First Semester



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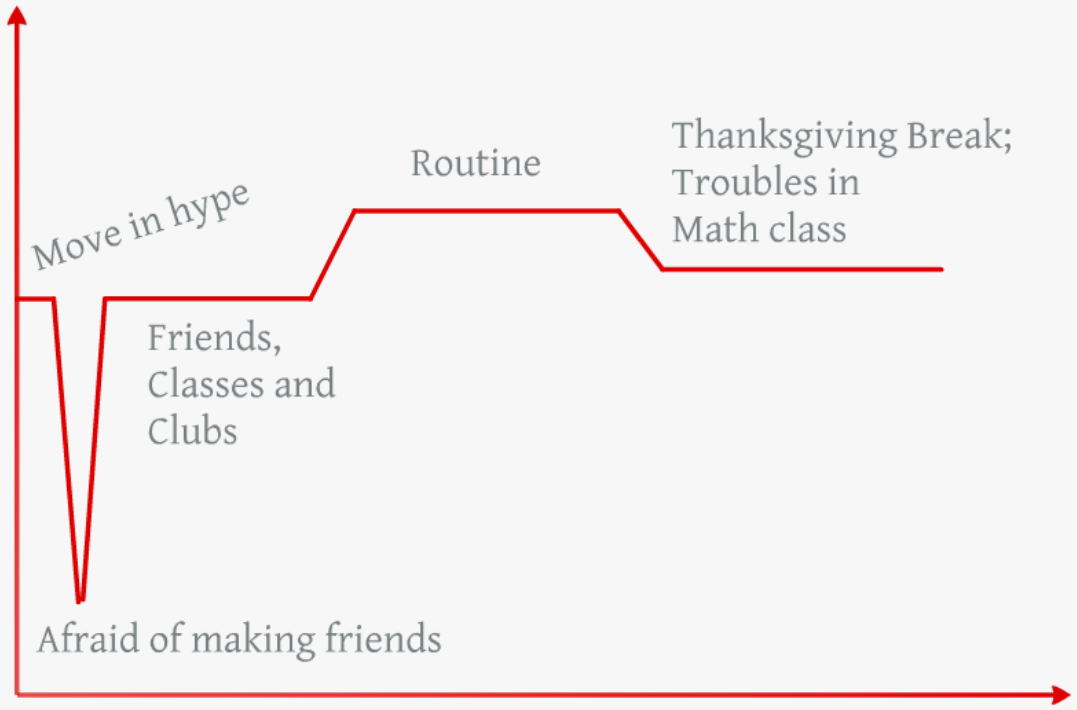
Bobby's Experience



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Office of the Dean of Students

The Office of the Dean of Students advocates for students' needs and supports student learning through programs and services that promote personal growth and development and communicate the values and standards of the AU community.

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Contacting the Dean's Office

- Questions about campus resources and services
- Concerns about your student's adjustment to college, health or safety
- Advice on how to discuss critical or sensitive issues
- Early warning signs
- General concerns about campus life

Phone: 202.885.3300
Fax: 202.885.1560
dos@american.edu
www.american.edu/ocl/dos
Facebook:AmericanUParents
Office Location:
Butler Pavilion, 408

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Office of Campus Life

Student Learning and Development Team

Office of the Dean of Students

Academic Support and Access Center

Counseling Center

Orientation, Transition and Retention

Student Conduct and Conflict Resolution Services

Student Health Center

Wellness Center

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Communication with Parents

Family Educational Rights and Privacy Act

- Protects records of students from time of enrollment
- Student must sign written consent to release records to anyone unless student is dependent for tax purposes
- AU offices provide release forms for students
- Access grades, finances and other information: MyAU.american.edu

Exceptions to FERPA

- Health and safety emergencies
- Alcohol and drug violations of the Student Conduct Code

Talk with your son or daughter now about information sharing

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Encouraging Independence

- Offer support and understanding: be open-minded when listening
- Have the patience and self-control to let them succeed (and fail occasionally) on their own - this is a balancing act
- Be clear about your expectations:
  - *Performance*
  - *Class attendance*
  - *Finances*
  - *Rules*
- Encourage involvement in campus activities

- Express interest in hearing about their activities, challenges, frustrations and goals
- Remind your student that increased independence also means increased responsibility - talk about:
  - *Alcohol*
  - *Drugs*
  - *Values*
  - *Healthy choices*
  - *Asking for help*
  - *Student Conduct Code*
- Establish regular, healthy communication
- Seek support for your own adjustment

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Community Standards

- Student Conduct Code
- Student Conduct and Conflict Resolution Services
- Civility
  - *Choose... how you behave*
  - *Act..... thoughtfully*
  - *Reflect... on how your actions and words affect others*
- Academic Integrity

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Focus on Student Success

- Making Achievement Possible - Mapworks
- Think About It: Alcohol and drug education, relationship violence and sexual assault
- STEP UP! Bystander Intervention Program
- Care Network
- Early Warning System

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Student Success Tools

- Online survey completed by students in third week of classes
- Focuses on student expectations, behaviors, and issues associated with academics and student development
- Student receives report that identifies areas of strength as well as areas of concern and suggests resources to support adjustment to college
- Students who are struggling with adjustment may be contacted by academic advisor and/or Dean of Students Office

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Substance Abuse & Sexual Assault Prevention for Students

- Turning Points "Part 1" Completion Date is Monday, August 24
- Good Friends "Part 2" Completion Date is Monday, October 12
- The Way Forward "Part 3" Due April 2016

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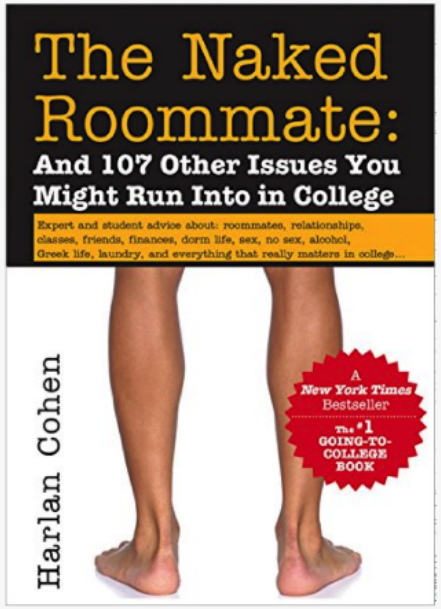
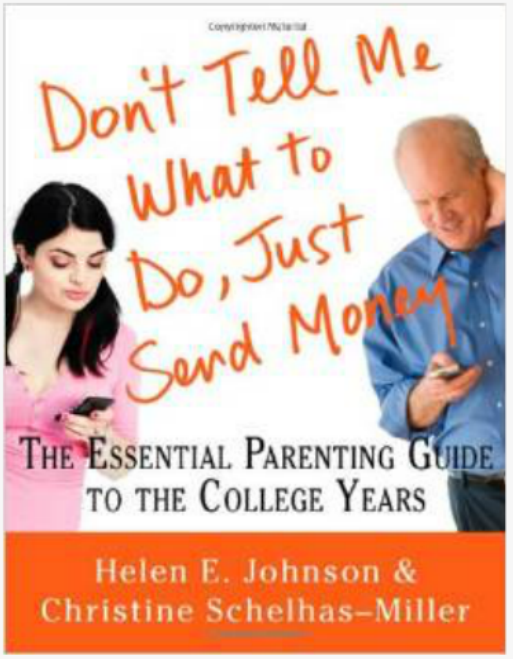
Recommended Reading



The Naked Roommate
by Harlan Cohen



Don't Tell Me What to Do, Just Send Money:
The Essential Parenting Guide to the College Years
by Helen E. Johnson & Christine Schelhas-Miller

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Supporting Student Development:
Our Role in Campus Life

- Expose your student to a variety of experiences, topics, and opportunities to challenge his/her thinking
- Provide a safe space to explore his/her independence and to make connections with others
- Advocate for your child and his/her needs
- Provide academic, social, physical and emotional support services to further your child's success

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Supports on Campus

Academic

- Disability support services
- Tutoring and Supplemental Instruction
- Writing and math support
- Honor societies

Social and Service

- Diversity education and programs
- Student involvement activities
- Student government
- Community service opportunities
- Fraternity and Sorority Life
- Social justice activities

Personal Wellness

- Personal counseling
- Athletics and recreational opportunities
- Spirituality observance
- Fitness center
- Wellness programs
- Mediation services and conflict coaching
- Nutritional counseling

Vocational

- Career exploration and decision-making
- Leadership development
- Internships, job postings, and on-campus employment

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Advice from Students...

Send $$$

Beware of mood swings:
One minute I want to transfer, the next minute I love it here!

Don't believe everything you read on my Facebook account.

Listen and give advice *when asked.*

Visit, but not too often.

Remember that our schedules are different... *and please keep mine handy.*

Just because I don't call you back right away, doesn't mean that something is wrong; **don't panic.**

Be open to changes in perspective and worldview.

Please don't disappear or keep things from me.
I can handle it.

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Treat us like adults but never forget that we will always be your children.

We love you and we miss you, even if we don't tell you very often.

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Questions?

Contact Information:

Office of the Dean of Students
408 Butler Pavilion
202-885-3300

dos@american.edu
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