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# Movin' On Up!



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Transitioning from WIHI to College -  
WIHI PTO/SST Discussion & Workshop

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# Tonight's Goals - prior to panel

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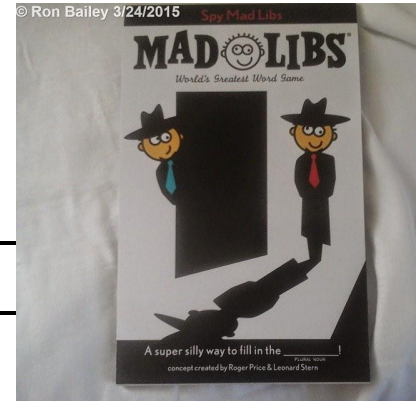
1. Explore the goals, concerns and questions for your family as you approach your child's start to college
2. Review resources, terminology and obstacles related to college student support
3. Myths, rumors and trends



# Fill In the Blank - For Starting College

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1. My biggest concern is \_\_\_\_\_
2. My greatest hope is \_\_\_\_\_
3. My son/daughter really needs to \_\_\_\_\_
4. My son/daughter is really ready to \_\_\_\_\_
5. I am most excited about \_\_\_\_\_
6. My son/daughter is most excited about \_\_\_\_\_
7. My son/daughter will connect with \_\_\_\_\_
8. The office we most need to visit is \_\_\_\_\_
9. My son/daughter will struggle to \_\_\_\_\_
10. My son/daughter will get on-campus support from \_\_\_\_\_





# Words did you use to answer the questions regarding CONCERNS, STR NEEDS



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What words did you use to fill in the HOPES, EXCITEMENT, READY blank



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# Resources - Academic

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DO encourage use of:

- Instructors! (Use “Professor”)
- Tutoring and Supplemental Instruction - RIGHT AWAY
- Writing/Math Support Centers - RIGHT AWAY
- Academic Calendars (add/drop, exams, etc.)

DO NOT, as a parent:

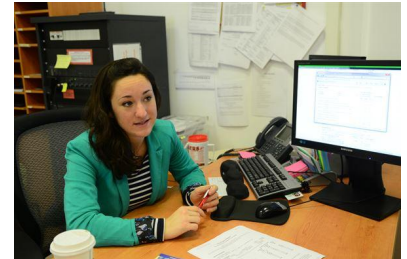
- Contact faculty
  - Choose or insist on a certain class, major, etc.
  - Expect perfect grades or grades higher than WIHI
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# Resources - Career/Transfer/Graduation

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DO encourage use of:

- Academic Advisers (usually staff; Orientation plus at least 2x/year)
- Catalog or checklist of credit requirements
  - Graduation and, separately, PG enrollment
- Career Services - campus jobs, internships
  - Family networking is secondary
- Published transfer records - ex., [MTN](#)



DO NOT, as a parent:

- Attend advising sessions (unless invited)
  - Discourage exploration of transferring - it's illuminating!
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# Resources - Social/Emotional

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DO encourage:

- Proactive awareness - Campus Life site, tour, emails
- Professional mental-health services - CAPS, Wellness Ctr., SHC
  - Maintain appointments with current providers if possible!
- Involvement! Clubs/orgs., IM sports, campus media
- Regular group use of Fitness/Recreation facilities
- Use of peer mentors - known students, housing staff, Campus Life staff
- Parent networking and support!

DO NOT, as a parent:

- Avoid discussion of social/emotional concerns; “Wait it out”
  - Expect communication on your timeline - be there when they’re ready!
  - Use coming home as a crutch - consider delaying to Thanksgiving
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# Myths, Rumors and Trends

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- PARTY SCHOOL/Culture is increasingly balanced with structured activities (orientation, “Freshman Freeze”)
  - Safety resources are trending toward 24/7, peer facilitation, explicit training for bystanders
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# Reading List

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- *Campus Life* by Helen Lefkowitz Horowitz
  - *The Thinking Student's Guide to College* by Andrew Roberts
  - *Where You Go is Not Who You'll Be* by Frank Bruni
  - *Letting Go: A Parent's Guide to Understanding the College Years* by Coburn and Treager
  - *Almost Grown: Launching Your Child from High School to College* by Patricia Pasick
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## Up Next

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The real experts! Parents  
who have been there before!

