Transitions & You

SLO Days 2016
All in this together!

- How many of you...
  - are sending your first student off to college?
  - have other students attending a college or university?
  - have other students attending Cal Poly?
Discussion

Introduce yourselves!

Share: What was one thing from the skits that resonated with you?
Challenges of the First Year

Social Life
- Roommates
- Making Friends
- Staying Connected With Home
- Establishing an Identity

Academics
- Challenging Classes
- Quarter System

Wellbeing
- Nutrition
- Time Management
- Stress
# Qualities of a Successful Student

<table>
<thead>
<tr>
<th>Manages Time</th>
<th>Gets Involved</th>
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<tbody>
<tr>
<td>Organized</td>
<td>Attends Class</td>
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<tr>
<td>Self-Disciplined</td>
<td>Knows Strengths &amp; Weaknesses</td>
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<tr>
<td>Uses Technology Wisely</td>
<td>Asks For Help</td>
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<tr>
<td>Healthy Lifestyle</td>
<td>Balanced</td>
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Student Challenges

- Problematic alcohol use
- Underestimating the amount of work required
- Intrusive extracurricular activities
- Major doesn’t reflect interests
- Poor communication skills
- Failure to take personal responsibility
- Poor time management skills
- Social pressures and concerns
- Lack of effort & motivation
What is your role?

The College Transition
Help Students Help Themselves

GOAL:
Student Growth & Development

“Too often we give our children answers to remember rather than problems to solve.”

- Roger Lewin
Tips to Manage College & Transition

“Encourage them to figure things out and to not be afraid to ask questions.”
-Gail Ginell, Parent of Brian

“Be supportive, and foster independence.”
-Lori Johnson, Parent of Sydney
What’s Your Role With...

- Academics and Expectations
- Homesickness
- Roommate Problems
- Student’s Health and Wellness
- Alcohol and Drug Use

“Allow them to spread their wings and put into action your ‘lessons’ as they embark on this next phase of life’s journey.”

Linda Kuroda, Parent of Scott
Be In Touch!

- Parent Hotline: (805) 756-6700
- Facebook: Cal Poly SLO Mustang Parents
- Parent & Family Programs website: parent.calpoly.edu
  - Sign-up for “What’s New”
- Parent VIP Portal
Be Involved!

Parent Volunteer Corps

Parent Advisory Council
calpolyparent@calpoly.edu
Mark Your Calendars!

- Gathering On The Green:  
  - September 16th
- Evening with the President:  
  - September 18th
- Poly Parent Adventures  
  - September 2016
- Mustang Family Weekend:  
  - October 20th-23rd
Lastly, Do What You Do Best...Love!

“Do not hesitate to let them know how much you love them. And yes, say it loud, and say it often.”

-Karl Wagner, Parent of Brett & Curtis
Contact Us!

Dr. Hannah Roberts
Assistant Director, Counseling Services
(805) 756-2511 | hrober02@calpoly.edu

Anthonia Edgren
Coordinator, Parent & Family Programs
(805) 756-6799 | aedgren@calpoly.edu