Helping Your Student Succeed in College

Parent Orientation
Prepared by the Office of the Registrar
Is education worth it?

**Earnings and unemployment rates by educational attainment**

<table>
<thead>
<tr>
<th>Unemployment rate in 2012 (%)</th>
<th>Median weekly earnings in 2012 ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All workers: 6.8%</td>
<td>All workers: $815</td>
</tr>
<tr>
<td>12.4</td>
<td>471</td>
</tr>
<tr>
<td>Less than a high school diploma</td>
<td></td>
</tr>
<tr>
<td>8.3</td>
<td>652</td>
</tr>
<tr>
<td>High school diploma</td>
<td></td>
</tr>
<tr>
<td>7.7</td>
<td>727</td>
</tr>
<tr>
<td>Some college, no degree</td>
<td></td>
</tr>
<tr>
<td>6.2</td>
<td>785</td>
</tr>
<tr>
<td>Associate’s degree</td>
<td></td>
</tr>
<tr>
<td>4.5</td>
<td>1,066</td>
</tr>
<tr>
<td>Bachelor’s degree</td>
<td></td>
</tr>
<tr>
<td>3.5</td>
<td>1,300</td>
</tr>
<tr>
<td>Master’s degree</td>
<td></td>
</tr>
<tr>
<td>2.1</td>
<td>1,735</td>
</tr>
<tr>
<td>Professional degree</td>
<td></td>
</tr>
<tr>
<td>2.5</td>
<td>1,624</td>
</tr>
<tr>
<td>Doctoral degree</td>
<td></td>
</tr>
</tbody>
</table>

Surviving the Transition

- Across the U.S. about 20% of Freshmen drop out before their sophomore year. Transfer students experience a near similar attrition rate, also known as “Transfer Shock.”
- Only about 60% of students who start college receive their Bachelor’s degree.

Andrew Koch, director of Purdue University’s Student Access, Transition and Success Programs, points out that students leaving for college are doing more than changing schools. "These young people are now establishing their own norms," he says. "They are now responsible for their own physical, mental and spiritual well-being, and they have to balance academic success in the midst of all of this."
Students say why they struggle

- Upon arrival at college, many reported feeling prepared to do well academically, but found that they had underestimated the amount of work necessary to be successful.
- Some report that the ways in which they studied in high school are no longer effective in college.
- Although students are able to describe why time management and responsibility are important, they admit to often procrastinating on their schoolwork.
- Common distractions include:
  - Facebook
  - Social life/friends
  - Video games
  - Internet

Where there is no struggle, there is no strength.

_Oprah Winfrey_
High School vs. College

**High School**
- Highly monitored
- Reminders given
- Attendance required
- Time regulated
- Minimal homework

**College**
- Little monitoring
- Syllabus provided
- Attendance = grade outcome
- Time flexible
- 2-3 hours per unit, per week
Successful Habits for Students

- Students reported a number of strategies that contributed to their success during their first year:
  - attending class regularly
  - taking classes with friends
  - sharing class notes
  - participating in study groups
  - reading before class
  - meeting with professors regularly
“YES, MOTHER, I TOLD YOU, I'M DOING FINE ON MY OWN AT COLLEGE .... HEY, COULD YOU LOG ON AND FIND MY SCHEDULE, ORDER MY BOOKS AND CALL ME WHEN IT'S TIME FOR CLASS?”
How do I know how my student is doing in college?

- All information about college, including courses, grades, and financial obligations, goes directly to the student.
- The best way to obtain information is to talk to your student!
- The Family Educational Rights and Privacy Act (FERPA) is a federal law designed to protect the privacy of educational records.
  - academic information cannot be shared with others, including parents and spouses, unless the student gives written permission.
  - this includes grades, schedules, classes, attendance, college services, student life, and financial information.
- Establish a communication plan to discuss college with your student today.
Advice from the experts...

Andrew Koch and John Gardner, a senior fellow at the National Resource Center on the FYE and Students in Transition, agree that students must focus on both the social aspects of fitting in at college as well as stepping up their academic efforts. They offer these tips for making a successful transition:

- Make friends with people who share similar goals
- Don't go home for as long as you can
- Join a club or group
- Take care of your physical health, including managing stress
- Go to class and do the homework
- Attend help sessions
- Maintain your personal standards
“Letting Go: A Parents Guide...”

- “The freshman year can be full of indecision, insecurities, disappointments and, most of all, mistakes. They’re also full of discovery, inspiration, good times and new friends. It takes them awhile to accept that being unhappy, afraid, confused, and making mistakes is normal, and part of growing up. Those parents that accept and understand the highs and lows of their child’s reality are providing the support and encouragement where it’s needed most.” (Levin & Treeger)

Life is a balance of holding on and letting go.
Helicopter parenting in college

“Three recent studies specifically examined helicopter parenting and found that it was related to several negative outcomes in college students (LeMoyne and Buchanan 2011; Padilla-Walker and Nelson 2012; Segrin et al. 2012). College students who reported that their parents were over-involved and controlling in their lives

1. had lower psychological well-being and were more likely to take medications for depression and anxiety (LeMoyne & Buchanan).
2. had children with lower levels of satisfaction with their family life (Segrin et al.).
3. they described their parents as involved and emotionally supportive; although, they also felt that their parents did not grant them sufficient autonomy support.”

(Schiffrin et al.)
In a 2012 by Jeffrey Jensen Arnett, a research professor in psychology at Clark University, over 1/2 of 18-29 year olds do not feel they are an adult.

Among survey findings:
- 52% have daily or almost daily contact with parents via text, e-mail, phone or in person.
- 34% say "my parents are more involved in my life than I really want them to be."
- 38% get little or no financial support from parents, but 16% do "frequently," 16% regularly; and 31% occasionally.
How you can help... without hovering

Top personal qualities employers seek in new graduates:
- Communication Skills
- Motivation/Initiative
- Teamwork Skills
- Leadership Skills
- Academic Achievement/GPA
- Interpersonal Skills
- Flexibility/Adaptability
- Technical Skills
- Honesty/Integrity
- Work Ethic
- Analytical/Problem Solving Skills

Parental reform; trusting them.
- Be a supportive and listening ear; providing resources rather than being the solution.
- Encourage them to take control over their life. Don’t let others make decisions for them.
- Ask your student what they think would be the best resolution to situations and ask who else they have consulted.
- Find ways to support academic success and resourcefulness.
- Lay it at the feet of the Lord. (Ps. 55:2)
Your student is special

**Genesis 1:27 (NIV)**

27 So God created mankind in his own image, in the image of God he created them; male and female he created them.

**Psalm 139:13-14 (NIV)**

13 For you created my inmost being; you knit me together in my mother’s womb.
14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
We are here to help

916-577-

- Admission: 2222
- Advising and Registrar: 2244
- Athletics: 2366
- Career Services: 1815
- Disability Support Services: 2253
- Faculty: 2256
- Financial Aid: 2233
- IT Helpdesk: 2345
- Library Services: 2288
- Security: 7070
- Student Accounts: 2352
- Student Development: 2321
- Veteran Affairs: 2235
- Writing Center (Tutoring): 2289
References

- **WJU Catalog**
- **Letting Go (Fifth Edition): A Parents' Guide to Understanding the College Years** by Karen Levin Coburn and Madge Lawrence Treeger (Mar 17, 2009)
- **Your College Experience: Strategies for Success** by John N. Garnder and Betsy O. Barefoot (Dec 7, 2011)
- **Helping or Hovering? The Effects of Helicopter Parenting on College Students’ Well-Being** by Holly H. Schiffrin, et al., *Journal of Child and Family Studies* (Feb 9, 2013)