Parents and Students: Building Success at BC

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What comes with change?

- Transition is the process required for change to occur.
- Student development theory explains the process in terms of “moving in,” “moving through” and “moving out.”
- “Moving in” become familiar with the rules, regulations, norms, and expectations of the new system
- “Moving through” process, their motto might be, “hang in there”
- “Moving out” process one might experience feelings of grief in process of change
- New beginnings occur once an ending is made and transition time has been spent in a “neutral zone.”
Transition Tensions

**Situation**
- Away from home for a first time
- Making new friends
- Learning college system
- Living situation in transition

**Support**
- Distant
- Lack of academic day time structure

**Self**
- More freedom and choices
- More accountability consequences

**Strategies**
- Get connected to new system
- Get coaching for weaknesses
Transition Puzzle Pieces

- Campus Resources
- Academic and Social Rules and Regulations
- Study Skills – time management, test taking, note taking, reading and memory
- Learning Styles
- Diversity
- Life Skills – money management
- Career Exploration
- Leadership
- Technology
- Involvement
Purpose of Orientation

• Is not just a program but an internal process in which a student prepares and makes adjustments mentally to succeed in their new environment.

• It is an introduction – a guide for one in adjusting to new surroundings and activities.

• Begins a parenting transition
Key Components for First Year Success

First Year Success

- Sense of Belonging
- Direction
- Knowing and using Campus Resources for Life Skills
- Academic Competence
Building a Sense of Belonging

**Students**
- Connect to BC
- Make new friends
- Find a contact person-faculty/ staff mentor to go to for answers
- Discover what BC has to offer
- May “feel uncomfortable” to get comfortable at BC
- Get involved – join a campus organization

**Parents**
- Less phone calls from home
- Refer your student to campus staff
- Ask about campus activities
- Read the BC calendar for events— online resources
Building Life Skills

**Students**
- Students who struggle with time management have difficulty managing college
- Effective money management reduces stress
- Good health habits

Student leadership experiences are associated with managerial success of college graduates

**Parents**
- Buy a Day Planner and refer your student for help planning their time
- Talk about $$ plan
- Talk about health issues and send healthy care packages during high stress times
- Encourage leadership opportunities
Building Life Skills

Class struggles

Personal issues

Roommate/Housing Issues (Adjustment Issues)

Student Outreach Services can help students come up with a plan to help or refer students to Academic Support Services, Associate Academic Dean, Counseling Services, Residence Life Mediation, Chaplain, etc. Help students take responsibility for what needs to happen to build life skills for success.
Building Blocks for Academic Accountability

**Students**
Adapt your study styles
Know and use course resources
  - Textbook
  - Lecture Notes
  - Blackboard
  - Professor
  - Online Help Sites
  - Tutoring is free

**Parents**
Refer your student to campus resources
Encourage faculty interactions/office hours
Ask approaches to studying
Listen carefully
Report your concerns
Academic Support
Bridgewater College is concerned with every student's success.

The Academic Support Center at Bridgewater College provides students with a wide range of assistance, including:

- Disability Services
- Academic Coach Program
- Learning Strategy Workshops
- Learning Skill Websites
- Transition Program
- Tutoring Services

A direct contact may be the best way to address questions you may have.

Please contact:
Chip Studwell, Ed.D., LPC
cstudwel@bridgewater.edu
Director of Academic Support/Director of Disability and Tutoring Services
Bicknell House Call 540-828-5370 or fax 540-828-5757
Academic Support

The Writing Center
Bowman Room 310 Phone: (540) 828-5708

- Drop-in tutorials; email and after-hours real-time online tutoring
- Workshops in using and documenting sources
- Workshops for Effective Writing Students

http://www.bridgewater.edu/StudentServices/WritingCenter
Building a Sense of Direction

**Students**
- Confusion, ambiguity and finding their way
- May be resistant to change or to getting help says “under control”

**Parents**
- Finding out late about a problem or listening to their student “vent.”
- Being the adult that can calmly help guide their student to support giving them the responsibility to “fix it” for themselves
Building a Sense of Direction

Students
Major and career choices
  • Academic Advising
  • Career Center website: bridgewater.edu/StudentServices/CareerServices
Gaining self-awareness
Connecting college success to future success

Parents
Major and career choices
  • Encourage exploration
  • Openly discuss options
  • Formulate a “Plan B”
Maintain an open mind to majors and career ideas
Your student is still developing and is in the process of self discovery
Questions to ask your student

1. What are your academic expectations?
2. What happens if the expectations are not met?
3. Discuss academic performance expectations.
4. What changes are they making and what help are they pursuing? (Don’t stop, as student persistence is one key to change and success.)
Important Dates

After 1st round of exams  WebAdvisor/Academic Progress Reports
Sept. 30-Oct. 1  Family Weekend
Oct. 7  Fall Break (begins after last class)
Oct. 12  Classes resume
Oct. 14-15  Homecoming
Oct. 21  Mid-term grades due
Nov. 11  Last day to withdraw
Nov. 22  Thanksgiving Break (begins after last class)
Nov. 28  Classes resume
Dec. 9  Last day of classes
Dec. 10-11  Reading Days
Dec. 12-16  Exams
What’s Next

Who you are as a parent doesn’t change; but how you are as parent may need to transition with your new college student.

New role as coach and cheerleader?
• We celebrate the successes
• We encourage despite the losses
• We maintain positive support from the sidelines
Parent Services

As director of Student Outreach Services I am constantly in contact with Parents and students and always looking to improve communication. If you have a concern feel free to contact me, John Manson at jmanson@bridgewater.edu Here are some other contacts that can help.

**New Student Handbook:** bridgewater.edu/StudentLife/StudentLife/StudentLifeHandbook

**Eagle Handbook:** bridgewater.edu/StudentLife/EagleStudentHandbook

**CONNECT WITH BC** bridgewater.edu

- **College Switchboard | 540-828-8000**
- **Office of Student Affairs | 540-828-5380**
- **Dean of Students | Dr. Bill Miracle | (office) 540-828-5382 | (home) 540-828-4194**
- **Counseling Center | 540-828-5692**
- **Director of Student Outreach Services | Mr. John Manson | 540-828-5324**
- **Campus Police and Safety | 24-Hour Number | 540-828-5609**
- **Campus Nurse | Mrs. Linda Bowers | 540-828-5384**