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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



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Key Components for First Year Success





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 student come up with a plan help or refer students to Academic Support Services, Associate Academic Dean, Counseling Services, Residence Life Mediation, Chaplain, etc. Help student 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



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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 1 st 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