College Search - Focus on Completion
Transition To College

Sue Chapman
Rutgers University Regional Recruiter Nor., CA

Ed Devine
Lafayette College, Director of West Coast Admission
Past-President, Western ACAC
Sue Chapman
Regional Recruiter

Rutgers University | New Brunswick
Ed Devine
Regional Director of Admission
Agenda

• Choosing a College
• Stages of Adjustment
• When Does the Transition Work Begin?
• Student and Parents Expectations?
• Advice: Student, Alumni and Dean’s Perspective
Transition To College

Choose two:
- Good Grades
- Social Life
- Enough Sleep

College: You only can choose two.
Assessment – Where Your List Starts

Get To Know The College
• The academic Profile
• Class size
• Student to teacher ratio
• School population
• Majors
• Extra curricula activities
• Campus & surroundings
• Diversity
• Location
• Weather

Get To Know You
• Why college – for you
• GPA/test scores
• Activities/summer
• Campus size
• Majors
• Resume
• Your inspiration
• Interests, hobbies
Why Students Choose a School?

- Reputation
- Campus Visits
- Scholarships/FA
- Safety
- Legacy
- Alumni
- Major
- Web Site
- Close to Family
- Internships
- Study Abroad
- Friends That Attend
- Students You Met
- The staff
- Sports Teams
- Art, Music
- Student Life
- Relatives went there
- Admission Materials

SC
Top Reason
Students Choose Their School

- Location
- Size
- Cost
- I got accepted
The Number One Reason Students Choose a School

➢ “It Just Felt Right”

keep in mind what your looking for in a campus setting, size wise, and what school is going to leave you with the most opportunities to fulfill your dreams.

Rachel Snyder ‘18
How is College Different than High School?

- You Set Schedule
- 2-6 Hours of Class
- Home Work -1:3
- 4-6 Classes
- No Quizzes
- Know All Material
- Research
- 14 Week Semesters

- Time Management
- New Structure of Day
- No Parents
- Do Classmates Have Your Back?
- Around Classmates 24/7
- Adult Decisions You Make

All new things require time and process in order for you to adapt.
What Happens on Campus?

- Fitting in
- Balance work and social life
- When help is needed
- Where to get help
  - Counselors
  - Academic Support
  - Peer Network
  - Family

30 - 34% dropped out in the first year because they were over confident, under-prepared and lacked realistic expectations about college.
Seven Stages of Adjustment

1. Pre-Entry Anticipation

Excitement and Anxiety
Stages of Adjustment

2. Arrival Fascination

Honeymoon phase – the newness is exhilarating
Stages of Adjustment

3. **Initial Shock** – differences cause frustration

Small differences cause frustration
Stages of Adjustment

4. First Adjustment

Now your getting it, figuring out environment
Stages of Adjustment

5. Isolation

Look to cliques (Find Those with Shared Experience)
Stages of Adjustment

6. Adaptation

Now your getting it – bring a touch of home to new
Stages of Adjustment

7. **Advanced Adaptation**: becomes new

*Most played football rivalry in the nation*
*Lafayette vs Lehigh*

*First intercollegiate football game*
*Rutgers vs Princeton*

New “culture” is assimilated,
you become a proud member of you new school
Cultural Adjustment

Honeymoon

Initial Adjustment

Cultural Shock

Mental Isolation

Acceptance & Integration
Risk and Reward

• Transition To College
• The First Year
• Jumping In – New Adventure
• Get involved – Key To Success (NSSE)
  • Connect with College
  • Time management
  • Mentorship
  • Friendship
  • Inclusion, cultural engagement

http://nsse.indiana.edu/NSSE_2017_Results/pdf/NSSE_2017_Annual_Results.pdf
Students – To Do

✓ Follow Summer Guidelines
✓ Participate in Orientation
✓ Join Clubs: 3-5 Year 1
✓ Leave Your Room
✓ First Year Seminar
✓ Explore
✓ Meet with Faculty
✓ Meet with Advisors
✓ Be Patient
✓ Seek Help
✓ Don’t Ignore Problems

The more “goofy” or embarrassing the orientation activity, the more power it has to help you transition.”

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Parents – To Do

- What to do at Home?
- Now a Sounding Board, Not the Rule Maker
- Be Part of the Transition Programs/Orientation
- Learn Resources Offered At College
- Plan Visits! (Set Dates for the Year)
- Facebook?? At least text, LOL
- Allow Mistakes, Be There to LISTEN
- Expect Only Bad News
- Encourage Fun
- Expect to Feel Left Out
- Role Play Issues Before Student Leaves

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May 1 As a Starting Line

- Colleges Notify You December - March
- Intent to Enroll by May 1

What Happens All Summer?

- Pre Orientation
- Orientations
- Roommate Assigned
- Pick Classes
- Facebook
- Housing application

- Book Buy
- Summer Reads
- Meet Alumni
- What to Pack
- Plan Travel
- Move In Day

Seniors will be at Move-In Day in 11 months
Top Tips From Deans of Students

1. Think about other transitions in your life
   - New situations you have adapted to
   - Honor that process, it will be challenging at times

2. Decision making – on your own
   - Practice this families, plan for it
   - Look for options and consider the outcomes

3. Values and Character
   - Assess who you are, what are your “uncompromisables”
   - Use this as your guide to decision making
   - Be patient with asserting your new self
1. **All Freshman Are in the Same Boat**
   - Honor your nervousness, fear, sadness, shyness
   - Let lose be the person you want to be

2. **You Can Handle the Work, Don’t Psych Yourself Out**
   - You have been a student for a long time
   - Do what is expected of you

3. **Take Care of You, Find Outlets**
   - Exercise, eat and sleep
   - read, play music, explore
   - Don’t be beat by stress
Special Consideration
First Generation and DACA

- Getting to campus
- Holidays and breaks
- Listed as International Students
- Cultural pressures may be different
- Shopping
- Costs of flights, clothes
- Costs of nights out
- Roomies from Region or Int.?
- Social Emotional Adjustment
- Career Advising
- Connect w Alum
Final Thoughts

- **Schools with Fly-Inns**

- **School that meet full need**

- **Growth Mindset**

- **Intellectual Capitol – your story (Safe Zone)**

- **Breakdown and rebuild**
A Few Ways to Engage at RU-NB:
- Douglass Residential College
- Aresty Research Center
- Honors College
RUTGERS UNIVERSITY–NEW BRUNSWICK

- TO BOSTON: 258 MILES (415 km)
- TO NEW YORK CITY: 38 MILES (61 km)
- TO PHILADELPHIA: 65 MILES (105 km)
- TO WASHINGTON, D.C.: 198 MILES (319 km)

FIVE RESIDENTIAL CAMPUSES