Transition to College; How it Should Inform Search

PRESENTED BY

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Today’s Session

- Forming the College List
- Final College Choice
- Stages of Adjustment
- When Does the Transition Work Begin?
- Students Role and Expectations
- Parents Role and Expectations
- Advice: Student, Alumni and Dean’s Perspective
Transition To College

COLLEGE
You only can choose two
“It isn’t the mountains ahead to climb that wear you out; it’s the pebble in your shoe.”

Muhammad Ali
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 a particular college?
Why do you want to go to college?
The Three Tiered List

**REACH**
- 1-3 applications
- Your academics are below profile, other attributes are compelling

**TARGET**
- 2-3 applications
- Your academics are at or above profile, you are a strong fit

**Likely**
- 1-3 applications
- Your academic record is well above last year’s admission profile

AND YOU LOVE THEM ALL!
www.BigFuture.collegeboard.org
Why Will You Chose Your College?

- 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
Top Reason
Students Chose Their College

- Location
- Size
- Cost
- I got accepted
The Number One Reason Students Chose a College

- “It Just Felt Right”

keep in mind what you are 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
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

28% of college students dropped out in the first year
60% of those staying in college remain at the same college
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_
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 you're getting it – bring a touch of home to new
Stages of Adjustment

7. Advanced Adaptation

New “culture” is assimilated,
you become a proud member of your 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
NSSE Questions (Samples)

• Are faculty members accessible and supportive?

• How much time do students devote to co-curricular activities?

• How much does the school help students with their academic and social needs?

• Are students satisfied with their overall educational experience?

• How often do students talk about their career plans with advisers or faculty members?
NSSE Questions (Samples)

- Are faculty members accessible and supportive?
- How much time do students devote to co-curricular activities?
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- Are students satisfied with their overall educational experience?
- How often do students talk about their career plans with advisers or faculty members?
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.”

Dean of Students
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
Who is steering?

Parents always have pedal power
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

*May 1 and Move-In Day*
Top 3 Tips From College Grads

Get Involved Early
Join clubs, meet professors, don’t wait
You will use things in life that you learn outside the classroom

Connect With Students from Different Groups
you may re-connect in the future
Don’t limit yourself with social interactions

Connect with Professors/Career Services/Alumni
You may need their advice and counsel later
They are people just like you, ask about their life/passion
Top Tips From Deans of Students

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

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

Values and Character
Assess who you are, what are your “uncompromise-ables”
Use this as your guide to decision making
Be patient with asserting your new self

Expect Deviations From the Plan
Top 3 Tips From College Sophomores

All Freshman Are in the Same Boat
Honor your nervousness, fear, sadness, shyness
Let lose be the person you want to be

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

Take Care of You, Find Outlets
Exercise, eat and sleep
read, play music, explore
Don’t be beat by stress