

# **Proactive Strategies for College Success**

# 10 Strategies to Help Your Student Thrive:

## 1. Normalize experience

- a. Most students feel overwhelmed at times.
- b. Listen and normalize when your child is struggling.

## 2. Explore campus resources together

- a. Walk around campus and search the website together.
  - i. Orientation
  - ii. Counseling
  - iii. Tutoring
  - iv. Student Activities
  - v. Health Services

#### 3. Advisor connection

a. There are many people on campus who want to support students. Encourage all possible connections (allies, faculty advisor, professional advisor, etc.)

# 4. Active class engagement

- a. Encourage students to:
  - i. Find a reason to meet their professors and TA's
  - ii. Go to office hours
  - iii. Join study groups

#### 5. Accommodations

- a. Get accommodation documentation in early.
- b. Accommodations do not usually transfer and cannot be used retroactively.
- c. If needed, find a disabilities coordinator on campus.

#### 6. Get involved

- a. Encourage student to attend the involvement fair and explore both formal and informal campus activities (clubs, sports, events hosted by the college, etc.)
- b. Students should stay on campus on the weekends, at least for the first few weekends.





## 7. Know your financial aid

- a. College students should attend meetings.
- b. Explore scholarships, work study, loan options, etc.

## 8. Set up time management plan early

- a. You can help your student get started, but they should own their time management plan
  - i. Create routine/structure
  - ii. Use a calendar/planner
  - iii. Work with academic coaches and advisors

## 9. Discuss boundaries, expectations, and how you will continue to support

- a. Safety first: Assure student that you will be available and nonjudgmental in times of crisis
- b. Encourage autonomy and self-advocacy

#### 10. Discuss communication

- a. Make a communication plan
  - i. Voice or video called once/week are recommended.
- **b.** Discuss expectations and boundaries around FERPA. Know your rights and help your student understand their rights.

