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.

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PEACE AT HOME

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.**