

# **Parent and Family Transitions**

**Summer 2011**





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Assistant Vice President of Campus Life  
and Dean of Students



# Objectives

- Understand transitions in the first few weeks and semester
- Become familiar with AU resources to support your student
- Gain an understanding of AU's community standards and expectations of students
- Understand your role as a partner in your student's transition

# Beginning College

- Time of joy and sadness; a new life chapter is beginning
- Focus on basic needs first
  - Where will I live? How will I get around?
  - Will I like my roommate?
  - Where are my classes?
  - Where can I study?
- Questions about fitting in
  - Will I make new friends?
- Questions about personal ability
  - Can I really do this?
  - Will college be too hard?



# Adjusting to New Demands: Schedule/Time Management

## High School Schedule

7:30 - 8:20	Math
8:25 - 9:15	Spanish
9:20 - 10:05	Biology
10:05 - 10:55	Art
11:00 - 11:50	Lunch
11:55 - 12:25	Psychology
12:30 - 1:10	History
1:15 - 2:05	English
2:30 - 3:30	Yearbook Meeting
3:30 - 5:30	Lacrosse Practice
6:30 - 7:30	Dinner
7:30 - 10:00	Homework
10:30	Bed

## College Schedule

10:20 – 11:35	Economics
2:35-3:50	Biology

# Adjusting to New Demands: Reading Requirements





# Office of the Dean of Students

The Office of the Dean of Students advocates for students' needs and supports student learning through programs and services that promote personal growth and development and communicate the values and standards of the AU community.





# Office of Campus Life

## Student Learning & Development Team

### **Office of the Dean of Students**

Rob Hradsky, Ed.D., Dean of Students

Michelle Espinosa, Associate Dean of Students

Marianne Huger, Ed.D., Assistant Dean of Students

Traci Dillard, Assistant to the Dean of Students

### **Academic Support Center**

Kathy Schwartz, Director

### **Counseling Center**

Wanda Collins, Ph.D., Director

### **Disability Support Services**

Joanne Benica, Director

### **New Student Programs**

Tiffany Sanchez, Director

### **Student Conduct and Conflict Resolution Services**

Rosie McSweeney, Director

### **Student Health Center**

Dan Bruey, Director

### **Wellness Center**

Michelle Espinosa, Associate Dean and Director



# Contacting the Dean's Office

- Questions about campus resources and services
- Concerns about your son or daughter's adjustment to college, health or safety
- Advice on how to discuss critical or sensitive issues
- Early warning signs
- General concerns about campus life

# Encouraging Independence

- Offer support and understanding – be open-minded when listening
- Have the patience and self-control to let them succeed (and fail occasionally) *on their own* – balancing act
- Be clear about your expectations
  - Performance
  - Class attendance
  - Finances
  - Rules
- Encourage involvement in campus activities





- Express interest in hearing about their activities, challenges, frustrations and goals
- Remind student that increased independence also means increased responsibility – *talk about alcohol, drugs, and values*
- Establish regular, healthy communication
- Seek support for your own adjustment

# Student Engagement

The AU journey begins with IDEAS...  
ideas into action and action into service

**Internationalism**

**Diversity**

**Ethics**

**Action**

**Service**





# Community Standards

- Student Conduct Code
- Student Conduct and Conflict Resolution
- Civitas

<i>Choose...</i>	how you behave
<i>Act...</i>	thoughtfully
<i>Reflect...</i>	on how your actions and words affect others

- Academic Integrity



# Focus on Student Success

- Student success tool
- Alcohol and drug education
- Bystander intervention program
- Safety net



# Student Success Tools

- Online survey completed by students in third week of classes
- Focuses on student expectations, behaviors, and issues associated with academics and student development
- Student receives report that identifies areas of strength as well as areas of concern and suggests resources to support adjustment to college
- Students who are struggling with adjustment may be contacted by academic advisor and/or Dean of Students Office



**MAP-Works®**  
Making Achievement Possible



# Alcohol Education

**All new undergraduate students are expected to complete AlcoholEdu for College prior to their arrival on campus.**

## Important Dates:

- \* **July 25, 2011** – AlcoholEdu for College is available through portal
- \* **August 19, 2011** – Deadline for students to complete Part I
- \* **October 21, 2011** – Deadline for students to complete Part II



# AlcoholEdu®

# for COLLEGE



# AlcoholEdu for Parents

- An overview of the AlcoholEdu for College course
- Helpful resources:
  - tips on talking to your college student about alcohol
  - fact sheets on the effects of alcohol
  - Information on how alcohol impairs learning and memory

[parents.alcholedu.com](http://parents.alcholedu.com)



AlcoholEdu®

for COLLEGE



# Communication with Parents

## Family Educational Rights and Privacy Act

- Protects records of students from time of enrollment
- Student must sign written consent to release records to anyone unless student is dependent for tax purposes
- AU offices provide release forms for students
- Access grades, finances and other information:

[myau.american.edu](http://myau.american.edu)

A young man in a green t-shirt and a young woman in a purple top are sitting at a wooden table. The man is standing and leaning over the woman, who is sitting and looking at a laptop. They appear to be in a study or work environment.

## Exceptions to FERPA

- Health and safety emergencies
- Alcohol and drug violations of the Student Conduct Code

*Talk with your son or daughter  
now about information sharing*

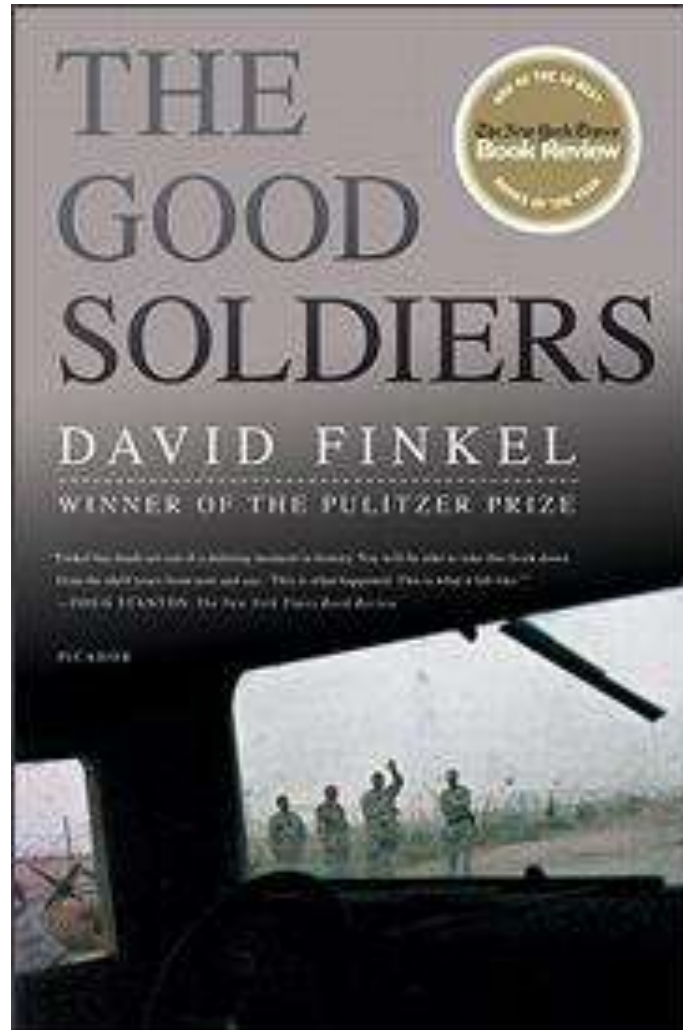


# Other Points

- Eagle News newsletter for first-year parents
- Discussing mental health needs
- Setting financial expectations
- Dean's Top Ten – Eagle Summit CD
- Writer as Witness Program



# Writer as Witness Reading



ISBN: 9780312430023



# Supporting Student Development

## Our Role in Campus Life

- Expose your student to a variety of experiences, topics, and opportunities to challenge his/her thinking
- Provide a safe space to explore his/her independence and to make connections with others
- Advocate for your child and his/her needs
- Provide academic, social, physical and emotional support services to further your child's success



# Supports on Campus

## Academic

- Disability support services
- Tutoring and Supplemental Instruction
- Writing and math support
- Honor societies

## Social and Service

- Diversity education and programs
- Student involvement activities
- Student government
- Community service opportunities
- Greek life
- Social justice activities

# Supports on Campus

## Personal Wellness

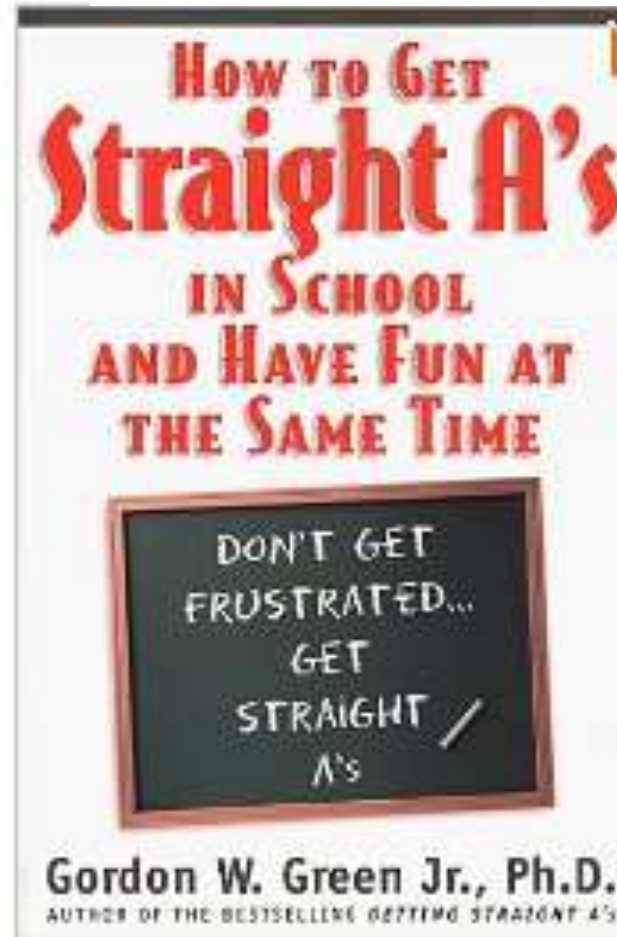
- Personal counseling
- Athletics and recreational opportunities
- Spirituality observance
- Fitness center
- Wellness programs
- Mediation services and conflict coaching
- Nutritional counseling

## Vocational

- Career exploration and decision-making
- Leadership development
- Internships, job postings, and on-campus employment



# Additional Resource



ISBN: 9780312866594



# Advice from Students...

- Send \$\$
- Beware of mood swings – one minute I want to transfer, the next minute I love it here
- Don't believe everything you read on my Facebook account
- Listen and give advice *when asked*
- Visit, but not too often
- Just because I don't call you back right away, doesn't mean that something is wrong; don't panic
- Remember that our schedules are different



*Treat us like adults but never forget that  
we will always be your children.*

*We love you and we miss you,  
even if we don't tell you very often.*





# Questions?

## Contact Information:

Office of the Dean of Students

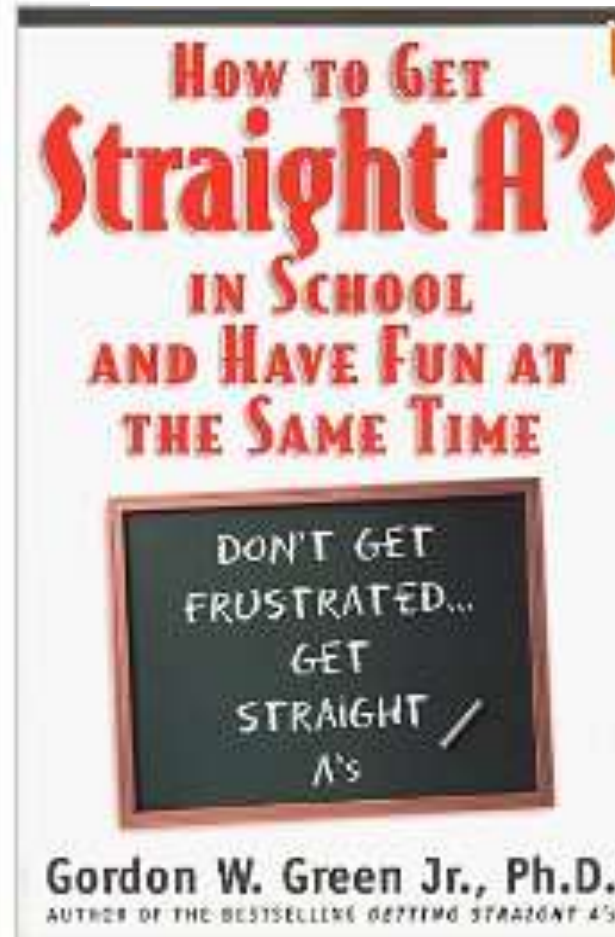
408 Butler Pavilion

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[www.american.edu/ocl/dos](http://www.american.edu/ocl/dos)

# Additional Resource



ISBN: 9780312866594