

A Family's Guide to College

*Setting your student up for a healthy,
engaged, and successful first year.*



DIVISION OF
**STUDENT
AFFAIRS**

THE UNIVERSITY OF VERMONT



Welcome!

Today's format and flow–

- Please use the Q&A Chat feature to ask questions
- Some questions may be answered privately via chat
- Some questions will be answered publicly (via chat or 'on air') for everyone's benefit
- A recording of this presentation will be made available to you in the next few days!



Featuring



Erica Caloiero
Vice Provost for
Student Affairs



Joseph Russell
Assistant Dean of
Students

A Moment to Reflect

It has been quite a couple of years. How are you doing? How is your student doing?

- Most students ended the academic year with loosened COVID restrictions.
- We hope that you are having continued conversations and preparing your student for a campus experience without COVID restrictions (triple rooms, full classrooms, etc).



We just want to name the impact that COVID has had on us all. That includes new strengths, tools, and strategies that are helpful!

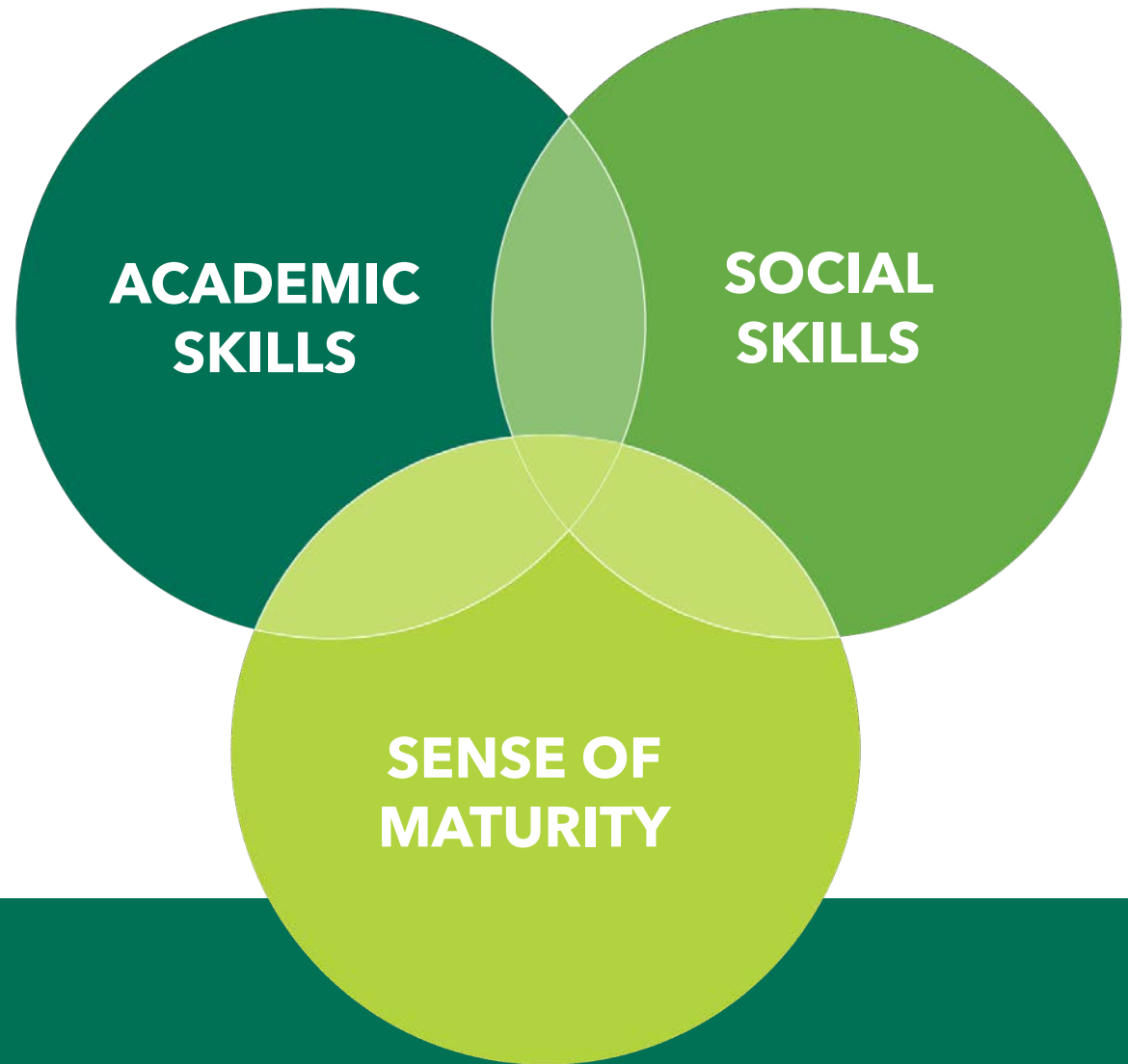
The First Year



Successes...

...and Challenges

Student Success Skill Set



Academic Skill Set

- Attend classes regularly
- Study more than in high school
- Seek tutoring or academic assistance
- Reach out to faculty/advisor with questions/interests
- Monitor grades and progress in a course on their own



Academic Advising and Support

Concentric Circles of Support

- Primary Advisor(s)
- Teaching faculty, including Learning Community and TAs
- Student Services Offices within the Academic Dean's Office

Structured Academic Support

- Tutoring, Writing Center, Accommodations,
- Academic Dean's Office vs. Dean of Students



Social Skills Set

- Independently seek assistance from University staff when problems or concerns arise
- Manage time appropriately
- Work through conflicts and openly communicate needs
- Make good, positive decisions about health (illegal or prescription drugs, alcohol use, sleep, food choices)



Maturity Skill Set

- Get involved in clubs and organizations
- Develop healthy and meaningful relationships with peers and faculty
- Seek out programs and resources that are informative
- Be clear about boundaries with others and taking care of self



- Self-awareness of own physical and mental health needs



Supporting Your Student's Success

Tip 1: Assess student's readiness

Tip 2: It's okay to wait

Tip 3: Be clear about your expectations

Tip 4: Connect them to supportive people and resources

Tip 5: Encourage getting involved

Tip 6: Understand how communication flows



Tip 7: Have a Plan and be prepared!

Tip 1. Assess Readiness

READINESS

- Clear sense of self
 - Decision-making, maturity, takes initiative
- Eagerness/interest in getting involved
- Healthy social life
- Steady academic performance in high school

RE-ASSESS READINESS

- Mostly withdrawn and isolated
- Relies heavily on family for structure, support, and advocacy
- Difficulty with conflict and ability to cope with failure, disappointment, life challenges
- May not take initiative or seek support resources



Watch later: **WebMD - 5 Signs your teen is ready for college**
(WebMD & Jed Foundation Collaboration)

Tip 2. It's Okay to Wait...

College life can be challenging, especially if someone...

- Recently changed or been placed on medications within past year
- Experienced a significant loss or traumatic event or attempted suicide within the last 6 months
- Cannot independently advocate for themselves, especially if they experience particular challenges such as anxiety or depression
- Difficulty in high school establishing consistent and/or strong social networks



- Involved in repeated or serious drug/alcohol incidents in high school
- Assumes college is a place to get away from past “demons” and/or believes “it will all be different in college”
- Not interested in college as a place to be challenged, learn or grow – just views it as the automatic next step
- Unwilling or unable to proactively engage with support services/offices on campus



After assessing readiness, plan for support:

- Accommodations
- Mental Health Providers
- Physical Health Providers
- Academic supports
- Ongoing supports from home



Tip 3: Have Family Conversations about Safety



Tip 3: Campus Safety Expectations

UVM RESOURCES

- Emergency Response Team
- Care Team
- Email each semester with related policies/resources
- Strong Infrastructure:
 - **Live Safe App**
 - Blue Light system
 - Joint Patrols with BPD
 - CatAlert Notification

WHAT STUDENTS SHOULD KNOW

- Read University emails/texts
- Understand policies are enforced...
on- and off-campus
- Follow Safety Instructions: (exit building for fire/remain in building for “shelter in place”)
- Have a plan when traveling between campus and city



Tip 3: Personal Safety Expectations

UVM RESOURCES

- Main entrances locked 24hrs with ID system
- Staff on-call 24 hrs. who lock doors and conduct monthly health & safety inspections
- Shuttle system at night and weekends
- Educational programs (Opening, RAD, 1in4, StepUp!, etc.)

WHAT STUDENTS SHOULD KNOW

- Lock your room door at ALL TIMES and don't prop them open!
- Walk in pairs or groups
- Know your guests
- Don't let strangers into the buildings
- Educate yourself about Student Code of Conduct and Academic Integrity



Tip 3: Alcohol, Cannabis, and Other Drugs Safety

UVM RESOURCES

- AlcoholEdu/Sexual Misconduct On-line Course
- Alcohol/Drug Counseling
- BASICS Program
- Room entry for policy violations or emergencies
- Detox interventions
- Policy enforcement
- **Medical Amnesty Program**

WHAT STUDENTS SHOULD KNOW

- Get involved in positive ways (uvmboared.com)
- Use Medical Amnesty when help is needed
- Refer friends to counseling or report policy violations
- Don't give away/sell prescriptions
- Cannabis is prohibited by UVM Policy
- Know how to intervene in difficult situations–StepUp!



Tip 4: Connect with Resources

Academic Success

- Academic Advisor
- Tutoring Center
- Writing Center (Howe Library)
- Student Accessibility Services

Career Development

- Career Center & Hub

Residential Life Staff

- Resident Advisor (RA)
- Area Coordinator (AC)
- Program Director (PD)

Community

- Interfaith Center
- Mosaic Center for Students of Color
- Prism Center
- Women and Gender Equity Center

Health and Wellbeing

- Student Health Clinic
- Counseling & Psychiatry Services
- Living Well
- Hope Works Victims Advocates

Police Services

- Safety Planning



Resources available in the **UVM Navigate app: go.uvm.edu/getguide**

Tip 5: Encourage Involvement

4-Year Path For Career Success

- Career Interest Groups

Involvement Opportunities

- 200+ clubs and organizations
- Student Government Association (SGA)
- Inter-Residence Association (IRA)
- Student Leadership Positions
- Internships
- Work-study positions / On-campus employment
- Campus events and late-night programs



Tip 6: Communication Flow

- Encourage your student to talk directly to us
- Refer your student to university policies and staff; websites are helpful
- If you contact our staff, know that we will follow-up with your student directly
- Remember that there is usually more than one side to any situation
- Encourage independence



And contact studentaffairs@uvm.edu to ask questions or seek resources!

A Note About FERPA

- What is FERPA?
- Is there a University-wide FERPA Waiver?
 - Spoiler Alert...no, there is not
 - The social contract between student and family
- Health and safety exceptions
- Families as helpful partners in student success

FERPA
Family Educational
Rights and Privacy Act



Our Communication

When Do We Contact You?

- Regular emails from us to parents/families
- Residential Life monthly newsletter
- Alcohol and other drug violations (letter/email)
- Students are a danger to themselves or others
(**e.g. health is at risk, hospitalized, etc.**)
- Campus Emergency: fire, flood, long-term evacuation
(**e.g. email/phone calls**)



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Tip 7: Have a Plan and Be Prepared

Campus Policies

www.uvm.edu/policies

Student Affairs: Parent/Family Support

www.uvm.edu/studentaffairs

Emergency Preparedness & Response

www.uvm.edu/emergency

Insurance Coverage

Renter's Insurance: Home policy or other
Tuition Insurance? (Personal family decision)



Support Student's Success

- Tip 1:** Assess student's readiness
- Tip 2:** It's okay to wait
- Tip 3:** Be clear about your expectations
- Tip 4:** Refer them to resources
- Tip 5:** Encourage getting involved
- Tip 6:** Understand how communication flows
- Tip 7:** Have a Plan... Be Prepared



Plan your Fall Visit

We hope you'll be able to visit campus and celebrate UVM Weekend with your student this October!

UVM Weekend – October 7-9, 2022

- Look out for designed itineraries, guides, and opportunities that you can choose from
- Updates will come via email!



Learn more at alumni.uvm.edu/events

Important Reminders for Your Student

Have your student download the LiveSafe App

- With LiveSafe, they'll have quick access to emergency help, safety and mental health resources, and the ability to text or submit reports anonymously. You can also use the SafeWalk feature on or off-campus. (Download from [Apple](#) or [Google Play](#))

Everfi Learning Modules

- Beginning in August and prior to their arrival on campus, your student will be required to complete 4 separate mini-courses (ranging from 30-90 mins.)
- Topics include mental health and wellbeing, alcohol misuse, consent and sexual violence, & bias reporting



**If you haven't already, check out the New Student Road Map
at www.uvm.edu/orientation**

Upcoming Events

Wednesday, July 20 – Navigating Financial Matters (Part II)

7:00-8:00pm EDT

Wednesday, July 27 – The Residential Experience

7:00-8:00pm EDT



Details can be found at www.uvm.edu/orientation

Questions & Discussion



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