UVM’s Family Guide to College

Helping your student be healthy, engaged and successful.
The First Year

SUCCESSES

&

CHALLENGES
Student Success Skill Set

ACADEMIC SKILLS

SOCIAL SKILLS

SENSE OF MATURITY
Student Success Skill Set

**ACADEMIC SKILLS**

- Attend classes regularly
- Study more than in high school
- Seek tutoring or academic assistance
- Reach out to faculty/advisor with questions/interests
Student Success Skill Set

SOCIAL SKILLS

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

SENSE OF MATURITY

• 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
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
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Mostly withdrawn and isolated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
Tip 2: It’s Okay to Wait…

COLLEGE LIFE CAN BE CHALLENGING, ESPECIALLY IF:

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.
Tip 3: Safety Expectations – Family Conversations

On-line Social Networks

- Mental Health
- Sexual Misconduct & Assault
- Dating, Healthy and Consentual Relationships
- Prescription Drug Use
- Hazing
- Alcohol, Cannabis & Other Drugs
Tip 3: Safety Expectations - Campus Safety

UVM RESOURCES
• Emergency Response Team
• C.A.R.E. Team
• Email each semester with related policies/resources
• Strong Infrastructure:
  • 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: Safety Expectations - Personal Safety

**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
- Walk in pairs or groups
- Know your guests/Don’t prop doors open
- Don’t let strangers into the buildings
- Educate yourself about Student Code of Conduct and Academic Integrity
### Tip 3: Safety Expectations - Alcohol, Cannabis and Other Drugs

**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 (uvmbored.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: Refer to Resources

Center for Academic Success
- Advising Center
- Tutoring Center
- Student Accessibility Services

Career Development
- Career Center

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

Police Services
- Safety Planning

Advocacy
- Victims Advocate
- Men’s Outreach Coordinator
- Identity-based resource centers

Health and Wellbeing
- Student Health Clinic
- Counseling & Psychiatry Services
- Living Well

Resources available in the UVM Guide app: go.uvm.edu/getguide
Tip 5: Encourage Involvement

4-YEAR PLAN FOR CAREER SUCCESS

INvolvement opportunities:

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

80% of UVM students are involved in 200+ organizations
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
- UVM Parent and Family Facebook Group
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)
Tip 7: Have a Plan; Be Prepared

Campus Policies
www.uvm.edu/policies

Emergency Preparedness & Response
www.uvm.edu/emergency

Student Affairs: Parent/Family Support
www.uvm.edu/studentaffairs

Insurance Coverage
Renter’s Insurance: Home policy or other
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
FAMILY WEEKEND: OCTOBER 5-7, 2018

Friday:
Open Classrooms
Family Social with Student Affairs

Saturday:
Coffee and Conversation with President
Academic Open Houses

Men’s Soccer
... and more!

REGISTER ONLINE:
GO.UVM.EDU/FAMILYWEEKEND