UVM’s Family Guide to College

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

Succeses & 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
- Monitor grades and progress in a course on their own
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
• Self-awareness of their own physical and mental health needs
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: Connect them to supportive people and 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Mostly withdrawn and isolated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

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:**

- 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
Tip 3: Safety Expectations – Family Conversations

- On-line Social Networks
  - Mental Health
  - Sexual Misconduct & Assault
  - Dating, Healthy and Consensual Relationships

- Prescription Drug Use
  - Hazing

- Alcohol, Cannabis & Other Drugs

Step UP UVM think. care. act.
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: Connect with Resources

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<td>Police Services</td>
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<td>• Safety Planning</td>
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Resources available in the [UVM Navigate app: go.uvm.edu/navigate](http://go.uvm.edu/navigate)
Tip 5: Encourage Involvement

4-YEAR PATH FOR CAREER SUCCESS

IN 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

83% 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
• Please contact us to ask questions or seek resources!
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)

Annie Stevens
Vice Provost

David Nestor
Dean of Students

Jilliene Johnson
Diversity, Engagement, and Professional Development Director

Joseph Russell
Assistant Dean of Students
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
QUESTIONS AND DISCUSSION
OCTOBER 4-6, 2019
REGISTER ONLINE!

Friday:
Open Classrooms
Family Social with Student Affairs

Saturday:
Coffee and Conversation with President
Academic Open Houses
UVM Home Games (Go Cats!)
... and more!

PARENT WEBINAR SERIES

Health and Wellness
August 1, Noon

The First Six Weeks
September 27, Noon