UVM’s Family Guide to College Transition

HELPING YOUR STUDENT BE HEALTHY, SUCCESSFUL, AND ENGAGED
YEAR ONE

SUCCESSES

CHALLENGES
STUDENT SUCCESS SKILL SET

Academic Skills

Social Skills

Sense of Maturity
STUDENT SUCCESS

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

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.)
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
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• Mostly withdrawn and isolated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
College Life Can Be Challenging:

• Recently changed or been placed on medications within past year
• Sustained a loss or traumatic event 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

On-line Social Networks

Mental Health

Sexual Misconduct & Assault

Dating & Healthy Relationships

Prescription Drug Use

Step Up UVM

Alcohol, Marijuana, & Other Drugs

Hazing
CAMPUS SAFETY

UVM Resources
• Emergency Response Team
• C.A.R.E. Team
• Strong Infrastructure:
  • Blue Light system
  • Joint Patrols with BPD
  • CatAlert Notification
• Email each semester with related policies/resources

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
PERSONAL SAFETY

UVM Resources

• Emergency Response Team
• C.A.R.E. Team
• Strong Infrastructure:
  • Blue Light system
  • Joint Patrols with BPD
  • CatAlert Notification
• Email each semester with related policies/resources

What Students Should Know

• Read university email/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
Alcohol, Marijuana 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
- Marijuana is still illegal in Vermont
- Know how to intervene in difficult situations — StepUp!
TIP 4: REFER TO RESOURCES

Residential Life Staff
- RA
- RD/ARD

ACCESS Office
- Students with Disabilities

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

Police Services
- Safety Planning

Health and Wellbeing
- Student Health Clinic
- Counseling & Psychiatry Services
- Living Well
TIP 5: ENCOURAGE INVOLVEMENT

4-year Career Plan for Career Success

Involvement opportunities:

- Student Government Association
- Inter-Residence Association
- Student Leadership Positions
- Internships
- Work study positions
- 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
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
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
SallieMae tuition insurance: www.tuitioninsuranceplan.com/uvm
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
SEE YOU IN AUGUST!

#moveuvm