

GREEN MOUNTAIN COLLEGE

FAMILY RESOURCES



**It is normal for a student to struggle with the transition to a new college environment.
Below are some resources that we encourage you to discuss with your student.**

First 5 Weeks

- Students are adjusting to new responsibilities, new relationships, and new freedoms. This may be a challenging and emotional time for new students who are trying to make adjustments all at once.
- They may be insecure about fitting in, being as smart as everyone else, and/or navigating unfamiliar surroundings.
- They may be unsure of what to expect academically as they start classes with professors.
- They may be working to establish a new schedule and managing their time.

Questions to Ask:

- How have you been involved on campus? Brainstorm possibilities: join clubs, free trips with GreenMAP, sports, campus job.
- How are you keeping track of assignments? Encourage the use of academic coaches, tutors, and to attend skills workshops.
- How is your sleep/nutrition? How are you managing your time? What upcoming events are you excited to attend?

Family Strategies:

Try not to overreact to those first frantic telephone calls or conversations. Listen carefully and try to determine how best to address your student's needs. Help your student solve problems at their own pace. Brainstorm options together, break large problems down into manageable issues, and refer students to campus support systems for more assistance. Empower your student to take control of the challenges.

Second 5 Weeks

- They may begin to question their identity, push boundaries, & experiment with new things, possibly including alcohol & drugs.
- They may begin to experience diversity as they encounter people different from themselves.
- They may have trouble managing time as coursework, extracurricular activities, jobs, and social commitments increase.
- They may begin to understand that what worked in high school academics will not necessarily work for college.

Questions to Ask:

- How do you like your classes and professors? Have you visited faculty during office hours?
- How are you preparing for midterm exams?
- How have you been finding the balance between academics, social life, sleep, work, and campus involvement?
- How do you feel about your class schedule for next semester? Have you met with your advisor?

Strategies for Family:

Express interest in their academic pursuits and encourage your student to talk with their professors regularly. Provide referrals to academic resources if your student is struggling. Learn how your student spends their free time to determine if he/she is managing time well and/or connecting with others.

Third 5 Weeks

- Term papers and projects are due; students may feel overwhelmed and stressed.
- Student may resort to unhealthy patterns to handle stress. Little sleep & poor nutrition/exercise may lead to illness.

Questions to Ask:

- How are you preparing for your final exams? How can you stay motivated?
- How were you able to achieve your academic goals for this semester? What would you like to do differently next semester?
- I/we realize this can be a very stressful time. How are you planning to relieve stress?

Strategies for Family:

Encourage healthy behaviors during the stress of final exams such as exercise, sleep, healthy foods, and/or journaling. Remind student to connect with tutors, academic coaches, advisors, wellness center counselors, & professors. Your student may be reluctant to share semester grades, so bring up the subject if he/she does not. Discuss academic successes and recognize them. Discuss any disappointments and set strategies for a more successful second semester.

✂ Cut Here

Helpful Resources

Learning Center &

Disability Support Services

802-287-8287

Center for Advising

802-287-8234

Wellness Center

802-287-8376

Career Services

802-287-8352

Computing & Technology

802-287-8264

Student Involvement

802-287-8371

GreenMAP

802-287-8383

Registrar

802-287-8215

Student Financial Services

802-287-8285

Campus Security

802-287-8912