

**GONZAGA**  
UNIVERSITY

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# **The Transition to College Life for Students and Families**

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April 18, 2020

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# Kelly Alvarado-Young

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# Amy Swank

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# Overview of First Year Experience Programs



Pre-  
Orientation  
Programs



New  
Student  
Orientation



How to Zag



ZagLink

**Orientation is a Process, Not an Event**



# The Lifecycle of Parent & Family Engagement

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**RECRUITMENT  
AND THE  
YIELD PROCESS**

**ORIENTATION,  
TRANSITION &  
ADJUSTMENT**

**SUPPORTING,  
RESOURCING &  
ROLE MODELING**

**EXPLORING  
CHALLENGES &  
OPPORTUNITY**

**PREPARATION &  
CELEBRATION  
FOR NEXT STEPS**

**ADVISERS**

**CHAMPION**



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# High School v. College

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# Academics

- ✓ Learning Environment v. Teaching Environment
- ✓ Homework may not be collected or graded
- ✓ Classes meet 1 – 3 times per week
- ✓ Family Educational Rights & Privacy Act (FERPA)
- ✓ Professors expect you to figure out what you missed from class
- ✓ Creating study habits







## Wellness

- Develop healthy habits
- Self-management of healthcare needs

## Spiritual

- Choice to develop your spiritual needs
- Exploration of your spirituality

## Social

- Take responsibility for your actions
- Time management



Go to Class

Be Prepared

Zags Success  
Behaviors

Know Your Professors

Ask for Help



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# Experiencing the First Year at Gonzaga

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# Academic University Core

As students of a Catholic, Jesuit,  
and Humanistic University, how  
do we educate ourselves to  
become people for a more just  
and humane global community

**First-Year Seminar:**

***"Understanding and Creating: How do we pursue  
knowledge and cultivate understanding?"***





# Pre-Orientation Programs - August 23 - 27

Building Relationships in Diverse Gonzaga Environments (BRIDGE)	\$70
Rooted in Solidarity and Engagement (RISE)	\$125
Gonzaga Out of Bounds (GOOB) <ul style="list-style-type: none"><li>• Backpacking</li></ul>	\$300
Gonzaga Out of Bounds <ul style="list-style-type: none"><li>• Montana</li></ul>	\$450
Embark	\$60

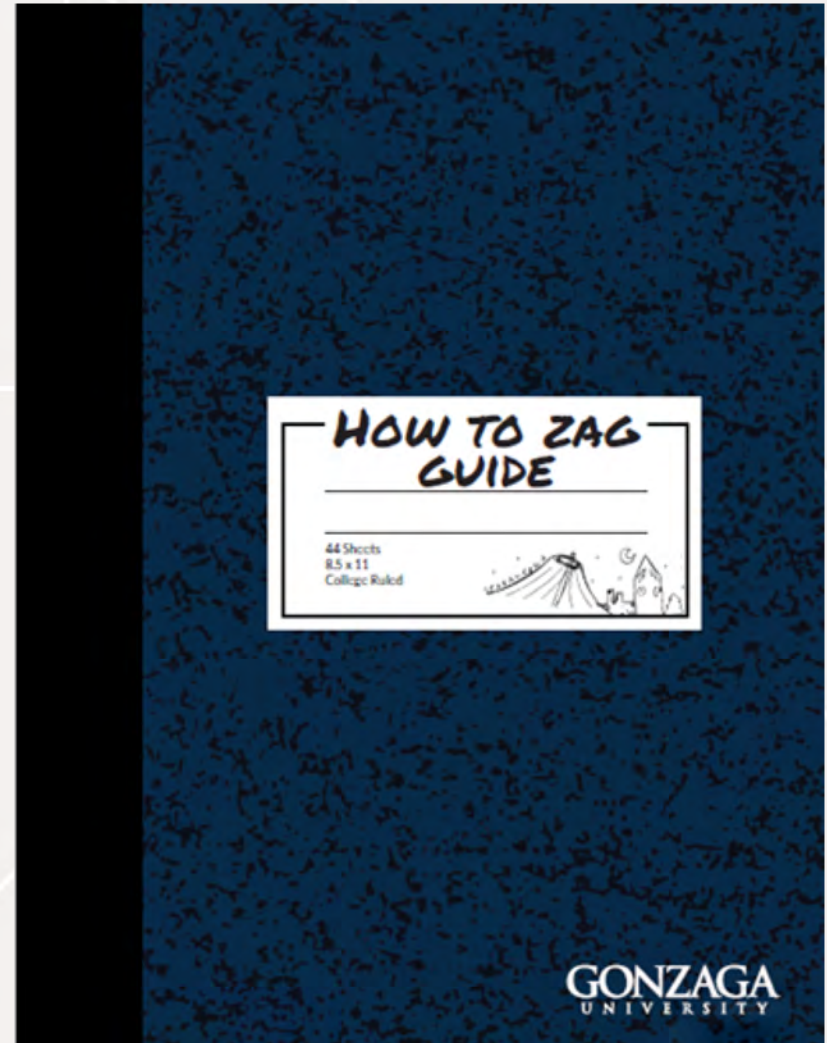
Register: Wednesday, June 10 @ 6p PST  
[www.gonzaga.edu/preorientation](http://www.gonzaga.edu/preorientation)

Fee waivers, based on financial need, are available for students on a first-come, first served basis



# How to Zag Summer Booklet

- Introduce students to services/resources that will support their educational and personal goals at Gonzaga University
- To provide a welcoming resource for students to meet student, staff, and faculty
- Provide a summer task list for new students
- Workbook opportunities for reflection





# How to Zag Workshops

- In[tents] Fandom (Social)
- Ain't Nobody Got Time For That! (Academic)
- Stressed Spelled Backwards Is Desserts (Emotional)
- Don't Need To Budget? Non[cents]! (Finances)
- How Iggy Got A Job (Intellectual & Professional)
- Small Group Reunions



# Parent and Family Communication

Giving families the information that is important to them

*At this point in time:*

Family Experience -E-Newsletter – You decide

Calendar

Parent/Family Guide

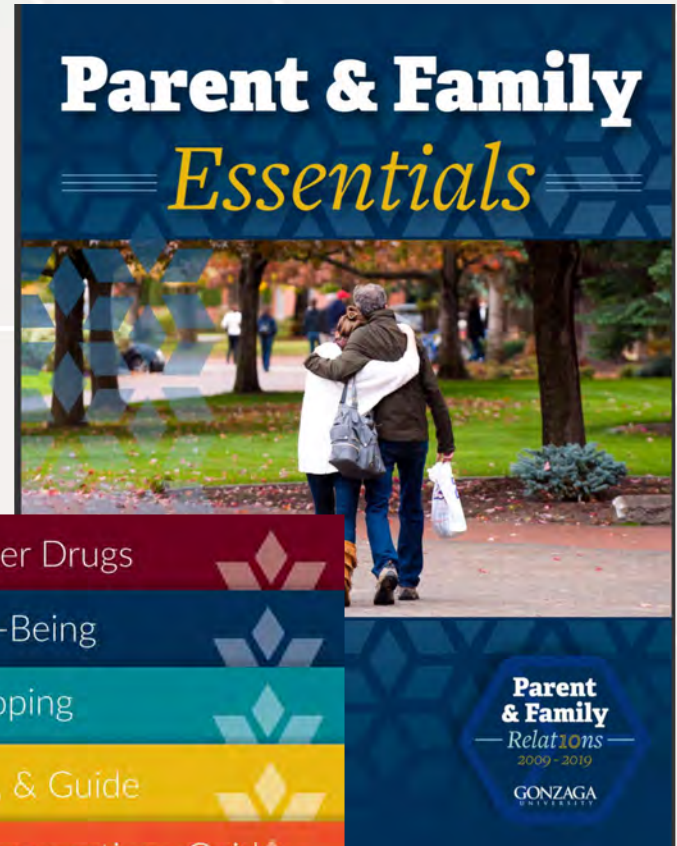
Webinars - Families 101

Window Into Gonzaga – videos

E-Mails – Emergency communications

Social Media

@GonzagaFamilies







Parent & Family Relations  
families@gonzaga.edu  
(509) 313-4154

HAS YOUR ZAG CONTACTED  
YOU ABOUT A PROBLEM?

REMEMBER TO...

**PAUSE, REFLECT,  
AND GUIDE**

TOGETHER WE CAN  
PROMOTE  
INDEPENDENCE

**THROUGH  
STUDENT  
PROBLEM-  
SOLVING**



# PAUSE

...and take a breath when your student contacts you with a problem, is it really something they cannot solve on their own? If you fix it for them, does that help your Zag develop independence?



# REFLECT

...before immediately beginning to fix things. Instead, push back with questions. What might you do? What options are you considering? What campus offices might have resources?



# GUIDE

...your student to do the problem-solving on their own. The long term benefits of building problem-solving skills and independence will last your Zag a lifetime

**In the event of a serious issue of concern about your student or others**

While we encourage you to let your Zag navigate their Gonzaga experience as independently as possible, if you have an urgent concern about the health, safety, or wellbeing of your student or others, there are offices available to assist you.

## Campus Security

Huetter Mansion  
(509) 313-2222 (non-emergency)  
(509) 625-4100 (emergency)  
Office Hours: M-F, 9am-4pm

## Health & Counseling Services

(509) 313-4052  
studenthealth@gonzaga.edu  
Office Hours: MTWF, 8am-5pm-Th., 10am-5pm

## Center for Cura Personalis

(509) 313-2227  
ccp@gonzaga.edu  
Office Hours: M-F, 8am-4:30pm

## Housing & Residence Life

(509) 313-4103  
Housing-ResLife@gonzaga.edu  
Office Hours: M-F, 9am-4pm

## Center for Student Academic Success

Academic Advising and Assistance  
Disability Access  
Academic Testing Center  
Learning Strategies Management  
(509) 313-4047  
Foley Center Library



# Family Homework

## **Ways families can transform their role from a high school to a collegiate family:**

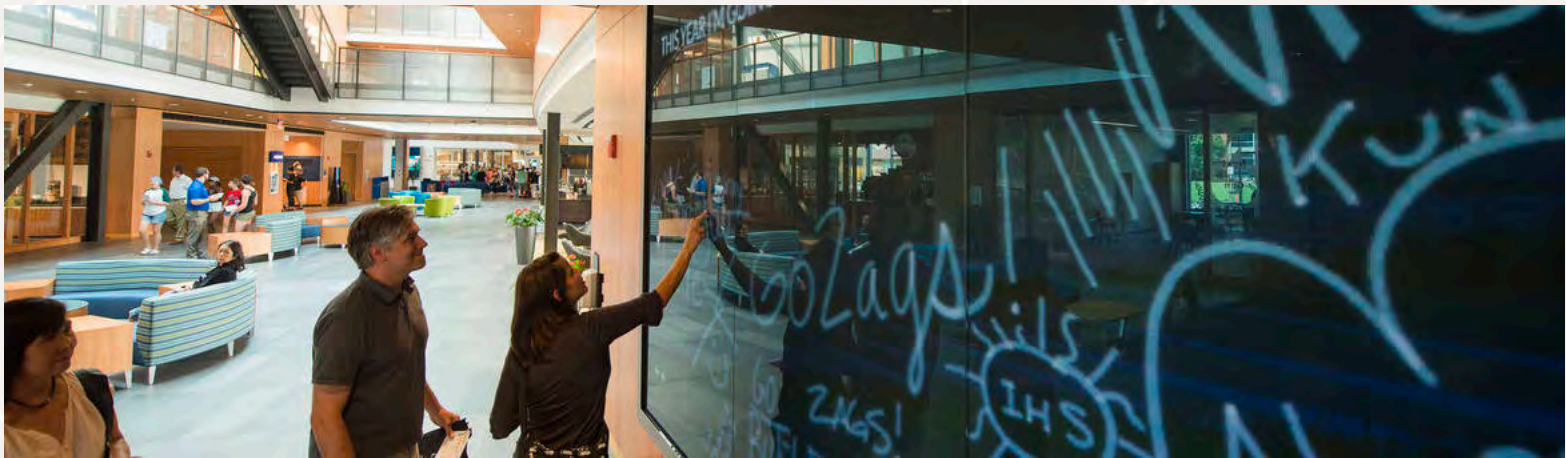
- ☐ Begin to manage emotions to the changes happening with your student early. Talk about saying goodbye and how you are feeling before you leave them at their new home. Don't wait until you drive away to discuss those emotions.
- ☐ Start making plans to adjust to the "new family" norms, routines, and involvement. In many ways, your role will go from an everyday manager to an advisor (for some long-distance advisor).
- ☐ Understand that your college student will grow the most in their first year academically, culturally, emotionally, financially, intellectually, and socially.
- ☐ Promote problem-solving independence by asking questions on how they may solve this problem on their own – what resources are available to them on campus to solve the problem?
- ☐ Reflect on your own goals, dreams, purpose and what whays you might choose to use this new time in your life.



# ZagLink

- Peer mentoring program for first-year students
- Matched based on academic area of interest
- Registration opens in July

More information at [www.gonzaga.edu/zaglink](http://www.gonzaga.edu/zaglink)





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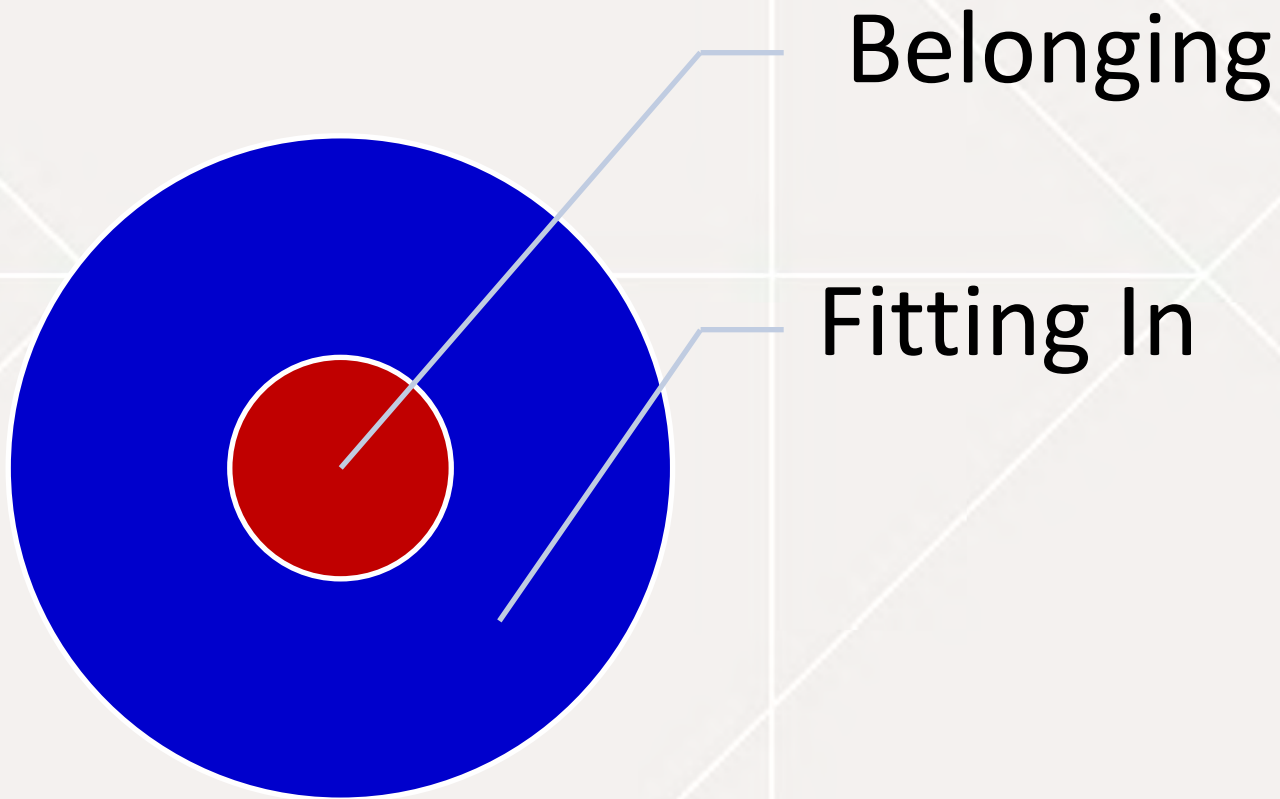
# Advice for a Successful First Year

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# You Fit at Gonzaga - Let's Help You Belong

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# You Fit at Gonzaga - Let's Help You Belong

Reflect on student's  
thoughts, feelings  
and experiences  
with peers, family  
and friends

Not Magic!

Use our  
Resources

Most likely, a student's  
experience will  
improve over time

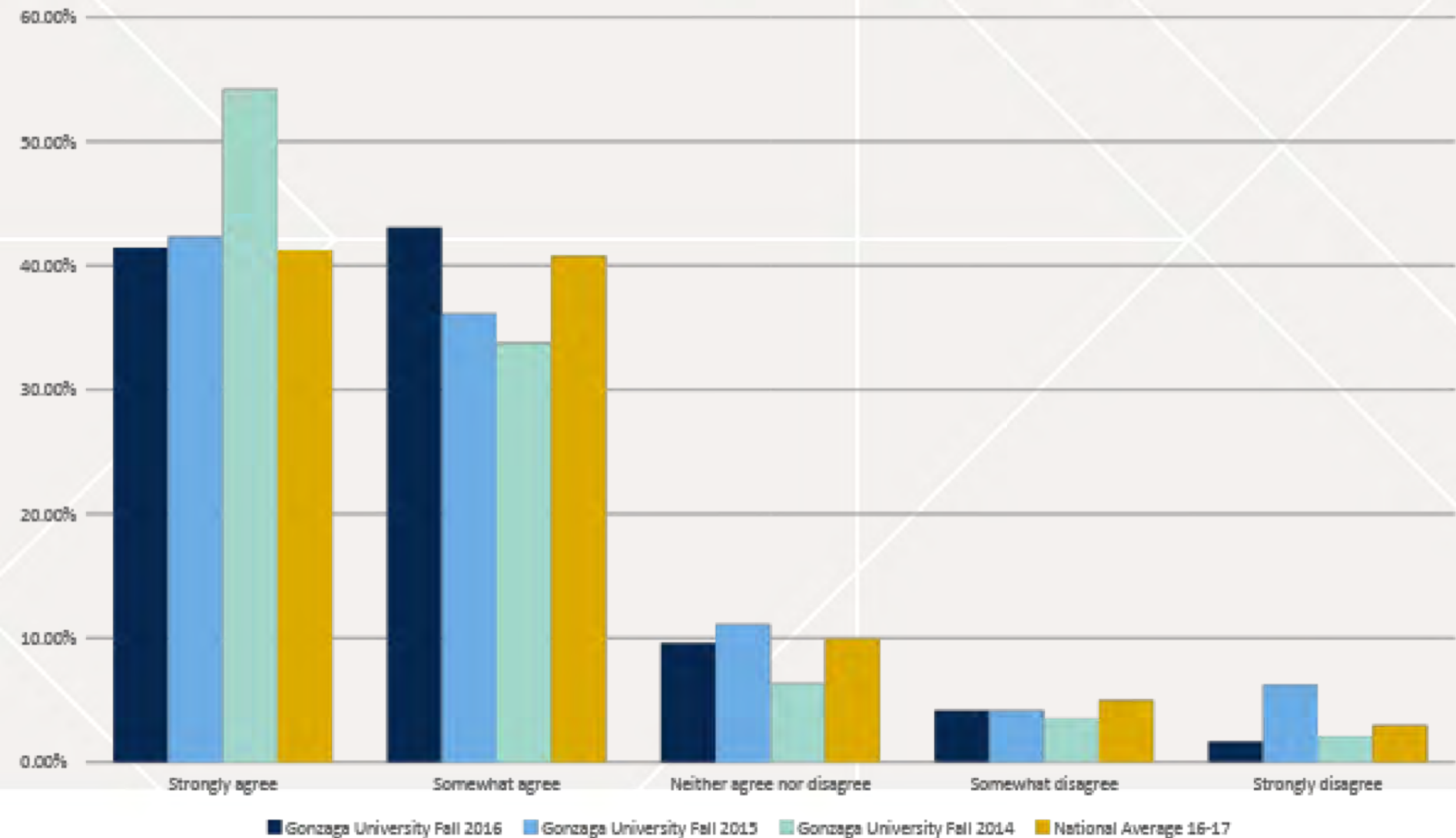


Adapting to a New Environment Takes Time



# University Affinity

Q36. Orientation helped me feel connected to Gonzaga University.





# Family's Advice Matters

## Proportion of Students Who Frequently Followed the Advice of Family Members and Friends

	First-Year	Senior
Mother	77%	73%
Father	71%	69%
Guardian	71%	70%
Siblings	45%	44%



# Ways to Support

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- Write your student a letter or send a package – college students love to receive mail from home.
- Texting, phone calls, and emails are great ways to keep in touch.
- Listen to what they have to say.
- Encourage your students to take advantage of campus and local opportunities and become involved in activities that interest them.
- Remind them that they have your support, but encourage them to find solutions on their own whenever possible.
- Try not to worry too much; you did a great job getting them here!
- Let your students know you believe in them, you trust them, & you love them.





[gonzaga.edu/orientation](https://gonzaga.edu/orientation)



Questions?

**First Year Experience Programs**

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(509) 313-4016

**Parent and Family Relations**

[swank@gonzaga.edu](mailto:swank@gonzaga.edu)

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