The Transition to College Life for Students and Families

April 18, 2020
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

1. Recruitment and the Yield Process
2. Orientation, Transition & Adjustment
3. Supporting, Resourcing & Role Modeling
4. Exploring Challenges & Opportunity
5. Preparation & Celebration for Next Steps

Advisers

Champion
High School v. College
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

Know Your Professors

Ask for Help

Zags Success Behaviors
Experiencing the First Year at Gonzaga
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

<table>
<thead>
<tr>
<th>Program</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Building Relationships in Diverse Gonzaga Environments (BRIDGE)</td>
<td>$70</td>
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<tr>
<td>Rooted in Solidarity and Engagement (RISE)</td>
<td>$125</td>
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<tr>
<td>Gonzaga Out of Bounds (GOOB)</td>
<td>$300</td>
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<tr>
<td>- Backpacking</td>
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</tr>
<tr>
<td>Gonzaga Out of Bounds</td>
<td>$450</td>
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<tr>
<td>- Montana</td>
<td></td>
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<tr>
<td>Embark</td>
<td>$60</td>
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Fee waivers, based on financial need, are available for students on a first-come, first served basis.

Register: Wednesday, June 10 @ 6p PST  
www.gonzaga.edu/preorientation
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
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
Advice for a Successful First Year
You Fit at Gonzaga - Let’s Help You Belong

Belonging

Fitting In
You Fit at Gonzaga - Let’s Help You Belong

Adapting to a New Environment Takes Time

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
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

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<thead>
<tr>
<th></th>
<th>First-Year</th>
<th>Senior</th>
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</thead>
<tbody>
<tr>
<td>Mother</td>
<td>77%</td>
<td>73%</td>
</tr>
<tr>
<td>Father</td>
<td>71%</td>
<td>69%</td>
</tr>
<tr>
<td>Guardian</td>
<td>71%</td>
<td>70%</td>
</tr>
<tr>
<td>Siblings</td>
<td>45%</td>
<td>44%</td>
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Ways to Support

• 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.
Questions?

First Year Experience Programs
alvarado-young@gonzaga.edu
(509) 313-4016

Parent and Family Relations
swank@gonzaga.edu
(509) 313-4154