

PLANTING YOUR  
ROOTS: PARENT &  
FAMILY SESSION

First-Year Experience at St. Bonaventure

# First-Year Experience

*The mission of the First-Year Experience program at St. Bonaventure University is to support students as they transition to University life and to promote success in all aspects of college life by providing integrated learning and living programming designed to engage students fully in the life of the University.*

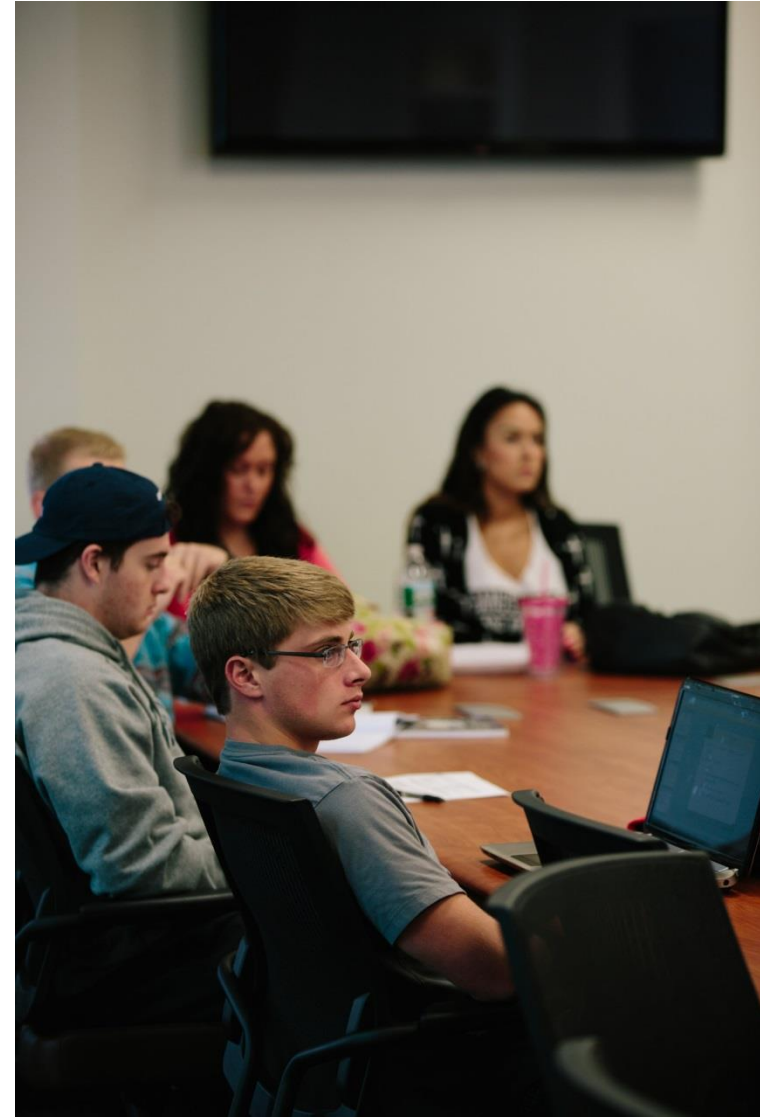
# First-Year Experience

- Connecting students with the branches on the Bonaventure tree
- Foundations for success as college student



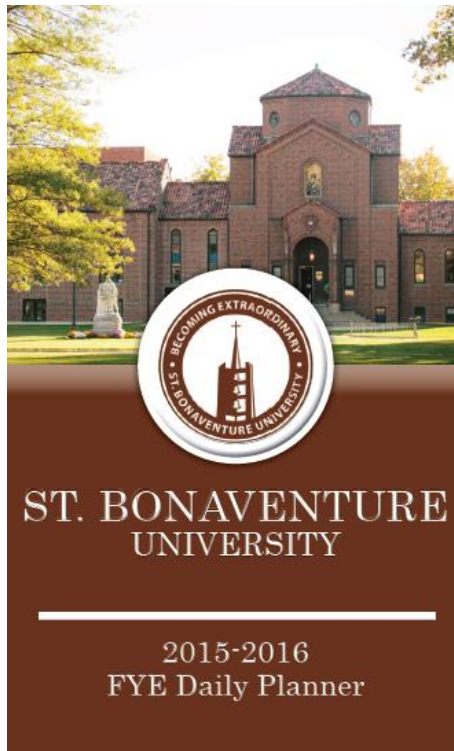
# UNIV 101: Skills for the Good Journey

- I-credit course
- Transition to College
- Academic Skills



# Planners & Passports

- Staying organized & managing time
- Connecting with opportunities
- Parent Orientation Passport



**Welcome Days and Fall University Events Passport**

Name \_\_\_\_\_

UNIV Section # \_\_\_\_\_

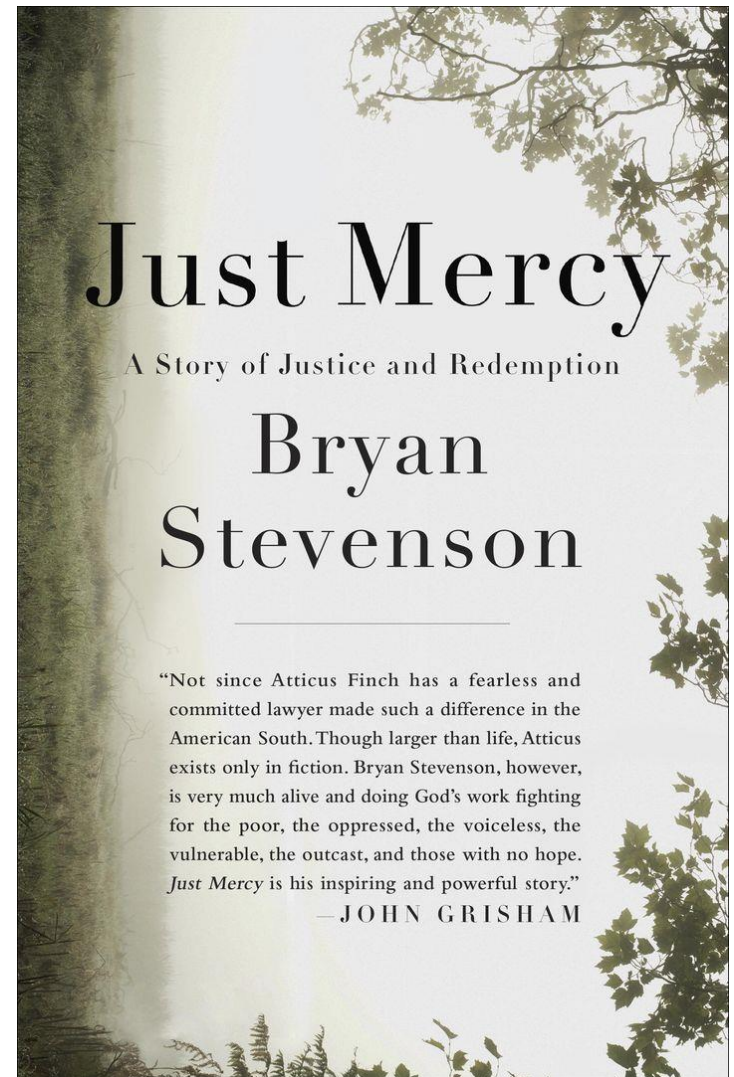
Instructor \_\_\_\_\_

UNIV 101 requires you to get involved on our campus and in our community. During the semester, you must participate in a minimum of 6 events, one each in 6 of the 7 categories. (Please see in addition to the ones on the previous passport page). Passport events are listed in your planner and additional ones are listed on the UNIV 101 Moodle site. Have this passport signed or stamped at each event. See your UNIV 101 syllabus to find out what your instructor requires as reflection on each experience.

<b>BFF (Bonaventure and Foundation Fundraising)</b> Description of Event: _____ Date _____ Passport Stamp: _____	<b>CD (Culture &amp; Diversity)</b> Description of Event: _____ Date _____ Passport Stamp: _____	<b>SMTL (So Much to Learn!)</b> Description of Event: _____ Date _____ Passport Stamp: _____
<b>Y&amp;S (Year-Study and Spirit...weekly)</b> Description of Event: _____ Date _____ Passport Stamp: _____	<b>CPR (Cancer &amp; Professional Business)</b> Description of Event: _____ Date _____ Passport Stamp: _____	<b>ABR (All Bonaventure Ready)</b> Description of Event: _____ Date _____ Passport Stamp: _____
<b>CYOE (Choose Your Own Event!)</b> Description of Event: _____ Date _____ Passport Stamp: _____		

# All Bonaventure Reads

- *Just Mercy*  
by Bryan Stevenson
- A first homework assignment
  - ▣ Due August 21
- Year-long Programming
  - ▣ Your student can win dinner with a number of speakers



# Freshman Service Project

- Saint's Place in Pittsford, NY
- Bring school supplies to Welcome Days



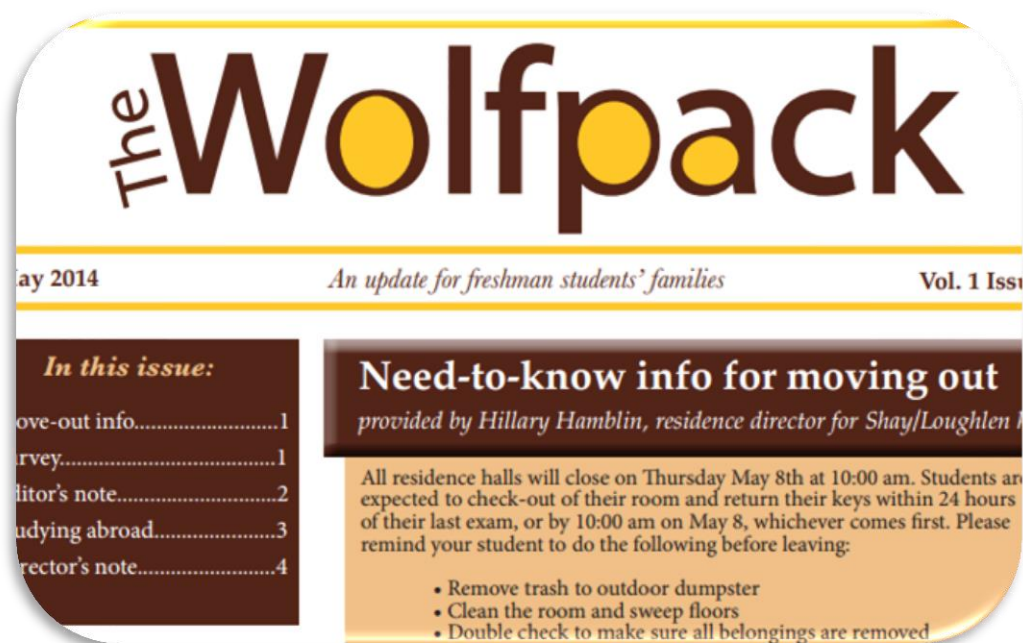
# Peer Coaches



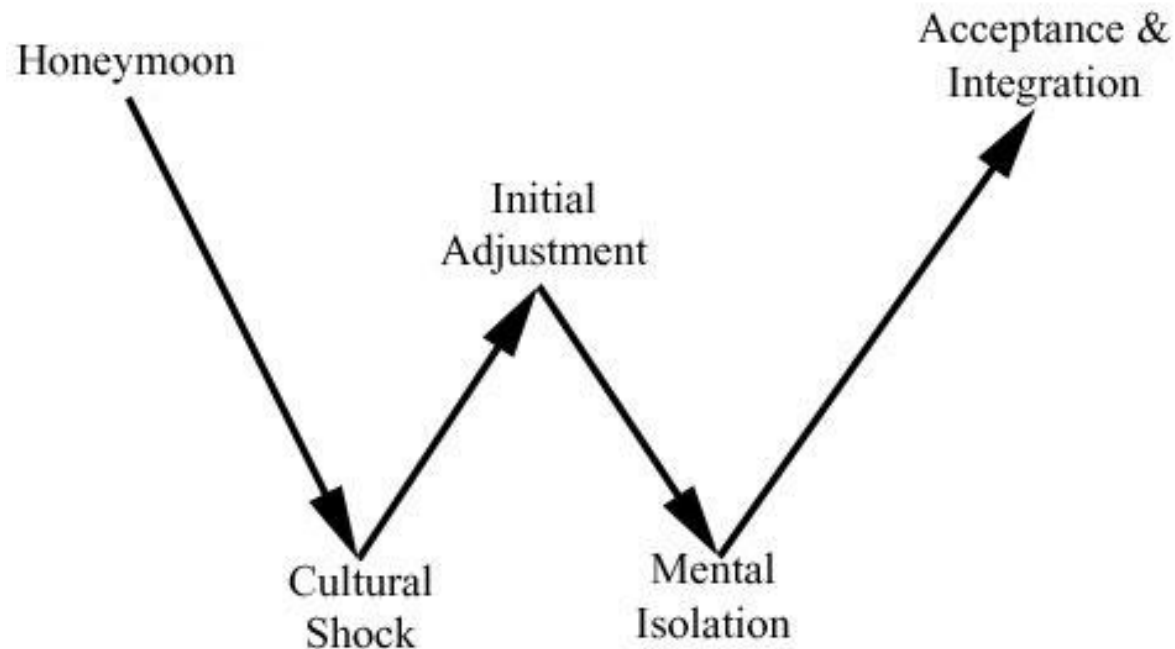


# Staying “In the Know”

- Parent & Family Facebook Group
  - ▣ Search “Parents and Families of St. Bonaventure”
- FYE Parent Newsletter
- [www.sbu.edu/parents](http://www.sbu.edu/parents)
- [parents@sbu.edu](mailto:parents@sbu.edu)

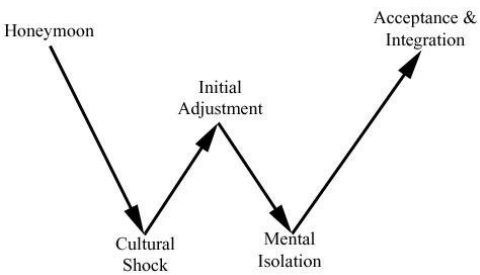


# The First Year of College



**“It’s normal to have the ups and downs of the W-Curve, *and knowing about this may help make the transition easier.*”**

William J. Zeller and Robert Mosier, 1993



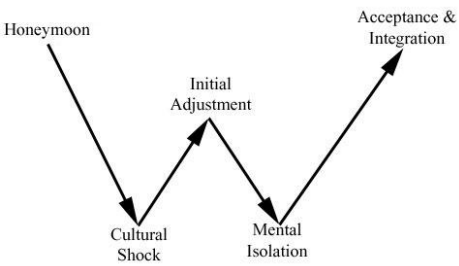
# The Honeymoon

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- Acceptance letters and selection
- Housing assignments
- Orientation programs
- I'm in college now... and I love it!

# Tip #1: Changing Roles

- Discussing expectations with your child
  - ▣ How often will we talk on the phone? Text? Email?
  - ▣ Conduct and behavior
  - ▣ Interaction during breaks
- Problem Solving
  - ▣ Point to resources
- Enjoy the excitement (and nerves!)



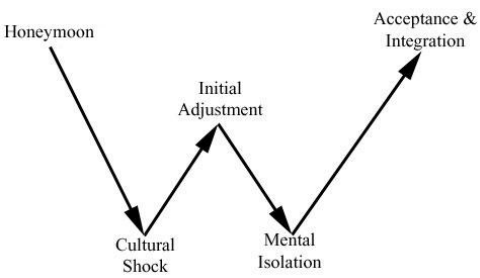
# Culture Shock

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- Reality sets in
- Living on campus
- College classroom / expectations
- Independence vs. clinging to familiar for support

# Tip #2: Academic Adjustment

- Ask about classes & grades
  - ▣ What did you go over in your Intellectual Journey class?
  - ▣ When are you starting to study for your math exam?
- Make suggestions
  - ▣ It sounds like you should sign up for a tutor
  - ▣ Go to class!
- Wait until Family Weekend to Visit



# Initial Adjustment

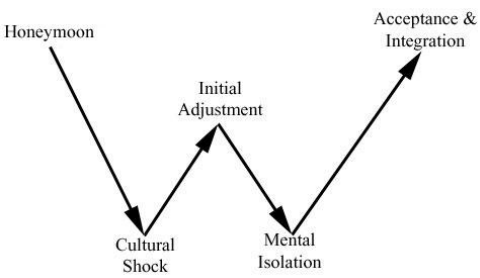
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- Initial successes
- Developing a routine
- Dissipation of homesickness
- Increased confidence
- Sense of wellbeing

# Tip #3: Celebrate Success

- Encourage reflection
  - ▣ Hear how they were successful (so you can reinforce that process when they have challenges later)
- Return to goals & expectations
  - ▣ Capitalize on initial high-point to reinforce standards
- Congratulate and recognize what has gone well



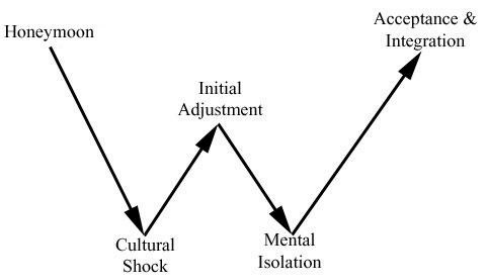


# Mental Isolation

- 2<sup>nd</sup> culture shock
- Caught between two worlds
- Heightened homesickness
  - ▣ Home isn't the same anymore
- Doubt increases about choices in:
  - ▣ College
  - ▣ Major
  - ▣ Career

# Tip #4: Social Adjustment

- Assume your son/daughter is attending certain events... and ask about them!
  - ▣ What clubs did you see at the Organization Fair?
  - ▣ What intramural team did you join?
  - ▣ What has your Peer Coach / RA said about that?
- Take panic with a grain of salt
  - ▣ Have you talked to your adviser? The CPRC?
  - ▣ Reach out to FYE Office for suggestions & resources
- Do not ask if they are homesick!



# Acceptance & Integration

- Getting involved
- Knowing people & places
  - ▣ Developing history
- Integrating successes and challenges
- Calling college “home”

# Becoming Family





Questions?