High School to College Academic Transition

Helping Your Young Adult Thrive in College
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I have been in your place
I’m a parent. These are my kids, Sarah and Matthew. Sarah graduated from the UW nursing program 3 years ago. Matthew will be starting his 3rd year at UW.
Introductions

• Your name
• Where you’re from
• One hope
• One concern.

A College Student?
Or A High School Student in College?

It takes time to learn to be a college student
How to study
How to eat
How to do laundry
How to handle money
How to get up in time to get to class
High School to College: Acknowledging the Difference

The workload in college is heavier than in high school.
Encourage your young adult to recognize that scheduling is crucial.
Encourage your young adult to set aside time for homework, reading, and studying, from the very beginning of the semester.
Advice: College juniors to high school students

College is not like high school -- you’re going to need to work for good grades. Reading is important and you will have to read textbooks ... but also make time for yourself. (Also, don’t start an addicting Netflix show a few weeks before exams.)

Friendsickness

Students who cling to their pre-college friend support networks are less successful at staying in college and are more likely to quit.

Encourage your young adult to be a joiner.

Encourage your young adult to bring others along with him or her.
Advice: college juniors to high school students

Put yourself out there. Get involved. Make all the friends you can.

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Missteps Along the Way
Advice: College juniors to high school students

Don’t feel like you have to have your life “together.” Just do what you can and try not to stress over the rest.

Several Related Recommendations

Give your young adults the support they need to learn how to do things on their own.

Good students go to tutoring. Encourage your young adult to take advantage of the supports provided on campus.

Good students work with their professors. Encourage your young adult to call professors and to visit the professor during office hours.
Final Take-Aways: Remember....

It takes time to build up a knowledge base and to transition to college life, to feel at home.

Encourage them to set aside time for reading and studying.

Encourage them to develop networks of friends here.

Help them see that missteps and mistakes will happen and encourage them to learn from those.

And finally....

Remember the roller coaster!