

High School to College Academic Transition

Helping Your Young Adult Thrive in College
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College of Education



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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.



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Introductions

- Your name
- Where you're from
- One hope
- One concern.



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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



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The First Semester as a Roller-
Coaster



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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.



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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).

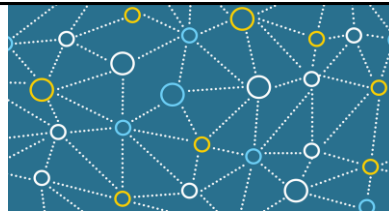
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Friendsickness



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.



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Advice: college juniors to high school students

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Missteps Along the Way

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Advice: College juniors to high school students

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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.



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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.

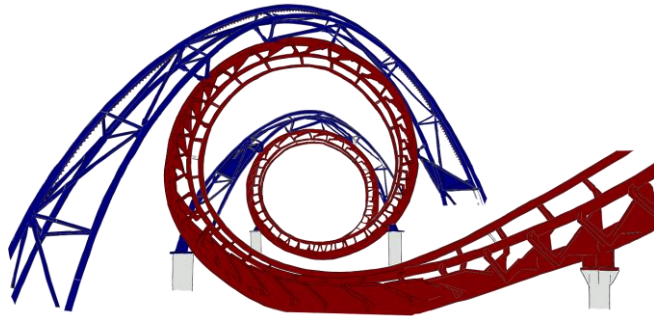
Help them see that missteps and mistakes will happen and encourage them to learn from those.



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And finally....

Remember the roller coaster!



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