High School to College Academic Transition

LeaRN Program
www.uwyo.edu/LeaRN
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
How to manage time and schoolwork
How to seek help!
High School to College: Acknowledging the Difference

- The workload in college is heavier than in high school.
- Time and responsibilities are scheduled differently (more self-discipline to meet goals!)
- Encourage your young adult to plan for scheduling school time—banker’s hours work best.
- Encourage your young adult to use tutoring resources early, and to find resources for academic and personal needs.
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 depart.

- Encourage your young adult to be a joiner and get involved—don’t let them come home too frequently!

- Encourage your young adult to bring their own friends along as they engage in campus and community activities.
Recommendations for Parents

- 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 all the academic resources on campus.

- Good students work with their professors. Encourage your young adult to call professors and to visit professors during office hours.
Last Take-Aways

- It takes time to build up a community and knowledge—and to feel at home!
- Encourage students to set time aside for reading and studying (interruption-free time!)
- Encourage students to develop a network of friends here.
- Help them see that missteps and mistakes will happen and encourage them to learn from them.
- Encourage them to adopt a “growth mindset”
## Important Campus Resources

### STEP Tutor Center
- Coe Library, lower level
- uwyo.edu/step

### Math Assistance Center
- Ross Hall 29
- uwyo.edu/math/mac

### Writing Center
- Coe Library 302
- 766-5250

### Oral Communication Center
- Ross Hall 442
- 766-3815

### Dean of Students Office
- Knight Hall 128
- 766-3296

### Counseling Center
- Knight Hall 341
- 766-2187

### First-Year Experience Resources
- [http://www.uwyo.edu/fye](http://www.uwyo.edu/fye)

### Making College Count booklet