COLLEGE TRANSITION

The Institute for Learning and Teaching (TILT)
REFLECTION

What are common assumptions you hear about “the college experience”?

Why do you believe those assumptions are often communicated in our society?
TODAY’S AGENDA

• Students in Transitions
• 1st College Year Major Concerns
• Setting Expectations
• Strategies & Campus Resources
• Questions/Comments
STUDENTS IN TRANSITION

• You want the best for yourself.
• You want to succeed and get to the end goal.
• It is a growing & learning stage.
• Everything “YOU” do matters.
• We are promoting adult development.
• You want to have successful transition.
REFLECTION

What are top concern most students have as they enter higher education?
EARLY COLLEGE YEAR TOP CONCERNS

• Paying for college
• Feeling overwhelmed
• Being lonely or homesick
• Making new friends
• Adjusting to the social scene
• Balancing social pressures with academic demands
• How to stay healthy & safe
REFLECTION

What are three realistic expectation you need to set about college during your transition?
COLLEGE IS
IDENTIFYING WHAT YOU NEED, SELF ADVOCATING FOR YOURSELF, & PROBLEM SOLVING.
START SEMESTER STRONG!

- INTRODUCE YOURSELF
- PRINT OUT YOUR SYLLABUS
- GET TO KNOW YOUR PEERS
- VISIT OFFICE HOUR
- MEET WITH YOUR ADVISOR
- SELF ADVOCATE FOR WHAT YOU NEED

**YOU CREATE YOUR OWN SUCCESS!!**
BUILDING CLASSROOM RELATIONSHIP

INSTRUCTORS/TA’S
● Normalize academic struggle & ask for advice
● Opens up networking & mentorship opportunities.
● Ask for clarification of materials

INSTRUCTORS
● Peer support & study buddies
● Similar major → build communities

ENJOY CLASS TIME!
NOTE TAKING TECHNIQUES

- Do your reading ahead of time (or after)
- Your professor can only teach you so much
- Develop your active listening skill
- See your notes as study guides
- Write 3-5 exam questions at the end
- Revise your notes
- Creativity goes a long way
DIFFICULTY WE ENCOUNTER DURING READING

Can’t stay focused - Pay attention to your environment and distraction
Poor short-term memory - take notes
Don’t understand - utilize outside resources
Too much reading - break the reading to smaller section
Organization for this week

- Write everything down in your planner.
- Do 5-10 minute daily planning each day.
- Create your own deadline before the actual deadline.
- Set a reminder for yourself every day.
- Work on one task at a time “FOCUS.”
- Declutter daily or once a week.
- If a task takes five minutes or less, do it immediately.
- Have an organization system from the start of your day to the end of your day.
# Campus Resource Reference Guide

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<thead>
<tr>
<th>Topic</th>
<th>Campus Resource Name</th>
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<tbody>
<tr>
<td>Academic accommodation and support for physical, mental, or learning disabilities</td>
<td>Student Disability Center</td>
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<tr>
<td>Academic success strategies and skills</td>
<td>TILT Academic Success Workshops</td>
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<tr>
<td>Academic support for low-income, first generation or learning/physical disability</td>
<td>Academic Advancement Center (AAC)</td>
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<tr>
<td>Academic support for specific courses / <strong>FREE</strong> tutoring</td>
<td>Academic Advancement Center (AAC), Calculus Center, CLeRC (Chemistry Learning Resources Center), Eagle Feather Tutoring, PAce Math Program, Statistics Success Center, TILT Tutoring</td>
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<tr>
<td>Access to articles, databases, citation, research help, tech support</td>
<td>Morgan Library</td>
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<tr>
<td>Access to technology, digital accessibility</td>
<td>Assistance Technology Resource Center (ATRC), Morgan Library</td>
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<tr>
<td>Adult Learners – challenges, opportunities, support</td>
<td>Adult Learner and Veteran Services (ALVS)</td>
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<tr>
<td>Belonging, feeling more connected, joining organization</td>
<td>SLICE (Student Leadership, Involvement and Community Engagement), Student Diversity Programs and Services, OTP (Year2@CSU), RamLink, Student Employment Services, CSU Health Network Counseling Service</td>
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<tr>
<td>Conflict issues with peer, roommate, or instructor</td>
<td>Student Resolution Center</td>
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<tr>
<td>Issue</td>
<td>Resource</td>
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<td>--------------------------------------------</td>
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<tr>
<td>Crisis prevention and intervention services</td>
<td>Student Case Management</td>
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<tr>
<td>Drug or Alcohol Issues</td>
<td>CSU Health Network, DAY Program (Drug, Alcohol and You)</td>
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<tr>
<td>Feeling Depressed or Anxious</td>
<td>CSU Health Network Counseling Services</td>
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<tr>
<td>Financial aid question/support</td>
<td>Office of Financial Aid (OFA)</td>
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<tr>
<td>Leadership Opportunity</td>
<td>SLICE (Student Leadership, Involvement and Community Engagement), Student Diversity Programs and Services</td>
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<tr>
<td>Overwhelmed with coursework</td>
<td>Meeting with academic advisor, CSU Health Network, Student Case Management, TILT Academic Coaching</td>
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<tr>
<td>Physical fitness, intramural sports, clubs</td>
<td>Campus Recreation</td>
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<tr>
<td>Registration, transfer, degree, diploma questions</td>
<td>Registrar’s Office</td>
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<tr>
<td>Safety</td>
<td>Support and Safety Assessment, CSU SafeWalk (491-1155)</td>
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<tr>
<td>Stress</td>
<td>CSU Health Network, Campus Recreation</td>
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<tr>
<td>Test Anxiety</td>
<td>CSU Health Network Counseling Services, Student Disability Center, TILT Academic Success Workshop</td>
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<tr>
<td>Thinking about graduate school</td>
<td>Career Center, Graduate School</td>
</tr>
<tr>
<td>Report Safety Concerns</td>
<td>CSU Non-Emergency (491-6425), Victim Assistance Team (491-6384), Tell Someone (491-1350), CSU Police Department (491-6425)</td>
</tr>
<tr>
<td>Undeclared student seeking guidance</td>
<td>Undeclared Student Advising</td>
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<tr>
<td>Undergraduate research opportunities</td>
<td>Office for Undergraduate Research and Artistry (OURA)</td>
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<tr>
<td>Writing support and consultation</td>
<td>The Writing Center</td>
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</tbody>
</table>
WHAT ARE THREE STRATEGIES ARE YOU WALKING AWAY FROM THIS PRESENTATION?
Contact Us

Website: www.tilt.colostate.edu
Address: 801 Oval Drive

Thank you