

COLLEGE TRANSITION

The Institute for Learning and Teaching (TILT)



Colorado State University

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 RESOURCES GUIDE



Campus Resource Reference Guide

Topic	Campus Resource Name
Academic accommodation and support for physical, mental, or learning disabilities	Student Disability Center
Academic success strategies and skills	TILT Academic Success Workshops
Academic support for low-income, first generation or learning/physical disability	Academic Advancement Center (AAC)
Academic support for specific courses / FREE tutoring	Academic Advancement Center (AAC), Calculus Center, CLERC (Chemistry Learning Resources Center), Eagle Feather Tutoring, PACE Math Program, Statistics Success Center, TILT Tutoring
Access to articles, databases, citation, research help, tech support	Morgan Library
Access to technology, digital accessibility	Assistance Technology Resource Center (ATRC), Morgan Library
Adult Learners – challenges, opportunities, support	Adult Learner and Veteran Services (ALVS)
Belonging, feeling more connected, joining organization	SLICE (Student Leadership, Involvement and Community Engagement), Student Diversity Programs and Services, OTP (Year2@CSU), RamLink, Student Employment Services, CSU Health Network Counseling Service
Conflict issues with peer, roommate, or instructor	Student Resolution Center

CAMPUS RESOURCES GUIDE

Crisis prevention and intervention services	Student Case Management
Drug or Alcohol Issues	CSU Health Network, DAY Program (Drug, Alcohol and You)
Feeling Depressed or Anxious	CSU Health Network Counseling Services
Financial aid question/support	Office of Financial Aid (OFA)
Leadership Opportunity	SLiCE (Student Leadership, Involvement and Community Engagement), Student Diversity Programs and Services
Overwhelmed with schoolwork	Meeting with academic advisor, CSU Health Network, Student Case Management, TILT Academic Coaching
Physical fitness, intramural sports, clubs	Campus Recreation
Registration, transfer, degree, diploma questions	Registrar's Office
Safety	Support and Safety Assessment, CSU SafeWalk (491-1155)
Stress	CSU Health Network, Campus Recreation
Test Anxiety	CSU Health Network Counseling Services, Student Disability Center, TILT Academic Success Workshop
Thinking about graduate school	Career Center, Graduate School
Report Safety Concerns	CSU Non-Emergency (491-6425), Victim Assistance Team (491-6384), Tell Someone (491-1350), CSU Police Department (491-6425)
Undeclared student seeking guidance	Undeclared Student Advising
Undergraduate research opportunities	Office for Undergraduate Research and Artistry (OURA)
Writing support and consultation	The Writing Center

WHAT ARE THREE
STRATEGIES ARE YOU
WALKING AWAY FROM THIS
PRESENTATION?



QUESTION / COMMENTS



Contact Us

Website: ***www.tilt.colostate.edu***

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Thank you



Colorado State University