Culture of Support for Student Success

New Student & Family Programs | Division of Student Life
San Francisco State University | New Student Orientation 2024

Evan Jaynes, M.Ed; Director of Orientation & FYE
Manager
PART ONE | The Bachelor’s Degree
- The University Structure
- Earning the Bachelor’s Degree
- General Education
- Majors
- Academic Advising Structure at SF State
- 1st & 2nd Year Advising

PART TWO | The Partnership for Student Success: College Students 101
- Anticipated Transitions
- Student Health
- Safety
- Finances
- Starting Strong
- First Six Weeks of College+
- Reflections
THE BACHELOR’S DEGREE & ADVISING 101
Departments offer many courses that fulfill different requirements.

A major in a department does NOT mean you take EVERY course a department offers.
Earning the Bachelor’s Degree

1. All Required Major Courses
2. All General Education (GE) Courses
3. University Requirements
   • US History
   • US Government,
   • All 4 SF State Studies
4. 120 units **MINIMUM**
5. 2.0 GPA **MINIMUM**

General Education
(48 units)

Major
(36-95 units)

Electives
General Education (GE)

- General Education involves taking classes across a variety of subject areas
- This ensures that students are developing a well-rounded skillset and breadth of knowledge
- Lower-division GE classes (A-F) will be taken during years 1-2
- Upper-division GE classes will be taken during years 3-4

**Lower-Division GE Requirements [100-299]**
- Area A: Oral Communication, Written Communication, Critical Thinking
- Area B: Life Science, Physical Science, Lab Science, & Math
- Area C: Arts & Humanities
- Area D: Social Science & US History
- Area E: Lifelong Learning & Self-Development
- Area F: Ethnic Studies

**Upper-Division GE Requirements [300+]**
- Upper-Division Life/Physical Science
- Upper-Division Arts/Humanities
- Upper-Division Social Sciences
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   - US History
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4. 120 units \textbf{MINIMUM}
5. 2.0 GPA \textbf{MINIMUM}
Majors

Each major has a different number of units and different course requirements.

The easiest way to find major requirements is to go to the Academic Bulletin and click on Academic Programs: (bulletin.sfsu.edu)

Each major has a unique pattern & structure

<table>
<thead>
<tr>
<th>MAJOR</th>
<th>UNITS</th>
</tr>
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<tbody>
<tr>
<td>Latina/Latino Studies (B.A.)</td>
<td>42 units</td>
</tr>
<tr>
<td>History (B.A.)</td>
<td>39 units</td>
</tr>
<tr>
<td>Race, Ethnicity, &amp; Health (B.A.)</td>
<td>39 units</td>
</tr>
<tr>
<td>Kinesiology (B.S): Concentration in Exercise &amp; Movement Studies</td>
<td>65 units minimum</td>
</tr>
<tr>
<td>English (B.A.): Concentration in Literature</td>
<td>45 units</td>
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<tr>
<td>Computer Science (B.S.)</td>
<td>71 units</td>
</tr>
<tr>
<td>Psychology (B.A.)</td>
<td>41-47 units</td>
</tr>
<tr>
<td>Criminal Justice Studies (B.A.)</td>
<td>36 units minimum</td>
</tr>
<tr>
<td>Bachelor of Science in Nursing (B.S.)</td>
<td>56 units</td>
</tr>
<tr>
<td>Cinema (B.A.)</td>
<td>45 units</td>
</tr>
<tr>
<td>Biology (B.S.): Concentration in Marine Science</td>
<td>57 units</td>
</tr>
</tbody>
</table>
Earning the Bachelor’s Degree

1. All Required Major Courses
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   • US History
   • US Government
   • All 4 SF State Studies
4. 120 units MINIMUM
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Undergraduate Advising Center (UAC)

Advising at SF State

**Lower-Division Advising**

*Years 1-2*
Each student has an assigned academic/EOP advisor/counsel or for their first 2 years at SFSU

**Upper-Division Advising**

3rd year & beyond
Upper-division academic counselors can assist with major & graduation requirements

**Faculty Advising**

Our faculty are experts in their field & can help with:
- Internships
- Career pathways
- Research opportunities

**Student-Population Advising**

Program supporting various student populations
EOP | Metro | Trio | Guardian Scholars | Athletics

LEARN MORE
Encourage your students to think SMART

Seek Support: Communicate with instructors & advisors early & often.

Manage deadlines, assignments, time/commitments

Acknowledge accomplishments

Recognize Resources: Get to know the campus community & available network

Take Ownership: Students captain their college journey
1st & 2nd Year Advising
Each incoming freshmen student will have an assigned academic counselor

Our Advising Approach with Students
- Collaborative
- Empowering
- Holistic
- Inclusive
- Informative
- Supportive

Our Services
- Academic success strategies
- Choosing/registering for classes
- Getting involved on campus
- Major, career, & internship exploration
- Policy clarification & appeals
- Supporting students’ transition & wellness
Undergraduate Advising Center

1st & 2nd Year Advising
Education Opportunity Program

The EOP Bunch

E.O.P.
The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

WHAT PEOPLE DON'T SEE

Persistence

Failure

Sacrifice

Disappointment

Dedication

Hard work

Good habits

FAIL

THINGS I HAVE TO GIVE UP

1 2 3...

@sylviaduckworth
High School

- Classes are 1 academic year
- Counselors build your schedule and register you into your classes.
- Class options are limited.
- You receive regular progress reports & report cards
- It is your family/guardians’ responsibility to make sure you are attending school & making satisfactory progress

SFSU

- Classes are 1 semester long
- You choose your classes and build a new schedule for every new semester. Advisors may offer support but cannot register you into classes.
- There are often lists of classes that you can choose from to meet different requirements.
- It is your responsibility to check your grades throughout the semester. At the end of the semester, your final grades will be posted on your transcript.
- You have *agency* over your educational journey. The responsibility of meeting deadlines & requirements is *yours*. 
Resource Guides for You

Each of you will receive a guide with:
• High School to College Differences
• Student communication & technology resources
• Campus Resource Directory
• Emotions Chart
Academics & Tips for Supporters

Step 1:
Encourage your student to regularly check SF State email

Step 2:
Direct students to their To-Do List in Student Center.

Step 3:
Remind students to send AP/IB/Community College transcripts

Step 4:
Get familiar with resources & encourage your students to try new things!
STUDENT SUCCESS
ANTICIPATED TRANSITION | (CHANGE)

PERSONAL & INTELLECTUAL
- Significant difference between High School & College
- Getting organized, recognizing routine, owning responsibility
- Managing timelines, due dates & complex ideas

SOCIAL
- Meeting new people
- Getting involved beyond academics
- Managing health & wellness

SUPPORT
- Asking for help
- Navigating challenges
- Using University services & resources

Week Two
Week Three
Week Six
Maslow’s Hierarchy of Needs & the College Student Experience

Self-actualization
Desire to become the most that one can be
Curiosity & Creativity
Reflection of life’s lessons & opportunity, belief in self vs. affirmations from others, persistence & joy

Esteem
Respect, self-esteem, status, recognition, strength, freedom
Embracing the Self & Creating Goals
Seeking leadership/responsibility, supporting & engaging others through love & belonging, future planning

Love and belonging
Friendship, intimacy, family, sense of connection
Seeking Connection & Belonging
New Student & Family Programs, Student Activities & Events, Classmates, Faculty/Staff, Dean of Students, etc.

Safety needs
Personal security, employment, resources, health, property
Prioritizing Wellness, Healthy Choices, & Asking for Help:
Financial Literacy, Career Center, Health Center, Mashouf Wellness Center, Counseling & Psych. Services, Health Promotion & Wellness

Physiological needs
Air, water, food, shelter, sleep, clothing, reproduction
Identifying Stability with Living on One’s Own
Residential Life, Housing, Dining, Basic Needs
Challenge & Support

Degree of Challenge vs Degree of Support

- **Stagnation**: High Support, Low Challenge
  - Tedious
  - Unproductive | Stress-free
  - Taking it easy
  - Bored

- **Disengagement**: Low Support, Low Challenge
  - Low optimism
  - Low determination
  - Lack of progress/growth

- **Maximum Growth**: High Challenge, High Support
  - Continuum of learning
  - Innovation
  - Renewal
  - Development & growth!

- **Retreat**: High Challenge, Low Support
  - Apprehension
  - Unproductive stress
  - Overwhelmed
  - Lost
What Challenge & Support Looks Like

Openly discussing problems/challenges & thinking of solutions

Regularly checking-in & searching for hurdles that might be limiting

Evaluating systems & making sense of “how things work” in open reflection

Celebrating “ah ha!” moments & celebrating how little details add to the bigger picture

Measuring success & helping make small adjustments with positive feedback

Encouraging insights to solve future problems confidently

Allowing mistakes to happen so learning & reflection can occur

Making room for autonomy & making decisions

Exploring & experimenting to discover personal interests & self-discovery

Actively listening & confirming what you hear/heard
STUDENT HEALTH
College Student Health

College Students Will Face Challenges

- Unique set of challenges impacting overall well-being during college: Known & Unknown Transitions
- Importance of addressing various aspects of health to support academic journey

Importance of Physical Health

- Understanding and prioritizing physical health for thriving in college experience
- Changing environments and embracing recreational wellness

Community & Connection

- Being socially engaged, online and offline, are essential to find community and sense of belonging
- Prioritize social experiences on and off campus is core to wellbeing and health

Promoting Mental Health Awareness

- Key components of student well-being
- Providing resources for mental health support

Academic Success & Student Health

- Link between academic success and student health
- Need for balance and self-care practices

Navigating Digital Health

- Managing screen time and online interactions for a healthy lifestyle
- Reflecting on content and influence on well-being

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Promoting Mental Health

Encouraging Self-Care Practices
- Encourage students to prioritize self-care activities
- Exercise, adequate sleep, healthy eating, and relaxation techniques to support their mental well-being.

Promoting Mindfulness & Stress Management
- Health Promotion & Wellness resources are available to students for mindfulness practices and stress management techniques
- Learning to manage academic pressures and personal stressors effectively.

Destigmatizing Mental Health Care
- Foster a culture of openness and acceptance around mental health experience; to reduce stigma and encourage students to seek help when needed without fear of judgment.

Access to Counseling Services
- San Francisco State students have access to mental health professionals and counseling services on campus to address any emotional or psychological challenges they may face.

Raising Awareness about Mental Health Resources
- Students have access to mental health resources available both on campus and in the community, including hotlines, support groups, and online resources.

Wellbeing Case Managers
- Individualized solution-oriented support for students in need
- Navigating college, basic needs, personal issues
Navigating Digital Health

Screen Time & Internet Identity: College and identity development: intersection of identities and influenced via trends, issues, topics, and causes

Preoccupied with Social Media vs. A “Social” Life

Utilizing Health Apps
- Leverage health apps for tracking physical activity, nutrition, and mental well-being.
- There are thousands of health apps available, offering personalized tools for better health management.
# Understanding Physical Health

1. **Regular Exercise**
   - Engaging in at least 150 minutes of moderate-intensity aerobic activity per week.
   - Incorporating strength training exercises at least two days a week.
   - Benefits include improved cardiovascular health, increased energy levels, and better mood regulation.

2. **Balanced Nutrition**
   - Consuming a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.
   - Limiting intake of processed foods, sugary beverages, and high-fat snacks.
   - Adequate hydration is essential for overall health and cognitive function.

3. **Sufficient Sleep**
   - Aim for 7-9 hours of quality sleep each night.
   - Establishing a consistent sleep schedule and creating a relaxing bedtime routine.
   - Lack of sleep can impact academic performance, mood stability, and overall well-being.

4. **Health Check-ups**
   - Schedule annual physical exams and screenings as recommended by healthcare providers.
   - Monitor blood pressure, cholesterol levels, and other key health indicators.
   - Early detection of health issues can lead to better outcomes and prevent complications.

5. **Stress Management**
   - Practicing relaxation techniques such as deep breathing, meditation, or yoga.
   - Setting realistic goals, prioritizing tasks, and seeking support when needed.
   - Chronic stress can negatively impact physical health, immune function, and mental well-being.
Mental Health

1. Stress Management
   - College life can be stressful. Exploring coping mechanisms such as mindfulness, meditation, and time management skills.
   - Exercise and recreation are proven strategies to decrease stress, promote healthy dieting, and positively influencing health sleep patterns.

2. Mental Health Resources
   - Familiarize yourself and your student with campus mental health services. Encourage them to seek help if they are feeling overwhelmed.
   - Counseling & Psychological Services
   - Dean of Students Office – Dean on Call Program

3. Social Support
   - Building a supportive social network is important for mental well-being. Encourage your student to make friends and join clubs or organizations.
   - Network with classmates on projects and assignments.

4. Warning Signs
   - Be aware of signs of mental health issues, such as changes in behavior, withdrawal, and academic decline. Early intervention and referral is important.
   - Care referral and support services are available through the Dean of Students Office: dos.sfsu.edu
Student Health Services

Student Health Center
- General Clinic – On Campus
- Doctors, Nurses, Nutritionist & Dietitian
- Pharmacy
- Appointments + Referrals

Counselling & Psychological Services
- Appointments
- Drop-in Emergency Support
- Various Counselling Types

Disability Programs & Resource Center
- Accommodations
- Communication to Faculty
- Resources + Referral

Health Promotion & Wellness
- Education & Resources
- Programming + Workshops
- Peer to Peer Ambassadors
Understanding Health Services at San Francisco State

1. Regular Exercise
   - Living in San Francisco and the great Bay Area
   - The Mashouf Wellness Center
   - Outdoor Trips

2. Balanced Nutrition
   - Dining Hall (City Eats) choices
   - Convenience vs. strategy
   - Health Center Dietitians

3. Sufficient Sleep
   - The 3-Ss, Pick 2:
     - Studies
     - Social Life
     - Sleep
   - Exercise
   - Diet

4. Health Check-ups
   - Student Health Center
   - Health Promotion & Wellness
   - Sexual & Reproductive Health
   - On-campus Pharmacy

5. Mental Well-Being
   - Counseling & Psychological Services
   - Expectations vs. Reality
   - Managing Stress
   - Asking for help
STUDENT SAFETY
College Student Safety

Top Priority
- College student safety is a top priority for universities and parents alike.
- Campus systems and protocols in place for student wellbeing and safety

Family Involvement
- It is essential for families to be informed & proactive in ensuring their student’s safety.
- Communication expectations should be established before the start of the first academic semester.

Common Sense Precautions
- Locking doors, windows, double-checking, and communicating with roommates
- Maintaining belongings and taking what is needed only
- Ask questions
- Alert others when there is concern

Unplug & Be Aware of Surroundings
- San Francisco and the Bay Area are large metropolitan cities
- Pay attention, study directions, and be alert
- Recognize the commitment to technology vs. in-the-moment surroundings

Engage in Community Safety
- Everyone is responsible for safety and the wellbeing of the campus community
- Ask for help
- Share information and/or concern
- Use resources

Dean of Students (DOS) & Action Care Team (ACT)
- Additional layer of strategic support and intervention
- Centralized system of care, advocacy, referral, and support
Tips for Families for Off-Campus Safety

Establish Open Communication Channels Early
- Encourage regular updates on whereabouts
- Provide guidance and support when needed
- Dare you ask to use “Find My Friends” apps?

Encourage Safe Transportation Practices
- Use reputable transportation services (Uber/Lyft)
- Practice using BART + MUNI systems
- Avoid walking alone in poorly lit areas

Discuss Personal Safety Strategies
- Be aware of surroundings
- Trust instincts
- Know how to seek help if feeling unsafe

Set Clear Expectations
- Outline responsible behavior expectations
- Encourage informed decision-making
- Share understanding of “when to become concerned” (this goes both ways)

Stay Informed about Local Safety Resources
- Daly City | San Francisco | Hospitals + Clinics
- Know emergency contact numbers
- Familiarize with campus security protocols

Intro to Emergencies & Insurance 101
- What is an emergency?
- When to call for an ambulance
- Some insurance 101
- Unsafe vs. Uncomfortable
# Understanding Campus Safety Measures

1. **Campus Security**
   - University Police Dpt.
   - Presence of campus security personnel patrolling the campus 24/7.
   - Emergency call boxes "Blue Lights" are strategically located throughout the campus for immediate assistance.

2. **Access Control**
   - Controlled access to campus residential communities.
   - Visitor check-in procedures to monitor who enters the campus premises.
   - Front desk staff and assistants

3. **Communications**
   - Students determine their emergency contacts in Student Center Account.
   - Update contacts on phones & share phone numbers
   - Safety Alerts
   - Timely Warnings
   - Social Media

4. **Safety Services**
   - SafeWalk services for students walking alone on campus, especially during late hours.
   - The SAFE Place Survivor-focused, trauma informed program for sexual assault survivors
   - Encouraging students to utilize these services for added security and peace of mind.

5. **Family Expectations**
   - Openly share concerns and discuss plans for scenarios.
   - What to do for personal medical or situational emergencies
   - Family phone tree, friends in the area, sharing new friends contact information.
FINANCES
College Student Financial Literacy

Definition of Financial Literacy
- Understanding how to manage personal finances effectively
- Includes budgeting, saving, investing, and avoiding debt

University Resources
- Crisis support (limited)
- Basic Needs services and resources
- CalFresh liaisons
- Short term loans & financial aid

Challenges Faced by College Students in Managing Finances
- Limited income
- Student loans
- Credit card debt
- Peer pressure to spend | wants vs. needs
- Lack of financial education

Tips for Parents to Support Their College Students Financially
- Encourage budgeting
- Discuss financial goals (short term and long term)
- Teach the value of saving
- Provide guidance on credit card usage
- Pros + cons to financial decisions

Budgeting Strategies for College Students
- Track expenses
- Create a budget
- Prioritize needs over wants
- Limit unnecessary spending
Financial Resources Available for College Students

Scholarships and Grants
- Explore various scholarships and grants offered by the University, other organizations, and government bodies.
- Over $46 billion in grants and scholarships are awarded by the U.S. Department of Education annually.

Work-Study Programs
- The University offers work-study programs that allow awarded students to work part-time on campus with flexible hours.
- Hundreds of thousands of students participate in the Federal Work-Study program each year.

Online Financial Tools and Resources
- Numerous online platforms and resources tailored to college students offer budgeting tools and financial literacy courses.
- Websites like Mint and NerdWallet provide valuable financial advice for students.

Student Loans
- Understand the different types of student loans available, such as federal loans and private loans.
- Financial Aid Office hosts workshops and offers regular meetings with loan/aid counselors.

Financial Aid Offices
- Visit the institution’s financial aid office to learn about available resources.
- Get assistance with completing financial aid forms and explore options for managing finances effectively.

SparkPoint – Financial Literacy Coaching
- Works with students to meet basic needs, increase income, build credit, increase savings, and reduce debt.
- Financial coaches offer one-on-one work to establish goals and action plans.
- Open to all students.
Student Financial Literacy Development

1. **Encourage Open Communication**
   - Foster a supportive environment
   - Discuss financial concerns and goals
   - Challenge & support
   - Learn + reflect on mistakes
   - Make payments together and discuss the costs openly/transparently.

2. **Educate on Budgeting**
   - Importance of creating a budget
   - Tracking expenses
   - Setting financial goals
   - Awareness to Financial Aid resources on campus
   - Support & education on campus

3. **Promote Financial Responsibility**
   - Prioritize needs over wants
   - Avoid unnecessary expenses
   - Save for the future
   - Transportation expenses in San Francisco (MUNI vs. Car Service)
   - Eating in vs. eating out

4. **Discuss Credit & Debt**
   - Responsible use of credit
   - Dangers of debt
   - Building a good credit score

5. **Explore Financial Aid Options**
   - Research scholarships and grants
   - Apply for financial aid opportunities
   - On-campus employment
## Finances

### Semester Budget *

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<tr>
<th>Funding Source</th>
<th>Semester / Year</th>
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<tbody>
<tr>
<td>FAFSA Award</td>
<td>$3,000 / 6,000</td>
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<tr>
<td>State/Pell Grants, Scholarships</td>
<td>$2,700 / 5,400</td>
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<tr>
<td><strong>Total Award Package</strong></td>
<td><strong>$5,700 / 11,400</strong></td>
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<tr>
<td>Tuition Costs</td>
<td>$3,762 (per semester) / $7,522</td>
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<tr>
<td>Books + Academic Tech</td>
<td>Varies</td>
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<tr>
<td>Commuting / Travel / Maintenance</td>
<td>Varies</td>
</tr>
<tr>
<td>Emergencies / Rainy Day</td>
<td>Varies</td>
</tr>
<tr>
<td><strong>Total Award Difference</strong></td>
<td><strong>$1,980 or -$1,980</strong></td>
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*The numbers in this slide are used solely as an example | SEE COST OF ATTENDANCE*
The Three Ss of College Success: Studies, Social Life, and Sleep

01 Studies
• Attend all classes to stay on top of coursework.
• Allocate dedicated study time each day to review notes and complete assignments.
• Utilize campus resources such as the library, study groups, and/or tutoring for academic support.
• Aim for a healthy balance between academic rigor and personal well-being.

02 Social Life
• Engage in campus clubs and organizations to meet new people and explore interests.
• Club/organization(s) tend to have similar minded and goal-oriented peers.
• Attend social events and networking opportunities to build a strong social network.
• Prioritize meaningful connections and friendships that support your personal growth.
• Remember to maintain a healthy social life while managing academic responsibilities.

03 Sleep
• Aim for 7-9 hours of quality sleep each night to support cognitive function and overall well-being.
• Establish a consistent sleep schedule to regulate your body's internal clock.
• Create a relaxing bedtime routine to unwind and prepare for restful sleep.
• Prioritize sleep as a crucial component of academic success and overall health.
Finding Balance

Time Management
- Learn to prioritize tasks
- Create a study schedule
- Allocate time for social activities and self-care

Healthy Habits
- Maintain a balanced diet
- Exercise regularly
- Get enough sleep to support overall well-being

Setting Boundaries
- Establish boundaries with friends, roommates, self, and maybe even family
- Allocate time for academics and personal time

Seeking Support
- Reach out to campus resources
- Ask for help! (there is a myth)

Mindfulness Practices
- Incorporate mindfulness and reflection:
  - Talking with peers, family, mentors
  - Exercise, leaving campus, detox from tech
  - All reduce stress and improve focus
  - Being kind to one’s self
Finding Care & Support on Campus

Care & Support || Referral, Guidance, Transition
- Basic Needs | Food + Shelter + Success
- HOPE Crisis Scholarship
- Case Management
- Dean of Students & Dean-on-Call Program (DOS)

Student Engagement || Involvement, Connection, Community
- New Student & Family Programs
- Student Activities & Events
- Mashouf Wellness Center & Campus Recreation
- Residential Life

Crisis & Concern || Advocacy, Mediation, Intervention
- Action Care Team (ACT)
- Student Conduct
- University-wide Coordination
- National Association for Behavioral Intervention Threat Assessment
SOME FINAL THOUGHTS
Essential Technology

**Student Center**
The Student Center is the core system of managing the individual student records, to-do items, holds, & important alerts!

**Canvas**
Canvas is SF State’s learning management system, where students interact with resources & participate in classes.

**@SFSU Email**
All students have access to their own official University email account. This is the University’s primary form of communication to all students.
Key Factors for First Year Success for the First Six Weeks

Establishing a Support System
• Building relationships with peers, professors, and academic advisors can significantly impact success.
• Research shows that students who feel supported are more likely to persist through their first year.

Utilizing Campus Resources
• Taking advantage of resources such as tutoring centers, writing labs, and career services can enhance academic performance.
• Ask for help! When confused or not sure where to go, New Student & Family Programs is a good place to start

Getting Involved
• 250+ Student Clubs/Organizations
• 500+ Campus Events Each Year
• Living in San Francisco

Prioritizing Health
• Recognizing the importance of physical and mental well-being and seeking support when needed is essential.
• For decades studies show that students who prioritize their health and fitness decrease stress, boost endorphins, have positive relationships – and thus are more likely to succeed in college.

Balancing Academic and Social Life
• Finding a healthy balance between academics and social activities is key.
• Remember The Three Ss!
What Can Your Student Do?

**Week 1**
- Pay Attention & Show Up!
  - Read emails, check Student Center & act on the information

**Week 2**
- Meet New People & Get Involved
  - Invite others to study or work on assignments together, go to club/org. meetings & meet Peer Mentors

**Week 3**
- Find a Routine
  - Go to bed, wake-up, exercise, eat healthy, explore, witness & seek entertainment

**Week 4**
- Learn About the University
  - Appreciate “why” SF State, participate in events, programs & services offered

**Week 5**
- Meet with Professors
  - Attend office hours, ask questions about assignments & seek feedback

**Week 6**
- Ask for Help!
  - Meet with staff, talk to upper classmen & remember you’re not alone
What Can the Family Do?

**Week 1**
Allow your student to figure things out on their own.

**Week 2**
Embrace “tell me” statements vs. questions. Encourage verbal processing & strategies for reflection.

**Week 3**
Connect, Connect, Connect. Be curious in their studies & support what they’re curious in.

**Week 4**
Make active plans to have something to look forward to (sometimes that may not involve you).

**Week 5**
Support Mistakes. Mistakes will happen. Encourage learning & allows for a mess here.

**Week 6**
Challenge them to be the Best. Remind them they can “figure it out” & they’re responsible to earn their degree!
Things to Consider

AU 110 – FREE 1 Unit Course | Pre-Fall 2024

• Living in San Francisco
• College Student Transition
• Guaranteed Early Move-in
• Email today, limited availability: outreach@sfsu.edu

Peer2Peer

• Peer-to-peer mentorship and support for college student life and academic needs

Encouraging Independence (Challenge) 😊

• While support is important, encourage your student to develop independence and self-reliance. This helps them build confidence and life skills.

Resources for Parents

• New Student & Family Programs and Dean of Students Offices central resource of support
• Visit our websites for more information: NSFP | DOS