

Charting Your Own Path: Adjusting to and Succeeding in College

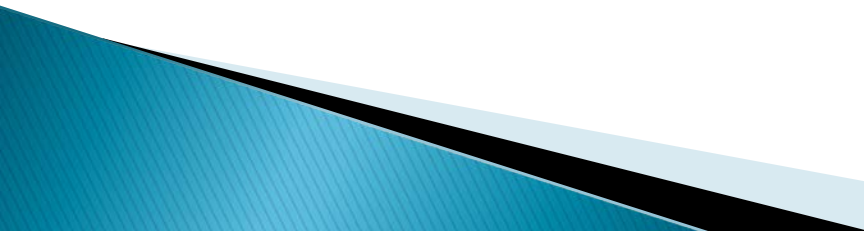
Tri-State Best Practices Conference
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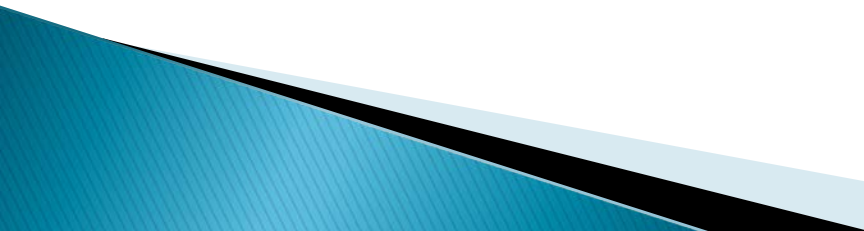
Students transitioning from high school to college must chart their own path to college achievement and success.

Educators, parents, support staff are facilitators and guides.

“What Works” Evidence-based Findings

- ▶ Much of the transition research during the past ten years has focused on what works for students with disabilities due to laws requiring transition plans.
 - ▶ “What works” for students with disabilities has been found to be beneficial for underprepared community college students transitioning to postsecondary education.
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Effective Transition Skills (Getzel & Thoma, 2008; Mellard, 2005):

- **Self-awareness** (learning styles, interests, abilities, and learning needs)
 - **Self-determination** (persistence, academic, career, and personal goal setting)
 - **Self-advocacy** (pro-active communication of concerns or questions with faculty)
 - **Self-monitoring, Self-management skills** (study, time, and progress efficiency)
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“They Never Told Me What to Expect so I Didn’t Know What to Do”, Karp & Bork, 2012

- ❖ Self-awareness
 - ▶ Metacognition: assess, reflect, set goals
 - ❖ Self-determination
 - ▶ Active engagement: use resources, study, reach goals
 - ❖ Self-advocacy
 - ▶ Communication: build relationship, teamwork
 - ❖ Self-monitoring
 - ▶ Organization: time management, prioritize
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Challenges


- ▶ Navigating a large campus
- ▶ Getting to know instructors and students
- ▶ Academic preparation, attitude, habits
- ▶ Time management, study skills, organization
- ▶ Work & social involvement

Supports

- ▶ Supportive professors
- ▶ Trustworthy friends – classes, school clubs and teams
- ▶ Developmental Literacy courses
- ▶ Mentors at the tutoring, career, counseling centers
- ▶ Student Success courses (transition skills)
- ▶ Assistive technology

Transition Skills correlated with Student Success

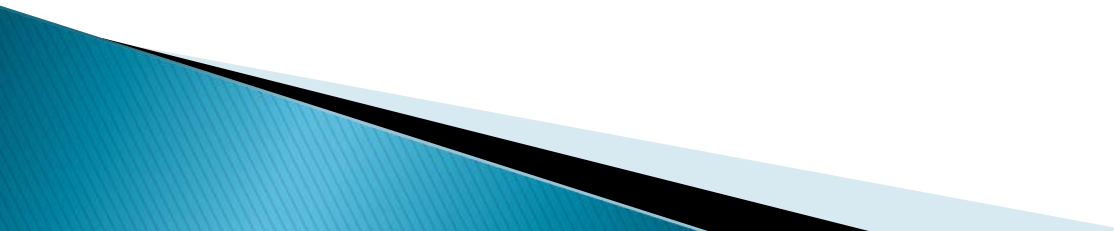
(Troiano, Liefeld, & Trachtenberg, 2010; Vogel, Holt, Sligar, & Leake, 2008)

- academic preparation and high expectations
 - study and time management skills
 - social and communication skills (verbal, nonverbal)
 - decision-making skills (problem solving)
 - use of academic supports (e.g., assistive technology)
 - balance of study, work, and leisure
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Building Relationships (Social Capital)

(Belch, 2004; Tinto, 1997; Wessel, Jones, Markle, & Westfall, 2009)

Student persistence has been correlated with:

- belonging, socialization
 - building trust in college mentors (faculty, tutors, counselors, advisors) and friends
 - commitment to & identifying with the college
 - student engagement in class
 - learning communities & cohorts
 - use of college resources
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Assess Student Self-awareness: Learning Style, Career interests, Academic goals

Career Cruising Learning Style Assessment –
Student fills out questionnaire & sees results

- ▶ <https://www2.careercruising.com/my/assessments/learning-styles-questions#assessment>

Career Cruising Career Exploration –

- ▶ <https://www2.careercruising.com/careers/profile-at-a-glance/133>

Finding Your Dream Career

After all of the self-awareness, career exploration, and learning strategy tips that the students have learned, there's one last website worth investigating:

www.career-success-for-newbies.com/how-to-find-your-dream-career.html

- Know what you want and don't want
- Know your core values
- Know how much time and effort you can expend
- Do it for fulfillment, not just the paycheck

Connecting Coursework & Career Goals

Self-awareness and Self-determination skill development:

- ▶ <http://www.bucks.edu/student/career/students/major/>

Stress Management

<http://www.studygs.net/stress.htm>



College Study Guides

Students learn strategies for:

- developing better study habits
- getting help when needed
- getting better organized
- taking better notes in class
- improving test-taking strategies
- improving memory
- increasing motivation to achieve

www.studygs.net



Balancing College, Social, and Work Life

Time Management Skills

Class discussion: Provide a passage or study guide examining how to make good decisions about using time.

Handout: Time Awareness Sheets

Students fill out the Time Management sheets

<http://www.studygs.net/shared/mgmnt.htm>

Tips for prioritizing time

<http://www.studygs.net/todolist.htm>

A Student's Perspective of College Success Strategies

In addition to research findings, the voices of college students should be heard.

This youtube video sums up how transition skills in action can lead to college success.

http://www.youtube.com/watch?v=XIGpmQvm_YI

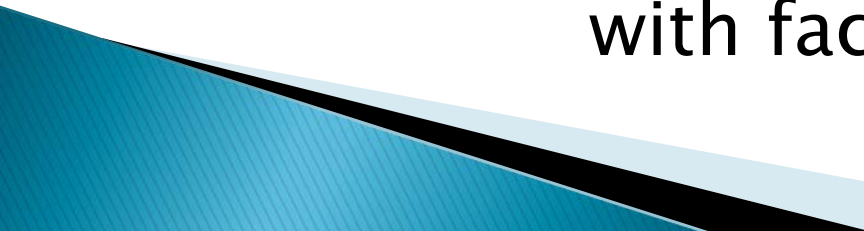
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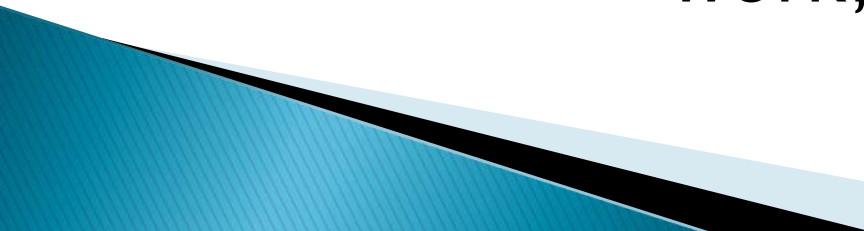


Student Evaluation of Transition Training

How much has each student learned about:

- ▶ self-awareness and learning style preference
 - ▶ self-determination: connecting future career and lifestyle goals to college major and course selection
 - ▶ self-advocacy: communicating effectively with faculty & mentors
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Student Evaluation continued

- ▶ effective study, time, & progress management strategies
 - ▶ navigating the campus and finding needed academic and social supports
 - ▶ social networking, making friends, fitting in
 - ▶ knowing how to balance study, work, and leisure
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