

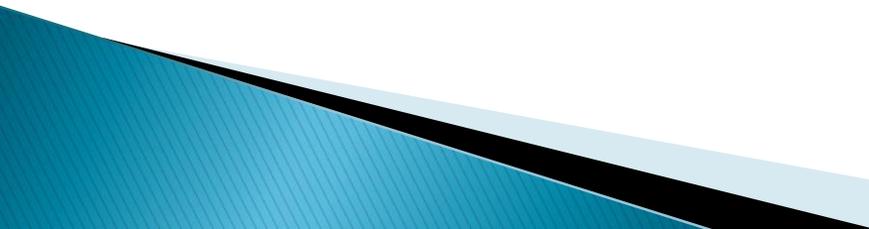
Welcome to the Major Leagues

Dr. DonnaJean Fredeen,
VP, Academic Affairs and Provost

Factors That Contribute To Poor Performance

- ▶ Level of college work vs. HS work
 - ▶ Much material, little time
 - ▶ Independence (Nobody is watching)
 - ▶ Meeting new people, all with things to do
 - ▶ Days off between classes
 - ▶ Homesickness
 - ▶ Roommate issues
 - ▶ Over involvement
 - ▶ New Relationships
 - ▶ Alcohol or drugs
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Getting Back on Track

- ▶ See the instructor
 - ▶ Examine Study Habits
 - ▶ Examine choice of major
 - ▶ Attendance
 - ▶ Sleep/eating habits
 - ▶ Campus Resources
 - Counseling Center
 - Student Success Center (tutoring, Writing Lab)
 - Services for Students with Disabilities
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The Rules of the Game

Dr. DonnaJean Fredeen,
VP, Academic Affairs and Provost

Keep Up the Pace

- ▶ Class levels
 - Freshman 0–23 credits
 - Sophomore 24–53 credits
 - Junior 54–89 credits
 - Senior 90+ credits
- ▶ Consequences of Falling Behind
 - Financial aid may be impacted
 - Scholarships in jeopardy
 - Athletic eligibility affected
 - Part time vs. fulltime

Keep Up the Pace

- ▶ If student is going to be absent
 - Inform instructor
 - Always provide documentation
 - If more than 3 days—inform DOS Office
- ▶ Making Up Credits
 - J-term
 - Summer
 - On campus
 - Off Campus
- ▶ Overloads (45 credits, 3.00 gpa)
- ▶ One credit courses

Am I Flying the Helicopter?

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Your Role Will Change

▶ Important Factors

- FERPA
 - Professors hold office hours to talk to students
 - Professors will rarely talk to parents
 - Students are expected to work much more independently
 - Quicker pace of classes
 - Tutoring available
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Your Role Will Change

▶ Best Ways to Help

- Open, honest communication with your student
- Avoid putting excess pressure on your student
 - I'm not paying for "C" work!
 - You got an "A" in Bio in HS—why are you failing?
 - You're going to be an accountant so you can get a job
 - Etc., etc., etc.
- Help student work through ways to address problem rather than try to solve for them
- Know and suggest resources
- Contact DOS office to ask for assistance

Am I Prepared?

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Important Factors

- Career planning begins freshman year!
- Students should engage with Rider Career Development and Success early:
 - Meet with the career advisor in their college
 - Get support identifying professional interests
 - Attend career workshops and programs
- On campus employment builds professional skills
- Extracurricular activities are important on resume
- Internships, co-ops and research opportunities prepare students for full time employment

Rider's Four Year Career Action Plan

- Freshman Year – EXPLORE
 - Majors and professional interests; career workshops & events; on campus jobs; student organizations/clubs
- Sophomore Year – ENGAGE
 - Leadership roles in student orgs, pre-professional clubs and SGA; community service; multicultural groups
- Junior Year – EXPERIENCE
 - Internships, co-ops & research opportunities; job shadowing; graduate school preparation; networking
- Senior Year – EXECUTE
 - Set goals & strategize; job search; connect with alumni; interview; accept job offer or grad school acceptance

Best Ways to Help

- Recommend visiting Career Development and Success
 - Help with exploration
 - Talk about interest, ideas and goals
 - Encourage new experiences
 - Support extracurricular involvement
 - Emphasize internships, community service, summer jobs
 - Share your network & offer guidance
 - Be open, patient & supportive
 - Have realistic expectations
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