

How to help your student succeed.



Talk to them about putting in a full day by attending class AND studying.

College classes are different from those in high school. Less time is spent per week in college classes, so much of the learning time will have to be spent outside of class studying on their own. The rule of thumb is that they should spend 2 hours studying outside of class for every hour spent in class. This means if your student has 15 credit hours (which is generally 5 classes), they should spend 30 hours outside of class studying.



Help them get organized. Have them buy a planner and/or a calendar. They should look through all of their syllabi (course policies and schedules given by each professor) and copy the dates for all quizzes, tests, papers and projects. Looking ahead, and planning accordingly, is the only way they will avoid getting into a crunch when two exams and two papers are due during the same week!



Encourage them to set goals for the first year and write them down. The act of writing down what they want to accomplish – academically, socially and personally – will be a powerful push to success.



Encourage them to use on-campus resources. Each student has been assigned a Student Success Coach. Ask your student if they know the name of their Coach and encourage them to turn to him/her to ask any and all questions about campus life. Coaches can talk to students about their goals, challenges they're experiencing and guide them in the right direction – personal counseling, tutoring, writing assistance, career counseling, financial aid counseling, etc.

Adapted from <http://www.unco.edu>



Encourage them to get involved on campus. Students that become involved in student organizations and that attend student events are more likely to persist and be successful in college. CUP has over 135 student clubs/organizations. Students may explore types of organizations, find meeting times, check out events, etc. on CU Connect.



Help them set a budget. As you are only too aware, college is expensive. Not only is there tuition, fees and housing, but also textbooks (some that require costly access codes). Add to that room furnishings and some extra spending money. Will you send money on a regular basis or will your student be responsible for some or all of the costs? Will they need to plan ahead for a part-time job during the semester or just during breaks? Guide them toward financial independence in small steps, starting now.



Remind them to take care of themselves. With the freedom of being on their own, your student's choices about their physical well-being will be squarely in their own hands. Discussions about eating right, getting enough sleep and exercising may seem elementary, but they are crucial to student success. Managing stress, homesickness and anxiety are also important topics to discuss. Also, it is not too late to discuss sexual responsibility, drug and alcohol use. Remind them that the Wellness Center is available if they are experiencing mental or physical health challenges and the Rec Center is theirs to enjoy.



Welcome them home on breaks. However, don't expect things to be the same as they were before. Your student has undoubtedly changed. Their days here at CUP were free to structure as they wished. They ate and slept when they wanted. They set their own goals and had their own space. Any siblings left at home also adjusted to life without your student. All this means there will be an adjustment when they come home during breaks. You may need to give them space at first, but be ready to establish ground-rules about a variety of things – how they spend their “free” time, curfews, etc. Make sure you also take time to get to know the new person your student is becoming.

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