



SO★R

Student Orientation, Advising, & Registration

2023

Family & Friends Orientation



WELCOME

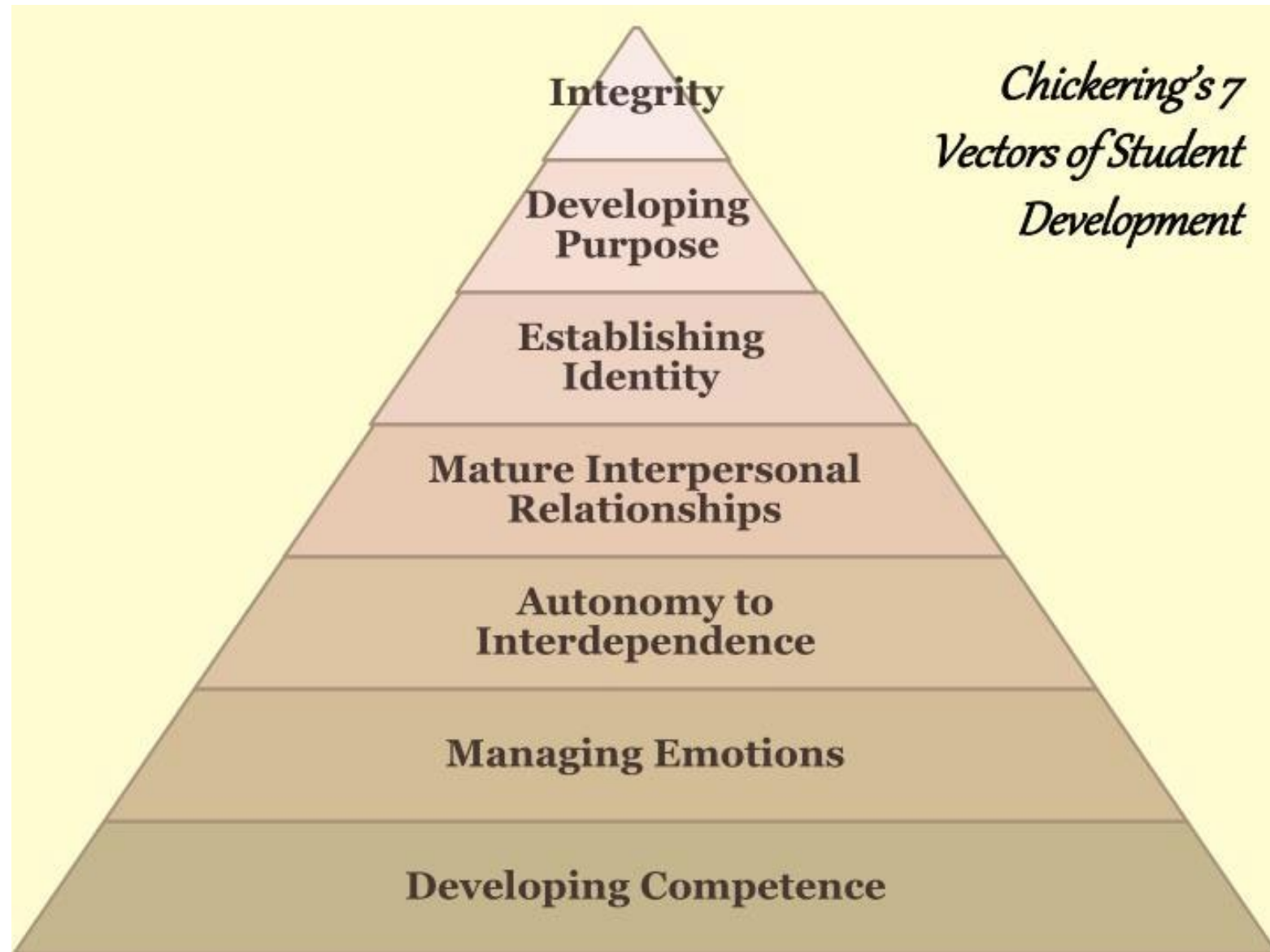
Haylee Fleming MSW, LCSW
Coordinator of Counseling & ADA Services



GOALS

- Answer your questions
- Prepare you for the coming transitions
- Help you to support your college student







HELP

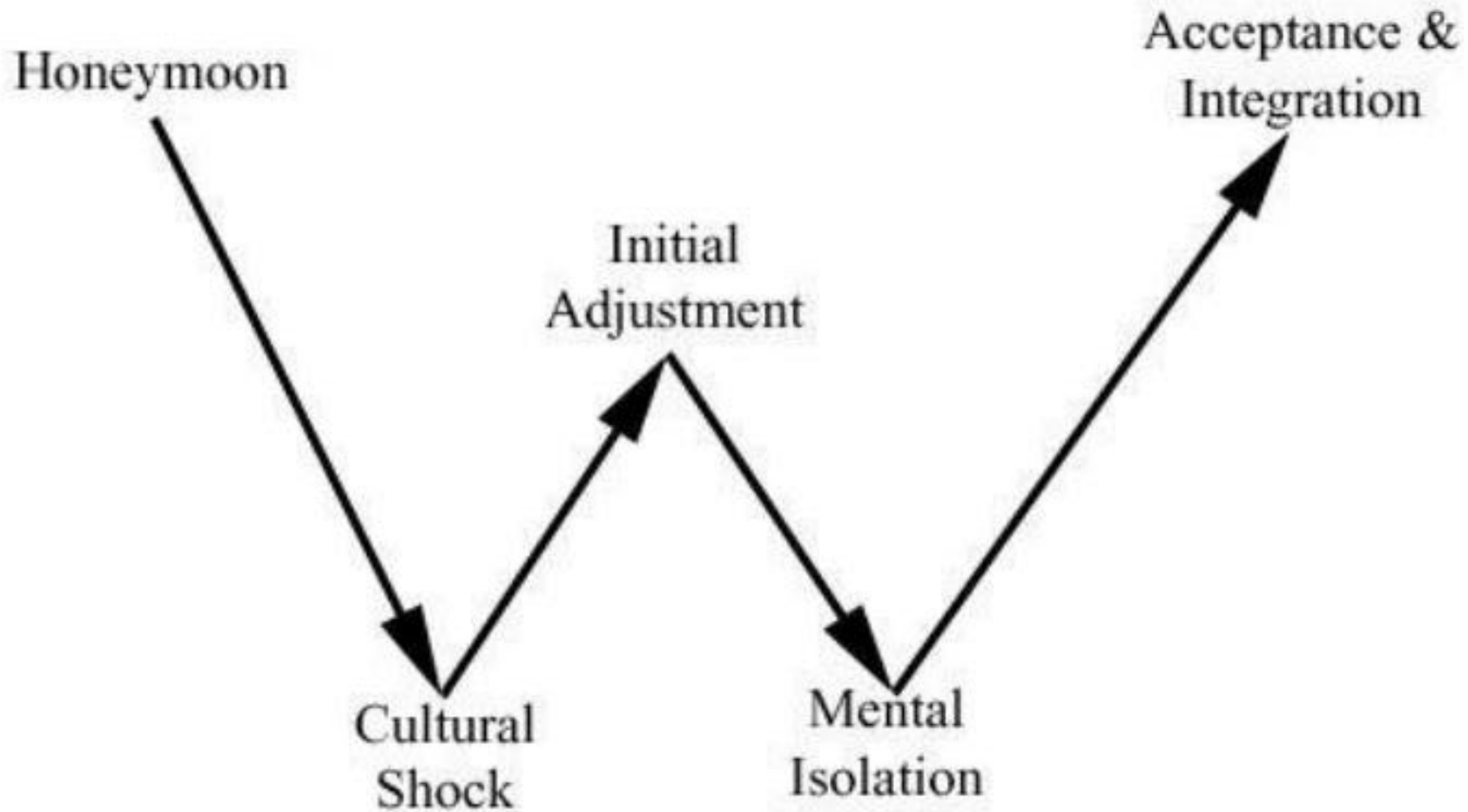
SUPPORT

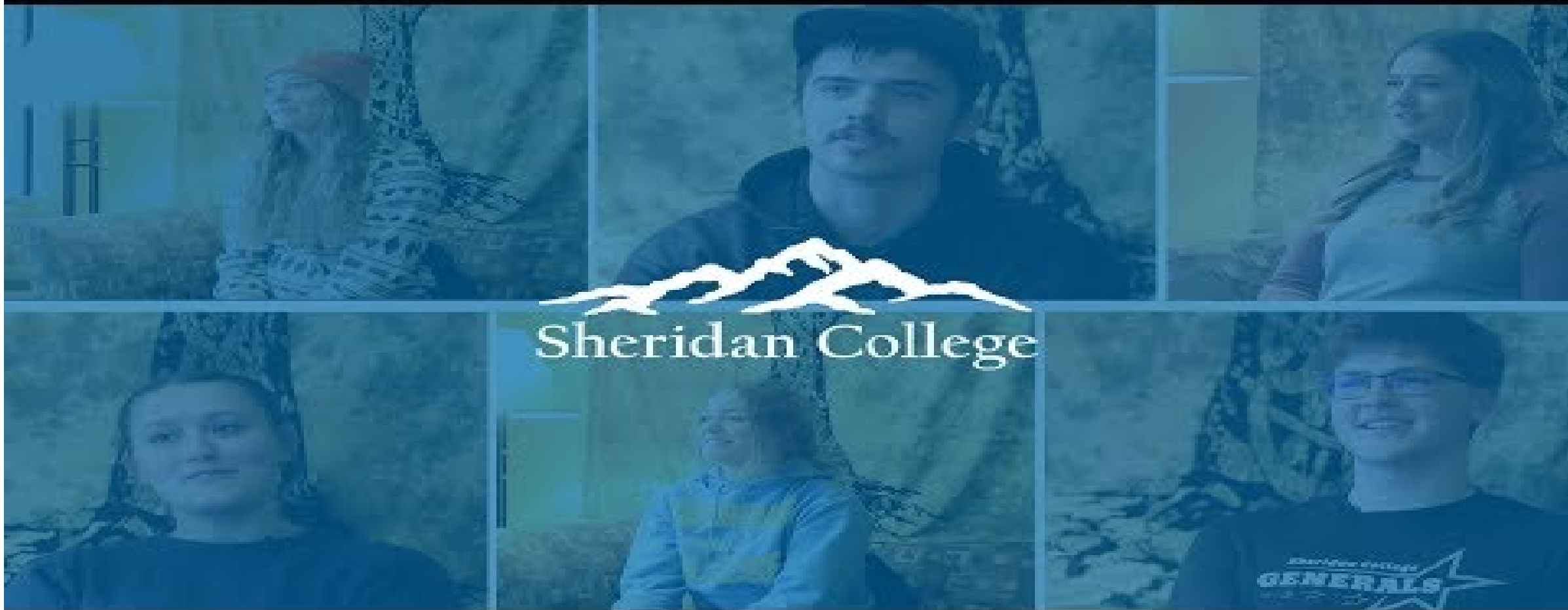
ADVICE

GUIDANCE



PHASES OF THE W-CURVE





Phase 1: THE HONEYMOON

- Excitement, curiosity & enthusiasm
- Often starts before they come to college
- Students desire independence (may limit contact)
- May lack homesickness during the first few days or weeks of college.



This is normal behavior.

Phase 2: CULTURE SHOCK

- Comparing expectations to reality.
- May feel lost and confused.
- Initial excitement may start to wear off.
- Academic demands may be more complex than anticipated.
- Homesickness may start to kick in.



Phase 3: Initial Adjustment

Develop a routine

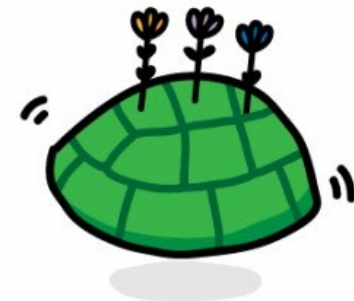
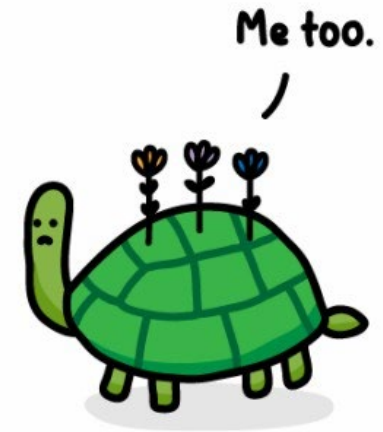
Get comfortable
with campus,
academic, and social
environments

Call home full of
excitement... or less
frequently.



Phase 4: Mental Isolation

- Comparing home to college
- May occur during an academic break.
- May not feel as comfortable at home as they used to.
- Uncertainty about where they belong and miss the comfort that home used to provide.
- Peer conflict may increase.



A group of students are gathered around a large, circular fire pit at night. The fire is burning brightly, casting a warm glow. One student is sitting on the edge of the fire pit, while others stand around it. In the background, there is a building with blue lights and trees. The overall atmosphere is social and relaxed.

Phase 5: ACCEPTANCE & INTEGRATION

- Finally, balance emerges.
- Become more involved with campus life.
- Grades may start to improve.
- Relationships may become stronger with people on campus.



OPEN COMMUNICATION

What are your
expectations?

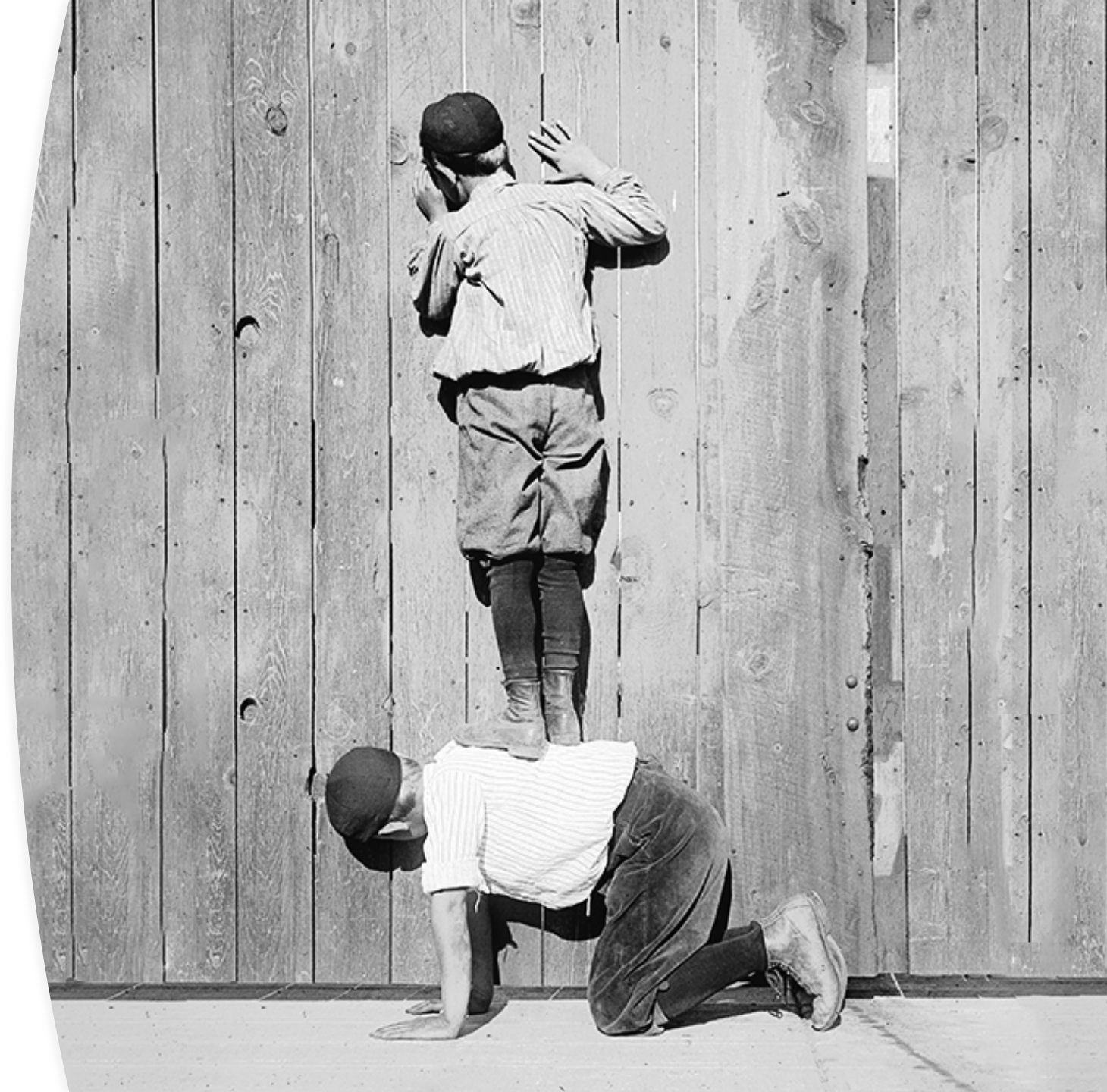
- Personal Safety
- Alcohol/drugs
- Sex
- Money/Budget
- Academics vs. Social Life
- Independence – getting to class, scheduling appointments





What You Can Do

- Allow the student to take the lead
- Send care packages
- Be patient and empathetic
- Take a step back and avoid hovering
- Be encouraging!
- Remember, there is a wide range of "normal" when it comes feelings, emotions and experiences.





“There are only two lasting bequests we can hope to give our children. One is roots; the other is wings.”

~Hodding Carter

Northern Wyoming Community College District



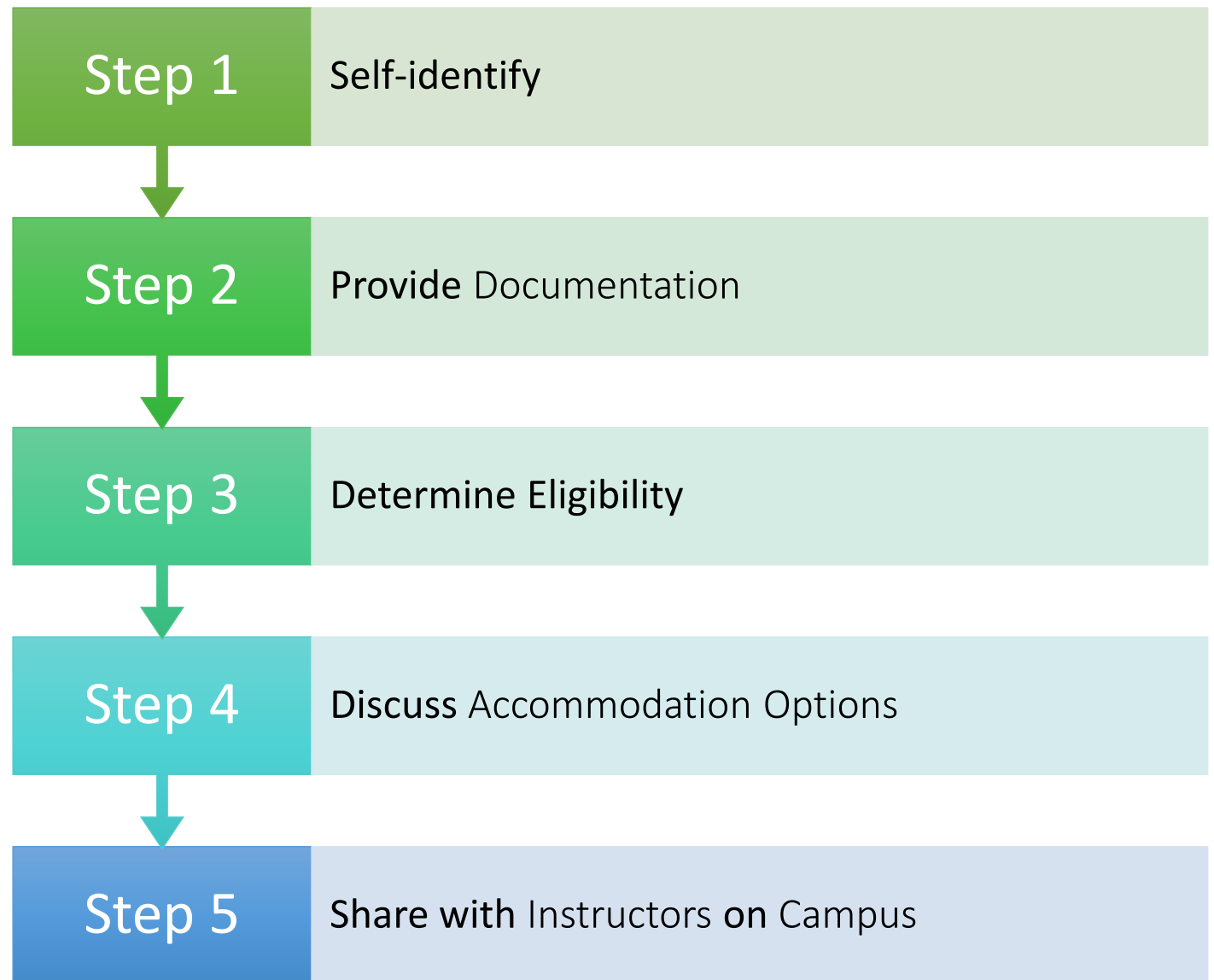
Campus Assessment, Response
& Evaluation Team



Student Resources

- Campus Life & Housing
- RAs/Residence Life
- Counseling & Disability Support Services
- Veterans Center
- Advisors
- TRIO & CSP
- Writing & Math Centers
- Library
- Tutoring
- Faculty Office Hours
- CARE Team
- Vice President of Student Affairs

Disability Services (DS)



Counseling Services

-
- Meet with a Licensed Clinical Social Worker
 - Solutions-focused, brief therapy
 - Community Referrals
 - Crisis Intervention
 - UWill – free online teletherapy





Last Step: Move in Day!

It can be overwhelming – take breaks

Explore the town & campus with your student

View this transition as a celebration and the next step in their journey

ENJOY this experience!



“It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.”

- Ann Landers



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QUESTIONS

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