



SO★R
Student Orientation, Advising, & Registration

Family & Friends Orientation 2024

WELCOME

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Counseling and ADA Services Coordinator

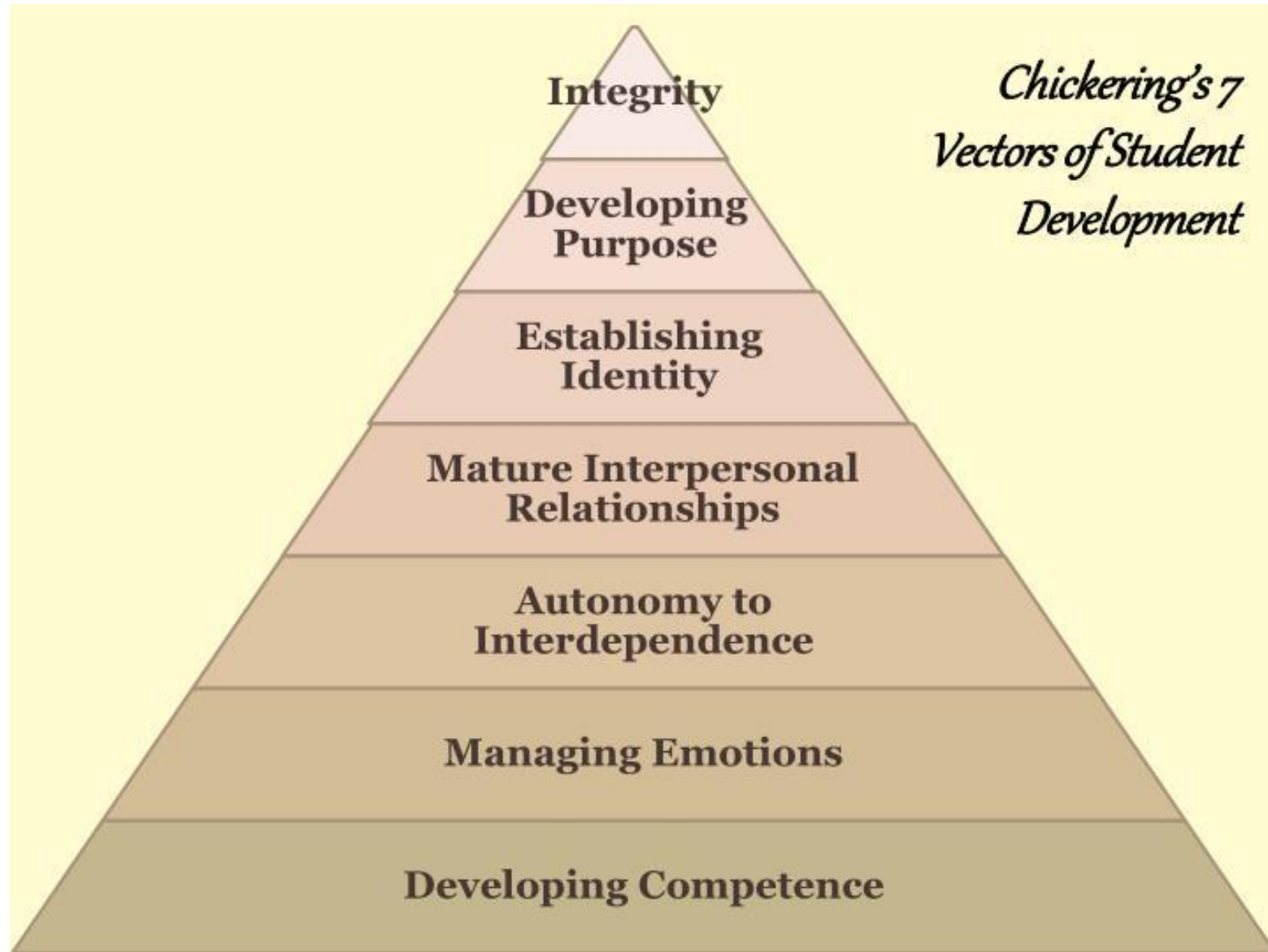




GOALS

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





HELP

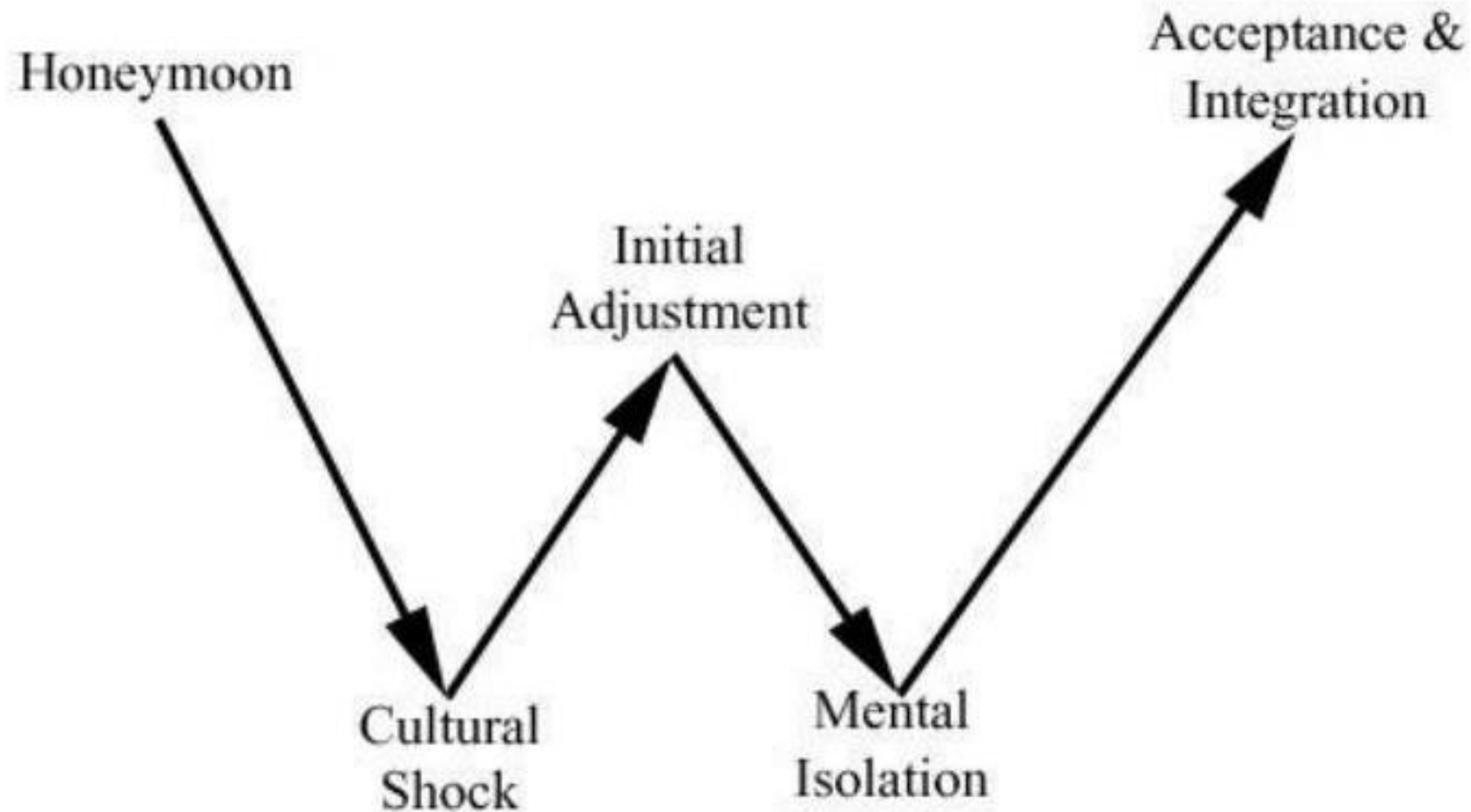
SUPPORT

ADVICE

GUIDANCE



PHASES OF THE W-CURVE






Sheridan College

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.



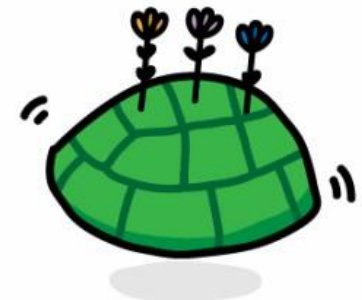
Phase 4: Mental Isolation

- 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.

I miss home.



Me too.





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

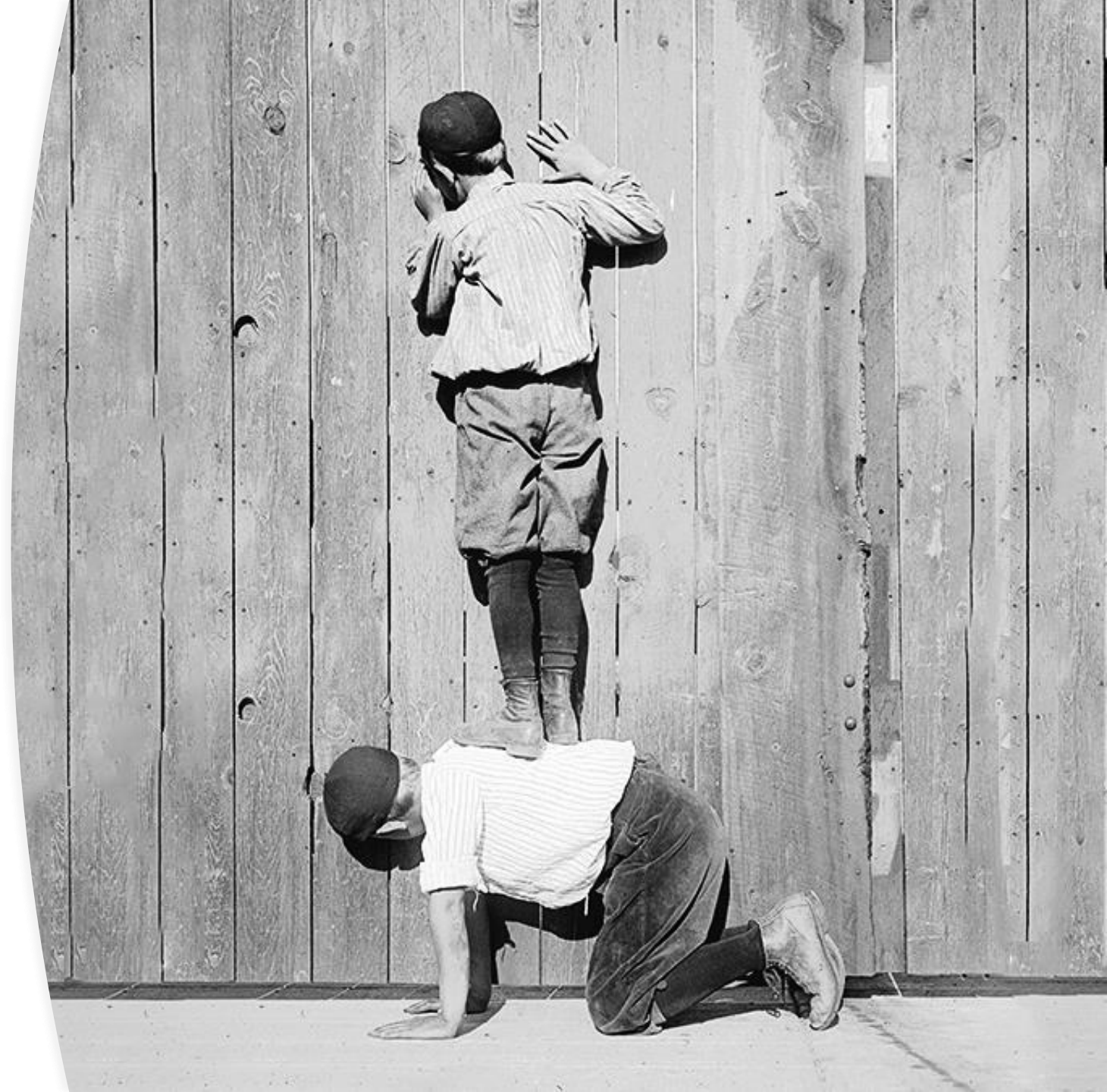
What are your expectations?

- 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

CARE

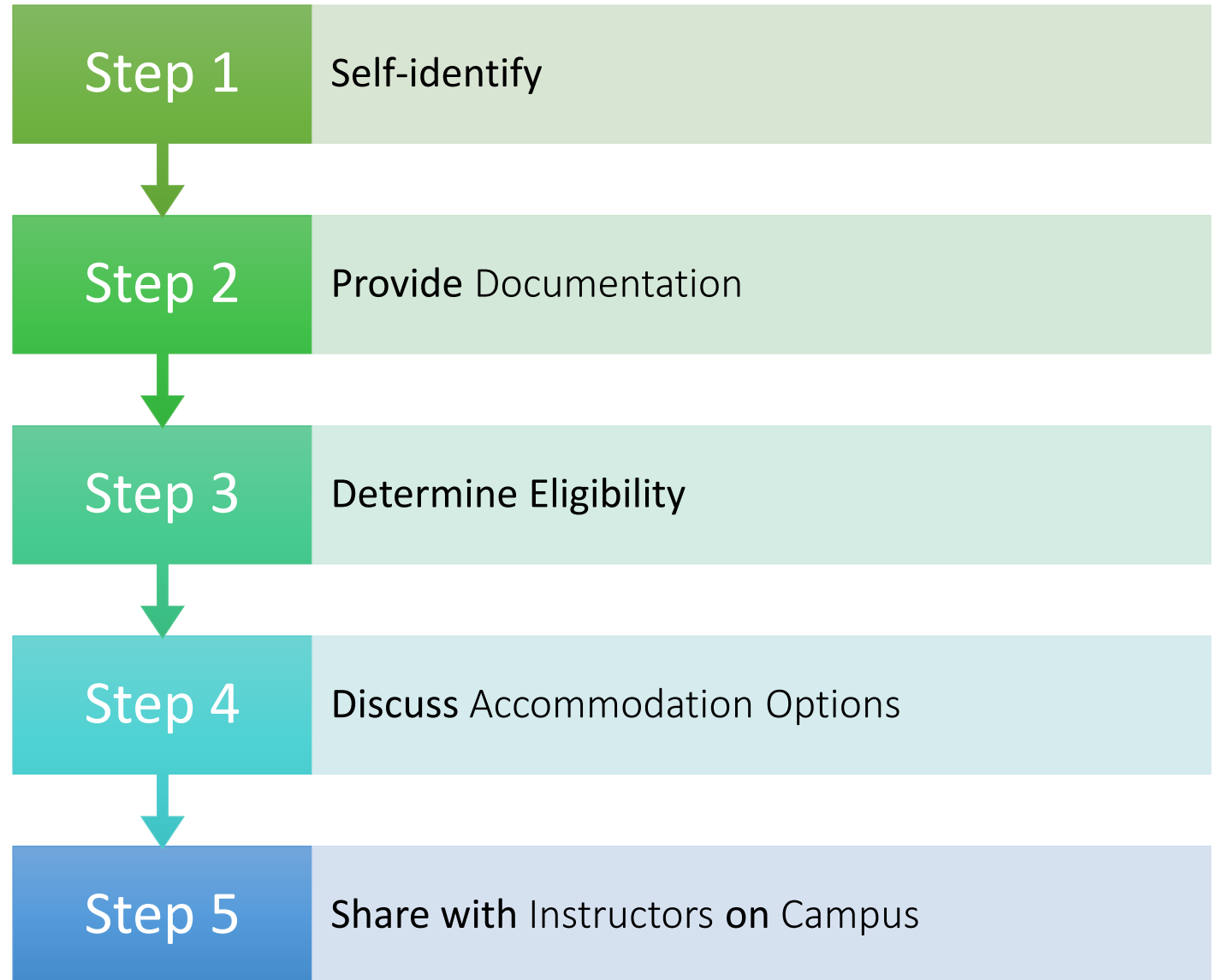
The word "CARE" is written in large, bold, sans-serif capital letters. The 'C' is blue, the 'A' is red with a white cross inside, the 'R' is blue, and the 'E' is blue. A thick, red, hand-drawn style underline runs beneath the letters, starting from the left and ending in a decorative flourish on the right.

Campus Assessment, Response
& Evaluation Team

Student Resources

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

Disability Services (DS)



Counseling Services

-
- Meet with a Licensed Professional Counselor
 - 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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