



Academic Support for Your Student

Fall 2014 Family Orientation
Office of Academic Life & Student Transitions

Session Overview

- Academic resources
- Transition from high school
- Common academic struggles
- What your student should do
- How you can help your student
- Things to keep in mind

Academic Life & Student Transitions

Academic Support Services, UC 210

- Academic petitions, withdrawals, and academic challenges related to health, personal and family issues and crisis

Academic Transitions, UC 115

- Academic monitoring and individual meetings for students experiencing difficulty with their transition to college
- Director for Student-Athlete Academic Services, Taylor Gym

Support Services for Students with Disabilities, UC 212

- Accommodations and coaching for students with ADD/ADHD, learning disabilities, and physical disabilities

studentaffairs.lehigh.edu/support

Academic Life & Student Transitions (contd).

Center for Academic Success, UC 4th floor

- Peer tutoring in select first and second-year courses
 - Drop-in/Walk-in Tutoring
 - Residential Studying/Tutoring (RST)
 - Weekly Small Group Tutoring
- Individual and group study skills assistance
 - One-on-one appointments with a staff member
 - Assistance with time management, test preparation, stress and test anxiety, note-taking, active study strategies, and much more...
 - Academic planning and goal setting

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Additional Campus Academic Resources

- Professors and TAs
 - Hold weekly office hours open to all students in course.
- Academic Advisors
 - Appointments to discuss course selection, academic planning
- Math and Writing Center, Drown 110
 - Math and writing tutoring by appointment
- Math Help Center, XS B001
 - Drop-in math help offered by Math department
- Library Services
 - Research assistance by appointment with librarians
- Rauch Center for Business Communications
 - Assistance with writing technique, rhetoric, presentation skills

A note on using resources...

Students can be reluctant to use resources and some think that they should be able to do it all on their own; there's a very real stigma associated with "seeking help"

What can we do?

- Normalize the experience of using resources; it is part of the college experience and everyone uses them!
- Explain that it's about making smart choices, and that students are successful because they have used resources

Transition from High School

Increased rigor – professors are asking how and why and are looking for students to apply what they know

Less time spent in class – students have more “free” time to manage and must spend more time learning independently

Larger class sizes – which translates to less personal attention and little, if any, accountability

Fewer exams – in many courses final grades are based on two exams and a final and exams are challenging and cover a lot of material

Common Academic Struggles

- High school study strategies don't work and students don't know what to do differently
- Students overestimate their knowledge; they work hard and think they know material but then don't do well on an exam.
- Students can have trouble managing time and achieving balance between studying and other activities

So, what should your student do if he/she is struggling?

- **Take responsibility, assess the situation, and make changes.**
Recognize that you are responsible for your successes and failures. Figure out what's not working and change the behavior. Try a new approach!
- **Go see the professor/TA** – this is the best thing any student can do when having trouble in a particular course, and often it's the thing that students are most reluctant to do.
- **Contact Academic Support Services** – meet with a member of our staff or use academic resources!

How can you support your student?

- Encourage your student to find and pursue his/her passions and to set short and long-term goals
- Talk about academic expectations now
- Listen – avoid being critical or judgmental
- Encourage your student to use resources, but refrain from saying, “You really need help!”
- Promote autonomy – give your student the opportunity to problem-solve and to take action

Things to keep in mind...

- The first semester involves a huge transition for many students; it takes a while for students to understand what is expected of them and to figure out what they need to do
- While we can encourage students to utilize resources, we can't force a student to take advantage of the support that is available on campus
- Barring an emergency situation or a real concern on our part for a student, FERPA prevents staff members from releasing information about grades and academic performance.

Dates to keep in mind...

- Students have *two weeks* to drop/add courses; any class you drop during this period will be removed from your transcript.
- Students can withdraw from a class through November 11th and earn a “W” – this is just after the 2nd round of major exams.
- The first round of *major exams* (called 4 o’clocks) begins the week of September 22nd (though some students will have exams before this!) October 28th begins the second round of 4 o’clocks.

THANK YOU!

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