

DEMYSTIFYING THE TRANSITION FROM HIGH SCHOOL TO COLLEGE



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**Collaborating with the
advantage
of two distinct
lenses**



CONCEPT:

Start with how first-year students fail to thrive in college, and back up to the role the IEC can play during the college search process

5 COMMON FIRST-YEAR PITFALLS

- 1. Managing Schedules and Downtime**
- 2. Using Resources and Finding Help**
- 3. Learning Professional Communication Skills**
- 4. Understanding High School vs. College Academics**
- 5. Practicing Independence**

1. MANAGING SCHEDULES AND DOWNTIME

How Do College Students Fail to Thrive in Their First Year?

- Over- or under-scheduling classes/activities
- Fearing alone time/FOMO
- Juggling life inside/outside the classroom
- Following through (with everything!)

What Can the IEC Encourage Students to Do?

- Create monthly calendar of “free time”
- Journal to document their personal experiences
- Break down projects using realistic deadlines
- Double-check instructions and tasks

2. USING RESOURCES AND FINDING HELP

How Do College Students Fail to Thrive in Their First Year?

- Not attending office hours
- Ignoring wellness resources on campus
- Failing to find mentors
- Redefining “adulting” for students

What Can the IEC Encourage Students to Do?

- Reach out to HS teachers for assistance
- Meet with advisors every month
- Request outside help if necessary
- Communicate with college admissions officers

3. LEARNING PROFESSIONAL COMMUNICATION SKILLS

How Do College Students Fail to Thrive in Their First Year?

- Not understanding email etiquette
- Not making appointments with staff
- Lacking professional phone skills
- Fearing public speaking
- Understanding college-level self-advocacy

What Can the IEC Encourage Students to Do?

- Teach students how and when to use email
- Schedule Appt's with IEC & HS Advisor/Faculty
- Set up voicemail and reminders to clean it out
- Practice interview skills/create elevator speeches
- Teach students self-advocacy skills in HS

4. UNDERSTANDING HIGH SCHOOL VS. COLLEGE ACADEMICS

How Do College Students Fail to Thrive in Their First Year?

- Expected level of analysis in writing
- Caliber of writing
- Crucial preparation for class
- Personal responsibility, fewer reminder

What Can the IEC Encourage Students to Do?

- Self-analysis focus: personal statements/essays
- Teach importance of the writing process
- Assign additional readings before appointments
- Prepare students for long-term tasks

5. PRACTICING INDEPENDENCE

**How Do College Students
Fail to Thrive
in Their First Year?**

- Not discussing the student/parent roles
- Lacking college-level expectations
- Managing resilience after setbacks

**What Can the IEC
Encourage
Students to Do?**

- Set expectations with parents
- Have students send a weekly email with updates
- Prepare students for all admissions decisions

**But What if
It's Not Enough?**



Thanks for attending our session!

Please join us in the live question and answer portion of this session.

The link can be found in the chat.