

5

Thomas Jefferson University Academic Success Center

Things to Know

When Helping Your New College Student Start College

If you are a parent or guardian reading this factsheet, we at the Academic Success Center know you are likely experiencing mixed feelings as you embark on this next journey together with your new college student.

We put together the top 5 attributes for college success along with the Top 5 things you can keep in mind for new Thomas Jefferson University students to make the transition to college. This can help you determine what your role might be in helping them ensure their success.

To get us started, here are **5 top qualities** successful students possess:

- 1. Curiosity:** This is the time for students to learn more about the world and how they can contribute to a positive future, both personally and professionally.
- 2. Integrity and Academic Integrity:** Students need to be doing their own work in preparation for their professions. Ethical research practices and honesty in coursework prepares them for the workplace.
- 3. A Sense of Responsibility:** Students have new freedoms as young adults, and their primary responsibility as a college student is to attend classes and learn from the experts on staff.
- 4. Accountability:** Doing the right thing is part of Jefferson's mission, and this includes even when it's uncomfortable or even difficult.
- 5. Responsiveness:** Students need to fully engage the resources to get the most of their education. That means showing up prepared to learn, participating in classes actively, submitting assignments, and responding to email or other forms of communication.

To help students grow these attributes, here are **5 ways to support your new college student:**

1. Tutoring and Other Academic Support

In all programs, students need to study to master the material and succeed academically. Active study strategies take both time and planning. At Thomas

Jefferson University, students engage in a culture of academic excellence by taking advantage of our free academic support services, whether it is professional content, time management or writing tutoring, peer tutoring, group drop-in study sessions, or even informal study sessions.

All of these options put the student in charge of their own learning and academic support so they can find methods that work best for them to advance their professional and career goals.

Help your college student by reminding them of these free services. There will be advertisements for events around campus and available digitally, or students can stop in/ call the Academic Success Center for more information.

2. Grading and Course Policies

All courses are important, whether they are GenEd Hallmarks requirements or for your college student's major. Each course in the student's first semester, for example, will contribute their overall learning, to their degree requirements, and to their GPA.

Every class's grading policy and breakdown will be different, but it will always be outlined in the course syllabus. You can think of the course syllabus as the roadmap to success in each course. When students are searching for how to be successful in a class, they should check the syllabus first and then ask the professor for clarification if needed.

In some classes, missing a test or major assignment might result in a makeup at a later time, but it also could result in a 0 with no chance of making it up. Some courses have flexible deadlines with late policies including point deductions, while others require that work be submitted by the deadline. The course policy in the syllabus will cover what to expect.

Understanding the different course policies in each class, also often covered in the first day of classes but also always accessible in the syllabus, will optimize your student's chances for success. If students have concerns about their success in a course, they should always communicate with their professor as soon as possible.

3. Time Management and Study Skills

Major changes are exciting, but also can be stressful. For many students, this might mark the first time that they are responsible for their own schedules, including attending class consistently, making time to prepare for classes and study for tests, as well as make important social connections and engage in self-care. Nutrition and enough sleep are key to fuel their success too!

If students get overwhelmed with new freedom, you can remind them that they can schedule an appointment or attend a workshop with our time management and study skills professional tutors to get more information in effectively managing their time tailored to their experiences. Making the time to work with the academic success coaches early in the semester, or whenever they need some insight into using their time more effectively, can be key to their overall success.

4. Making Use of Resources

Your student is not alone! There exist a whole host of professionals dedicated to ensure your student's successful transition to college, from Res. Life, to Academic Advisors, to Counseling Services, and faculty and program directors, and, of course, all of us at the Academic Success Center. And that's just to highlight a few of the many offices and staff here to help. If a student needs support, they can start by contacting their First Year Advisors, who can help them identify the resources they need. Not sure how they know who their advisor is? Their First Year Advisor will reach out via Jefferson email in the first few weeks

An additional note on Tech Support Resources: Students should be checking their Jefferson email every week over the summer, and every day once the semester starts. If they have any tech issues, they should contact: EFHelpDesk@Jefferson.edu.

5. Family Support

Even though this summer marks a big transition for your new college student, they will likely still need some help from those people in their lives who know them best throughout their college careers. As you navigate this new dynamic together, you might be able to remind them of some of these resources as they need them.

In the days leading up to classes, whether your student is commuting or living on campus, make sure they have checked for any updates to their schedule, know where their classes are, have their Jefferson email working, and have started to access Canvas, where professors will post syllabi and other course policies. If they completed Math and Writing placement over the summer, they have already practiced logging into Canvas.

Bonus tip: For students who previously had IEPs or other accommodations, know that in college, the student needs to reach out to Accessibility Services themselves to continue receiving academic accommodations. We recommend that all students who used accommodations in the past to reach out to Zoe Gingold (ZoeAnn.Gingold@Jefferson.edu) to get the process started as soon as possible.

If you have questions, please contact TJU_EF_Advising@jefferson.edu

We are happy to help!

The Academic Success Center Team