Families of Commuter Students Orientation: Getting Connected

Student Activities Office
As a result of this session you will be able to....

- Understand the student experience
- Identify ways that NDSU supports student success
  - Learn about on campus resources for you and your student
What is a commuter student?

- **Definition**: a student who does not live in University provided housing.
- NDSU has a requirement for all first-year students to live on-campus unless:
  - Students live with a legal guardian in their primary residence within a 35 mile radius of campus
  - Students enrolled in 11 or fewer credits
  - Married students
  - Students with custody of a child
  - Have extenuating circumstances such as a severe medical condition, financial hardship for which there is no other solution, or family consideration.
  - Student graduated from high school prior to Spring 2023 semester
- **Be sure you have completed the exemption form**
- **Check out a Res Hall contract via the Res Life website**
How may my students experience differ?

- Time Management
  - Commute Time
  - Downtime on campus
- Making Connections
- Support Systems
Time Management

Commute Time
- Drive/Bus Time
- Park Time
- Walk Time

Downtime on Campus
- Find their spot to study
- Make a plan for what/how to eat
- Pay attention to activities taking place they could participate in
- Go and exercise at Wellness Ctr
- Get a part-time on-campus job
- Hang-out places where they can meet other people
Support System

On-Campus
• Student Activities Office
• Counseling Services
• Health Services
• CARE Team
• Career & Advising
• Academic:
  – ACE Tutoring
  – Writing Lab
  – Center for Accessibility & Disability Resources

At Home
• Understand dynamic of relationship may change as student exerts independence
• If you notice significant behavior change encourage student to reach out to campus resources
Learning from the Best!

• Parents who have done this before:
  – What advice do you have for first time parents?
• Parents who are first timers:
  – What questions do you have?
Next Steps: Lunch & Student Activities Office Visit

- Reserved seating in the back of West Dining Center
- Find your seat first and then grab your food.
- Beverage stations are located in the reserved seating area as well as other seating areas.
- A dietician will be available near the check-in stand, if needed.
- Gather for a visit to the Student Activities office at 1:30 outside the entrance of West Dining Center. If raining, we’ll gather in the reserved seating area.
If you have any questions...

Contact Information
• Email us at:
  ndsu.sao@ndsu.edu

• Call us at:
  701-231-7799
Student Activities Office Visit

Families of Students Living Off Campus
What Might Your Student Experience

- Feeling of isolation or disconnect
- Struggle to find a new community
- Reliance on friend group from high school
- Navigating parental relationships as an adult (but maybe still living at home)
  - Struggle to set boundaries
  - Parental expectations
How do we address these concerns?
Making Meaningful Connections

• Takes time and effort
• Encourage your student to spend time on campus before, in between, and after classes
• Encourage your student to attend campus events
  – Welcome Weekend & Welcome Week
  – Campus Attractions Events
• Encourage and support your student joining clubs and organizations
• Encourage your student to try a new experience and go out of their comfort zone and then be open to new ideas and experiences your student might share
What do your students like to do? What are their interests?
What does NDSU Provide

• 270 Student Organizations
  – Club Sports
  – Fraternity/Sorority Life
  – Academic; Faith; Cultural; Special Interest
• Volunteer Network
• Campus Attractions
• Campus Events

• Music & Theater
• Wellness Center
  – Intramurals
• On-campus employment
• Research with a faculty member
• Athletic Events

SPEND TIME ON CAMPUS!!
We Can Build It… But….

- Ask questions
- Don’t solve the problem for them but provide resources if known
- Let them struggle (it’s how they learn)
- Listen
- Be supportive and encouraging
- Let them roam (as Bison do)
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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