Welcome

First to Go: Supporting Your Student
HOW CAN YOU HELP YOUR STUDENT?

• Be ready for changes
• Be in the know
• Be prepared to offer support
Here come the changes!
Transitions and Changes

• **Transitions are tough**
  • How often you communicate will change
  • How you communicate will change

• **Be ready for mixed emotions**
  • Both parent and student will have positive and negative feelings

• **Trust is key**
  • Students who feel trusted have more self-confidence, stand up for their beliefs, can say no when the situation calls for it
  • Students who feel mistrusted won’t communicate about their life at college, will look to others for support (some may be bad influences), and will keep secrets
The Bright Side of Change

• Get to know your student on a different level
• The College Experience prods both student and parent out of their comfort zones
• Gain a new sense of appreciation of each other
• Start an adult relationship with your child
• Your household may experience moments of ‘peace and quiet’
Being in the Know!

BECOME A PROUD CARD-CARRYING KNOW-IT-ALL
Learn about NDSU and it’s services from the website:

Many of your questions can be answered on the NDSU website, as long as you know where to look. Let’s explore a bit...

https://www.ndsu.edu/

ndsu.helpdesk@ndsu.edu
Academic Support/Resources to know

- **Tutoring resources**
  - ACE, Center for Writers, SSS

- **Advising resources**
  - ARC, academic advisers, SSS

- **Navigate**
  - Advising platform and campus guide

- **Blackboard**
  - Information on course assignments/grades

- **Campus Connection**
  - Billing, official grades, textbooks
Places where students can go:

• Advising Resource Center (ARC)
• Student-run professional organizations
• Information Technology (IT)
• Bookstore – supplies, textbooks
• Wallman Wellness Center
• Career Center
• Counseling Center
• Student Government
• Study Abroad
• Disability Services
• ACE
• TRIO: SSS
Things to know...

• FAFSA (Free Application for Federal Student Aid)
  • Must be completed every year

• Money managing
  • FERPA Consent to Release Form (available through NDSU One Stop)
  • Discuss bills and payments with your student

• Unmet financial need
  • Options to cover balance after financial aid

• Paperwork
  • Due dates and deadlines are unforgiving – turn in forms ASAP
  • Some programs/scholarships require tax forms, medical records, etc.
Important offices:

• **One Stop:** Information about students’ accounts, financial aid, scholarships, tuition, bill payments, registration and student records maintenance.

• **Customer Account Services:** Manage unpaid bills and collecting fees.

• **Financial Aid and Scholarships:** FAFSA appeals, and other financial issues that need more in-depth help than One Stop provides.

• **Registration and Records:** Information on registration, academic records, transcripts, and access to various forms like appeals and waivers.

• **Disability Services:** Facilitates equal access in academic pursuits, promote self-advocacy, and foster inclusion for students with disabilities.
Being Prepared to Support:
A good way to support your student is to understand NDSU’s role in their life. The campus community provides:

- Opportunities in academic and non-academic areas
- Challenges and support
- Emotional management
- A path to independence
- Encouragement in self-exploration
- A chance to identify and pursue their purpose
Some Advice:

• **Available resources**
  Encourage students to use the Wallman Wellness Center, Career Center, Counseling Center, ACE Tutoring, Center for Writers, Disability Services, TRIO/Student Support Services

• **Campus involvement**
  Stress the importance of joining campus activities – clubs, intramural sports, Student Government, and professional development organizations

• **Fargo culture**
  http://www.fargomoorhead.org/
Some Communication Tips

Letting go and allowing students to make mistakes is one of the more difficult transitions for parents. When communicating with your student, remember:

- Be interested, but not intrusive
- Try not to make conversations feel like quizzes
- Ask what your student is learning, rather than what their grades are
- If you can, avoid constantly calling/ emailing
- Ask what they’re getting involved in; let them share their enthusiasm
Quick Summary/Closing Notes

• Be ready for change, stay positive, be interested, and trust your student

• Familiarize yourself with NDSU’s website and resources

• Check campus email and Campus Connection
  • Once per week over the summer and more often during school

• Submit all paperwork
  • Transcripts, Medical documents, etc...
Misc. Closings

• TRIO | Student Support Services

• Provides a range of services for first-generation students, students with disabilities, or students who meet a federally set income level
• 10 workshops/ cultural events scheduled for 2019-20
• 701-231-8028
• https://www.ndsu.edu/trio/studentsupportservices
Questions?