Slide 1

FLORIDA STATE UNIVERSITY

Engaging Family Supports to Help You Succeed at School

Shannon Bernick, M.Ed., M.S.W.

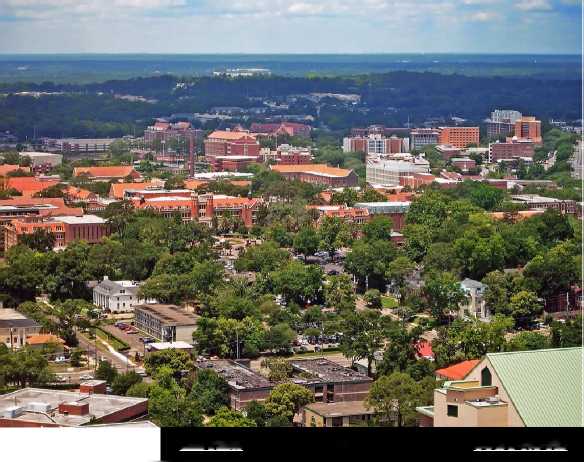
Accessibility Specialist Office of Accessibility Services

Slide 2

Differences in High School and College

* Transitioning from shared responsibility to independence
* Living Arrangements
  + Family vs. Roommates
  + Household Chores
  + Laundry
  + Meal Planning
* Life Skills
  + Time Management
  + Budgeting
  + Healthcare, Nutrition and Exercise
  + Self-Care

Image: Aerial view of FSU campus



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Slide 3

Importance of Engaging Family Supports

* [The Freshman Myth](https://www.huffpost.com/entry/high-school-to-college-tr_b_620043)
* Provide support to ease transition
  + Emotional
  + Financial
  + Academic
* Remember each student and family is unique.

Image: Smiling family sitting on couch



Slide 4

Emotional: Staying Connected

* Home Supports
  + Schedule check-ins
  + Participate in programs offered by NSFP
    - [Family Weekend](https://familyweekend.fsu.edu/)
    - [Family Resources](https://dsst.fsu.edu/nsfp/family)
* Campus Supports
  + [Build a campus family](http://welcome.fsu.edu/)
  + Engage with faculty and staff
  + [Counseling and](https://counseling.fsu.edu/) Psychological Services

Slide 5

Financial: Increasing Independence

* Family Supports
  + Researching and referring to available resources and scholarships
  + Assisting in job search
  + Teaching budgeting skills
* Campus Supports
  + Apply for [financial aid](https://financialaid.fsu.edu/apply-aid)
  + Apply for [scholarships](https://fsu.academicworks.com/)
  + Apply for [private scholarships](https://studentbusiness.fsu.edu/how-pay/private-scholarships)
  + Search for a job
    - [Career Center](https://www.career.fsu.edu/)
    - [CHAW](https://chaw.fsu.edu/topics/wellness/financial-wellness)
    - [Financial Wellness Seminar](https://calendar.fsu.edu/event/financial_wellness_seminar_banking_basics_for_students%23.YN3Z_RNKiqA)
* Visit the Food for Thought [Food Pantry](https://dsst.fsu.edu/resources/food-for-thought-pantry)

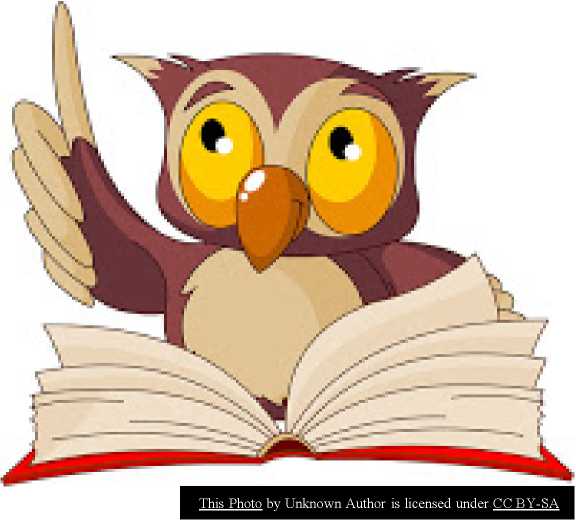
Slide 6

Academic: Enhancing Learning

* Family Supports
  + Discuss concerns, progress, and goals
  + Assist in scheduling and planning
  + Assist in test preparation
  + Research and refer to resources
* Campus Supports
  + Attend class and professor’s office hours
  + Work with a Personal [Academic Consultant](https://ace.fsu.edu/study-tools-and-tips/personal-academic-consultations-pac) or [tutor](https://ace.fsu.edu/tutoring) at ACE
  + Visit the [Writing Center](https://wr.english.fsu.edu/reading-writing-center)
  + Apply for an [internship](https://www.career.fsu.edu/nolenetwork)
  + Register with the [OAS](https://dsst.fsu.edu/oas)

Words of Wisdom

[Image of cartoon owl reading a book]



Slide 8

What if I’m Unsure Who Can Help?

If you’re unsure who to talk to about your concern, start with the OAS.

Walk-in hours available.

[oas@fsu.edu](mailto:oas@fsu.edu)

850-644-9566

108 SSB / 874 Traditions Way