Slide 1

FLORIDA STATE UNIVERSITY

Engaging Family Supports to Help You Succeed at School

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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

850-644-9566

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