

Engaging Family Supports to Help You Succeed at School

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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

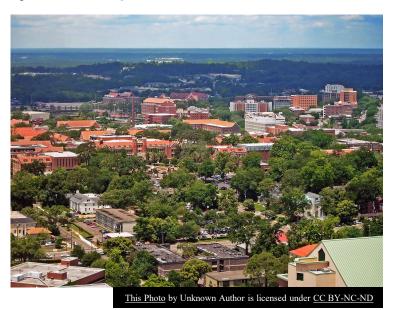


Image: Aerial view of FSU campus



Importance of Engaging Family Supports



Image: Smiling family sitting on couch

- The Freshman Myth
- Provide support to ease transition
 - Emotional
 - Financial
 - Academic
- Remember each student and family is unique.



Emotional: Staying Connected

Home Supports

- Schedule check-ins
- Participate in programs offered by NSFP
 - · Family Weekend
 - Family Resources

Campus Supports

- Build a campus family
- Engage with faculty and staff
- Counseling and Psychological Services



Financial: Increasing Independence

Family Supports

- Researching and referring to available resources and scholarships
- Assisting in job search
- Teaching budgeting skills

Campus Supports

- Apply for <u>financial aid</u>
- Apply for <u>scholarships</u>
- Apply for <u>private scholarships</u>
- Search for a job
 - Career Center
 - CHAW
 - <u>Financial Wellness Seminar</u>
- Visit the Food for Thought <u>Food Pantry</u>



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 <u>Personal</u>
 <u>Academic Consultant</u> or <u>tutor</u> at ACE
- Visit the <u>Writing Center</u>
- Apply for an <u>internship</u>
- Register with the OAS



Words of Wisdom



Image: Owl with book



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
- 108 SSB / 874 Traditions Way