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
Importance of Engaging Family Supports

• **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 financial aid
  - Apply for scholarships
  - Apply for private scholarships
  - Search for a job
    - Career Center
    - CHAW
    - Financial Wellness Seminar
  - Visit the Food for Thought Food Pantry
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](#) or [tutor](#) at ACE
  - Visit the [Writing Center](#)
  - Apply for an [internship](#)
  - Register with the [OAS](#)
Words of Wisdom

Image: Owl with book

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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