



FLORIDA STATE  
UNIVERSITY

# 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



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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 [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



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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](mailto:oas@fsu.edu)
- 850-644-9566
- 108 SSB / 874 Traditions Way