Support Resources to Foster Student Success

Mike Altomari, Assistant Director, PSEO & Concurrent Enrollment

Big ideas. Real-world thinking.
What to Expect During Year One

- Honeymoon
- Culture Shock
- Mental Isolation
- Initial Adjustment
- Acceptance & Integration
Resources at MSU

- Academic
- Activities & Events
- Health & Wellness
- Support Services
Challenges During Year One

- Freedom & Independence
  - Becoming Self-Sufficient
- Reality Check
  - Academic Expectations
- Homesickness
- Time Management
- Major/Career Selection
- “Failure”
- Clarifying Goals/Priorities
Academic Resources

• **Center for Academic Success**
  < Tutoring for many courses including writing, languages, science, math, and business!

• **New Student & Family Programs**
  < Undecided advising, Learning Communities, family involvement

• **Memorial Library**
  < Outstanding librarians and TONS of resources online

• **Academic Advisor**
  < Can help with more than just “picking classes” if you let them!

• **Career Development Center**
  < Exploring Careers & Majors, finding part-time work, preparing for world of work, etc.
Social/Activity Resources

- **Student Events Team**
  - Student-led campus programming, events, speakers, etc.
- **Recognized Student Organizations**
  - HUNDREDS of options! Or make your own!
- **Community Advisor (in residential halls)**
- **Campus Recreation/Intramural Sports**
  - Rec center, group fitness classes, Club Sports, rock wall, and MORE!
- **Student Activities**
  - Greek life, leadership opportunities, community engagement, etc.
Health & Wellness

- **Accessibility Resources** (for students with disabilities)
  - Academic accommodations, accessibility, advocacy
- **Student Health Services**
- **Counseling Center**
  - FREE, confidential services; 10 sessions per academic year
  - Over the phone consultations
- **Dental Clinic**
  - Affordable fees for dental cleaning and other services, completed by dental hygiene students under professional supervision
The Role of Parent

...is an important one!
Communication

• Talk about how you will keep in touch
• Be a coach rather than problem-solver
• Be an anchor

• Going to college requires acquiring knowledge & gaining new skills (for student and parent!)
Resilience

- **Resilience**
  “process, capacity or outcome of successful adaptation despite challenges or threatening circumstances,” and “good outcomes despite high-risk status, sustained competence under threat and recovery from trauma”

- Level of resilience determined in part by amount of adversity experienced through life experiences
- Affects ability to make decisions & cope with difficulties
- Strengthened by strong sense of identity, self-efficacy, cultural/social capital, and access to support services
If You Are Worried…

• Campus Resources parents may utilize:
  < Counseling Center: 507-389-1455
  < Family Services Program: 507-389-5498
  < Multicultural Center: 507-389-5498
  < Office of Disability Services: 507-389-2825
  < Security: 507-389-2111
  < MavCARES Referral: mnsu.edu/student/alert
  < Academic Advisor (general information)

• Boundaries:
  < FERPA (sound familiar yet?)
  < “But I signed that form!”
  < Work with your student, not for him or her.
But Remember…

Honeymoon → Initial Adjustment → Culture Shock → Mental Isolation → Acceptance & Integration
Thank You!

Big ideas. Real-world thinking.