

TIPS FOR SUPPORTING YOUR STUDENT AT SCHOOL

Classes

Ask your student about their classes. Are they going to them and how are they going? Regular attendance is critical for academic success: it allows students to connect with their faculty and consistently engage course material.

Schedule

Consider academics a full-time job. A typical course load is 15 credit hours. The rule of thumb is two hours of homework per hour spent in class. **A student that is in class for 15 hours a week has 30 hours of outside work, totaling 45 hours a week just on academics!** There are also friendships to establish and maintain, campus organizations to join, service learning projects to do and often a job to manage. It's a lot to balance so asking them about their schedule and ability to juggle it all can be critical for their success.

Faculty

Regis is committed to teaching our students more than textbook answers. In addition to classroom instruction, students have the opportunity to engage with their professors through office hours and academic advising sessions. Students can, and should, build positive, supportive relationships with faculty.

RESOURCES FOR YOUR STUDENT

At Regis, student success is more than a phrase - it's a philosophy. That's why we have over 15 different departments and offices dedicated to helping your student feel empowered in their educational journey. Explore these resources and more tools for families at regis.edu/families.

Academic Catalogs and Calendar

regis.edu/catalog

Campus Safety

regis.edu/campussafety

Career and Professional Development

regis.edu/ccpd

Counseling and Personal Development

regis.edu/ocpd

Diversity, Equity and Inclusion

regis.edu/diversity

First Year Experience

regis.edu/fye

Housing

regis.edu/housing

Learning Commons

regis.edu/learningcommons

Military and Veterans Services

regis.edu/milvet

Student Accounts

regis.edu/studentaccounts

Student Disability Services and University Testing

regis.edu/disability

Student Health Services

regis.edu/studenthealth

Title IX

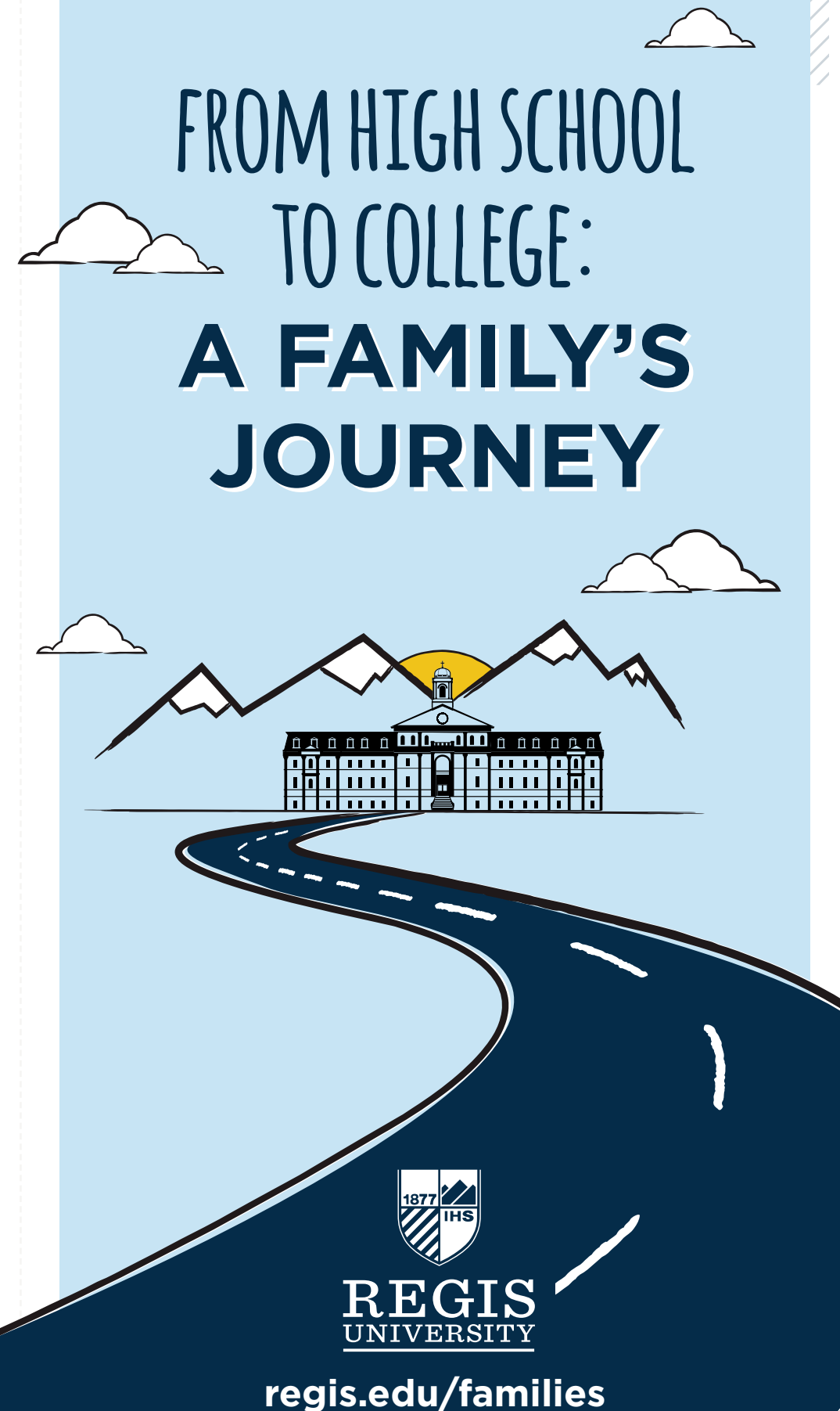
regis.edu/titleix

University Ministry

regis.edu/universityministry

Victims Advocacy and Violence Prevention

regis.edu/vavp



No matter your family framework, background or plans, navigating your child's transition from high school to college changes many family dynamics.

Emotional Honesty

Transitioning to college is a big change, and, as excited and proud as you are about your child's next step, you may also feel anxious or fearful. Be open to honest discussion with your family about your feelings, hopes and fears.

Create Room for Growth

Understand that your college student will grow the most in their first year — academically, culturally, emotionally, financially, intellectually and spiritually. This is all part of a young person discerning and establishing themselves in the world.

Money

Discuss finances. Have an open and honest conversation about your expectations surrounding money and budgeting.

Sometimes it's Hard

Transitioning to college is a roller coaster filled with emotional highs and lows for all college students. Academic and social successes, challenges and even failures are all part of learning and growing into an adult. We also realize that college communities aren't immune

to the systemic issues that manifest themselves in our society. To combat those issues we lean into our institutional mission and values, our community expectations and standards, and provide strong resources for advocacy, education and accountability.

Celebrate

Treat yourself! Take the time to reflect on this milestone in your lives, the sacrifices that it took to get here, and how special this opportunity is for you all.

Changing Roles

Start making plans to adjust to new family norms, routines and involvement. Whether your college student is living at home, 2,000 miles away, or somewhere in between, in many ways your role will change from daily manager to outside advisor. You are a partner in the process — imagine your student behind the wheel and yourself in the passenger seat.

Independence

Promote problem-solving independence by asking questions about how they may solve problems on their own. Encourage them to seek out campus resources to help them through that process.

Stay Connected

Develop a communication plan together. It's important to stay in touch — and discuss with your student how often you want to call, text, FaceTime or Zoom during this transition.

They Are Not Alone

Regis has all kinds of resources to support your student — faculty advisors, resident advisors, diversity ambassadors, counselors, tutors, peer ministers, hall directors, commuter assistants, financial aid counselors, coaches, deans, assistant deans, campus safety officers, librarians, etc.

Seek Help Early

If your student is struggling academically, encourage them to seek help early. Academic advisors, resident assistants, commuter assistants and faculty members can all connect students to The Learning Commons for tutoring and writing assistance.

If your student is having a hard time navigating the campus community or connecting to it due to their identities, encourage them to contact the Diversity, Equity and Inclusive Excellence office, their Diversity Ambassador, or one of our many identity-based student affinity organizations.

If you are concerned about your student's emotional or psychological well-being, the office of Counseling and Personal Development is available. Services are confidential, free and will equip students with tools to assess and navigate through challenges.

Encourage Connection

Developing a sense of belonging at Regis is critical for your student's success. Encountering others in and out of the classroom gives the opportunity to foster a feeling of belonging. Going to campus events, participating in clubs and

organizations, playing intramural sports or joining outdoor programming, can help students to develop lasting connections. Encourage your student to get involved on campus to help them get the most out of their college experience.

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