



## First Year Transition

College can be a challenge. We here at the office of Student Enrichment and Family Connections understand. A student's first year at college is drastically different from his/her first year at high school. There are new challenges, different people, and more opportunities. We recognize that as parents, your children are still being influenced and shaped by your example – as they should. However, it is your support and motivation that will ultimately prove to be invaluable during this time of transition for your son/daughter.

High School and College are very different. Here are some of the big differences and how you can manage the changes in stride:

| <b>High School</b>                                                                                                                                                         | <b>Rowan</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Class Rank – Most Rowan students excelled in high school and were ranked in the top of their class. Rowan is competitive in its admissions process.                        | Now, your child is competing with the best students from many high schools. First year grades often are lower than in high school. There are now different academic pressures on a student. If there are academic issues, please encourage them to contact the Academic Success Center for assistance. Free tutoring is available.                                                                                                                                        |
| Housing Arrangements – Often, students had their own rooms and only shared a bath with family members.                                                                     | Students live in a totally new environment, often with a virtual stranger. Getting along and resolving issues among roommates is one of the greatest challenges for our students. Students can resolve almost all disputes and issues on their own or with the help of RA's and the Residential Learning staff. We have considerable experience assisting students with resident issues and will be happy to work with your child to help with any situation that arises. |
| Academics – Rigid, recurring schedule. Most of the day is spent in class. Classes usually meet five times a week. Teachers often remind students when assignments are due. | Most classes meet one or two times a week and maybe at night. Less time is spent in the classroom and more time is devoted to studying. Students have flexibility to select a class schedule that is convenient and fits their personal life style. The course syllabus is an important document and should be referred to frequently for due dates and assignments. Students should meet with their advisor each semester to make sure they are on track for graduation. |
| Time Management – More time is spent in the classroom. Outside activities usually involve sports, jobs, and friends.                                                       | More time is spent studying than in the classroom with at least 2-3 hours of study for each hour of class. Many professors do not lecture from the book but students are responsible for knowing the content. Outside activities also take up time. Time management seminars are offered by the Academic Success Center for students struggling with their schedules. Students should learn to manage their own time.                                                     |
| Exams – More frequent exam schedule, often at the end of a chapter or unit.                                                                                                | Exams occur less frequently. Some classes only have a mid term and final. Usually more content is covered than in high school for an exam.                                                                                                                                                                                                                                                                                                                                |
| Autonomy – Parents set daily boundaries and establish daily expectations.                                                                                                  | Students are making their own decisions with little or no direct intervention. They should learn to ask for help when they need it. Parents should support this learning process by asking questions and giving advice where the parent's role changes to that of a coach/confidant.                                                                                                                                                                                      |

For both you and your child, this is a time of transition. Students want the challenges associated with being a full time college student and they want to make their own decisions. The role of parents should be to allow your child to explore their new world just as we have done throughout many other times in their lives. Rowan University has a caring and professional staff to assist and support your child. We welcome this opportunity to help turn your children into great men and women with excellent analytical and decision-making skills.