

SOAR

Helping Your New College Student Succeed

Tips from UCA Faculty & Staff for New Family Members

Summer 2022



Welcome from UCA Faculty & Staff

We're glad you and your student are here!

- INTRODUCTIONS



Today's Session

I: What are the students doing right now?

II: Academics and Degrees at UCA

III: How can I help my student succeed at UCA?

IV: Resources for families



The Advising Session

- You're here, they're there ... why?!
- **Assigned Professional Academic Advisors at UCA**
- **Success Team Member #1**



The Advising Session

Small Group Sessions today

Faculty 101

- Faculty expectations
- Classroom procedures
- Get to know your college



The Advising Session



Meet Your Advisor

- The advising process

Registration Items

- Academic Maps
- The UCA Core
- Residential College courses
- First-Year Seminar (FYS) courses
- Transitional courses
- Credit hour requirements for scholarships



The Advising Session

- Using myUCA Self-Service
- Review of Fall Schedule of Classes
- Changes to Schedule or Major Changes over the Summer
- New Bear Central – Online Summer Orientation (Blackboard)



SOAR

QUESTIONS?



SOAR


II. The UCA Education




II. Understanding a UCA Education

One of the first questions we often ask new students is “Why are you here?”





If only I could
major in
“hanging out
with friends.”



Your mother
and I want you
to get your
degree and get
a good job.

College is NOT Job Prep

College IS about:

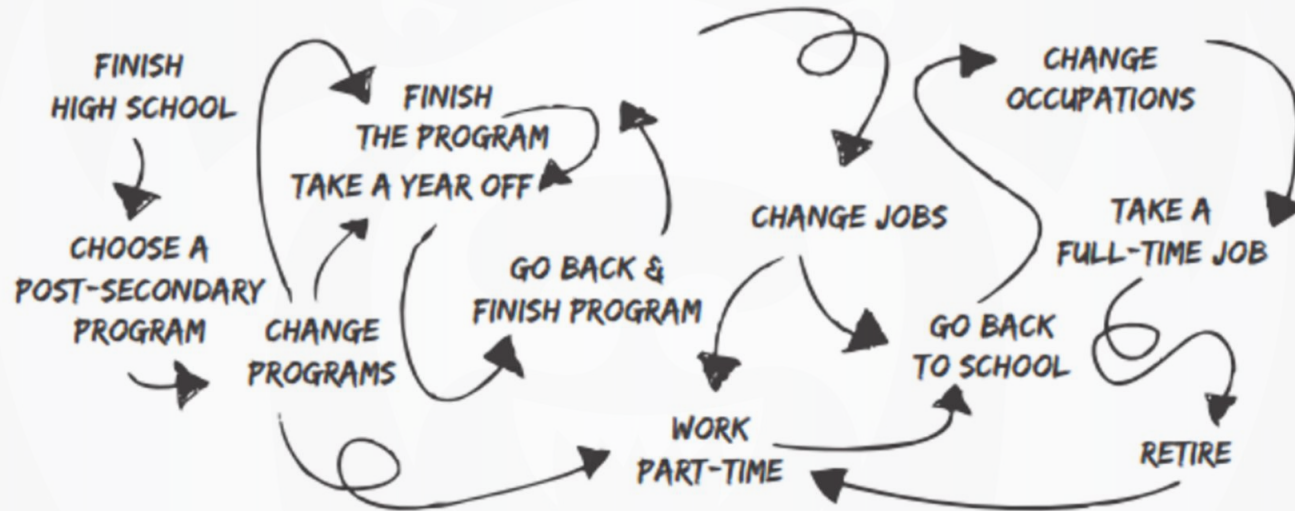
- Learning & gaining knowledge
- Building skill sets
- Exploring the world
- Finding a (career) path



The Myth about the College to Career Pathway



The Truth about the College to Career Pathway Now



(This is Your Life, A Career and Education Planning Guide, Government of Alberta, page 3)

The UCA Education in 4 Parts

1. Complete the UCA Core
2. Focus on a Major/Minor
3. Participate in experiential learning opportunities
4. Learn through co-curricular experiences



Part 1: The UCA Core

Most students enroll in UCA Core courses during their first and second semesters (LD Core) and again in their senior year (UD Core).

Lower-division Core courses include:

- College-level mathematics
- Sciences
- Writing I & II
- Humanities and Social Sciences
- Arts Appreciation

Students may transfer in credit for Core courses through concurrent credit, transfer credit, or AP credit



The UCA Core

Academic Vitality,

Integrity, and Diversity



Capstone Experience (Z)

Course/Experience at the senior level incorporating Critical Inquiry and Communication from major, minor or electives

Diversity (D)

Minimum of 3 hours at the junior or senior level from major, minor or electives

Critical Inquiry (I)

Minimum of 3 hours at the junior or senior level from major, minor or electives

Communication (C)

Minimum of 3 hours at the junior or senior level from major, minor or electives

Responsible Living (R)

Minimum of 3 hours at the junior or senior level from major, minor or electives

22-26 Hours – Remaining Lower-Division (General Education) Core Classes

12-16 Hours First-Year Foundation

Written Communication (6 hours), Lab Science, Math, First-Year Seminar

Part 2: The Major (and Minor)

- UCA offers 86 undergraduate programs of study (“majors”)
- Major \neq Career
- Majors can (and often do) change
- Finding a major and/or minor =
Area(s) of interest (existing) +
Skills (and areas for development) +
Intellectual curiosity





The Degree

(BA, BS, BSE, BBA, BM, BME, BFA, BSN)

Core (Lower and Upper; First-Year Seminar)

Major Requirements

Special Degree Requirements

- Foreign Language
- Additional Science and Math
- 40 Hours of Upper-Level coursework

See: Academic Maps and the Undergraduate Bulletin (the “course catalog”) at www.uca.edu





FYS Courses

Service Learning

Internships

Global Study

Part 3: Experiential Learning (High Impact Practices)



Part 4: Co-Curricular Engagement

Key for skills development as well as fun!

- **200+ RSOs (Registered Student Organizations)**
academic organizations, interest groups, religious organizations, Greek life
- **Campus events**
identifies skills: professional, personal wellness, diversity, community engagement



The Bear E(X)perience

A Co-Curricular Transcript Experience



SOAR



**QUESTIONS
about
academics at
UCA?**



SOAR



III. Becoming Part of Your Student's Success Team



UCA's #1 Strategic Goal is to support and empower *all* of our students to succeed.

- Provide students with guidance and support necessary to developing the knowledge, skills, and habits necessary for academic success.
- Provide students with guidance, resources, and opportunities that enable them to meet their basic needs and maintain their physical and emotional health.
- Emphasize diversity, belonging, equity, and inclusion in structuring learning environments and will seek to recruit and retain faculty who reflect the demographic diversity of the student body.
- Provide inclusive access to a variety of high-impact educational practices that support students' cognitive, social, and emotional growth.
- Support the development and implementation of teaching practices designed to reduce achievement gaps for underserved students.





Challenges of New Students for Faculty & Staff

Students come to us with a variety of:

- Needs
- Goals
- Motivation levels
- Academic preparedness
- Communication skills

FERPA

- Our students are “adults,” legally, so we must work directly (and only) with them regarding their educational record
- FERPA – Family Educational Rights and Privacy Act
- This means that students must learn to self-advocate.
- See the Family Resources Tab on [*uca.edu/studentsuccess*](https://uca.edu/studentsuccess)



First-Year Challenges

- 18 or 50 years-old, new college students are in stage of transition
- New environment, people, schedule
- New responsibilities
- New expectations from faculty
 - More independent work
 - Longer timeframes
 - “Adulting”



Six Areas of Adjustment

What is it?

Academic



Students will take a more active role in their learning than they had to in high school and have the ability and know-how to meet the increasing demands of college.

Cultural



Students will interact with others of various cultures, religious beliefs, sexual identities and orientations, ages, and abilities, in a variety of settings.

Emotional



Students will need to be prepared for the stressors of college and develop habits and behaviors to cope with these changes.

Financial



Students will need to demonstrate basic financial literacy, an understanding of the costs of colleges, and methods for paying for those costs.

Intellectual



Students will have the opportunity to join an academic community that includes fellow classmates, faculty, and college administrators.

Social



Students will be faced with shifts in their relationships, finding a new peer group and handling the pressure of fitting in.

The First Semester Experiences

August	September	October	November	December
Fitting in, finding new friends	First exams and projects due	College expenses become "real"	Balancing family expectations (holidays)	Finals "crunch" and finishing strong
Homesickness	Time management issues	Roommate and relationship issues	Managing stress	Managing time, stress, and tasks
Adjusting to the pace of new semester	Lower-than-usual grades	Planning for the rest of the semester	Maintaining good health and health habits	"Culture and expectations shift" at home
Social busy-ness	Accessing resources	Getting into a rhythm	Degree plans and advising	Moving out for the break



How to Support Your Student

Parenting as “partnering” & “coaching”

- Hold conversations about their concerns
- Ask questions, instead of giving answers
- Encourage self-advocacy, persistence, and patience
- Encourage them to use campus resources



Summer Discussions

Ask: Why are you going to college?

- For a job? An education? The experience?
- Note that:
 - Unlike HS, this is optional ...maybe
 - Motivation and persistence will be key to completion



Ask: How will you take care of YOU?

- Eat breakfast every day!
- Get enough sleep
- Set an alarm that you will hear
- Make your bed and keep your room and course materials organized
- Know how to “say no” to distractions



SOAR

Ask: What do you know about your finances?

- Missed classes are money lost
- Students without books get behind quickly
- Part-time work is good; full-time work is too much for most students
- Requirements of scholarships, loans, grants
- Easier to keep up in class than catch up!
- CashNet



SOAR

Ask: How are you going to be successful in your academics?

- Engage in your studies. Participate!
- Use active learning.
- Become a better student. Attend workshops, get tutoring, use resources.
- Read the syllabus. Always.
- Plan ahead. Manage your time!



SOAR

**Finally, ask:
Who can help you
with that at UCA?**



Every Student has a Success Team at UCA

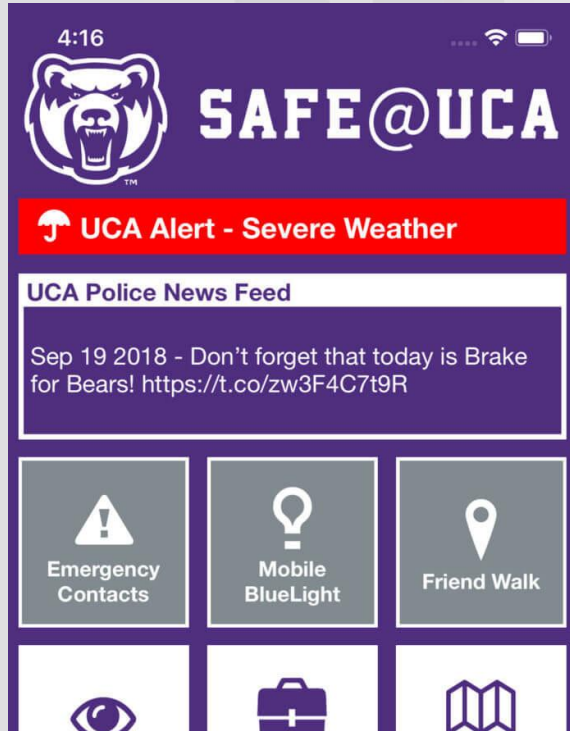
- Academic Advisor
- Financial Aid Counselor
- Faculty (First-Year Seminar Instructor!)
- Peer Coaches (in every first-year hall!)
- Housing Staff / Residential College Faculty & Staff
- Tutoring Services
- Center for Writing & Communication
- Dean of Students



Students Have MANY Resources

- Office of Student Success
- UCA Navigate Student mobile app
- **Office of Accessibility Resources & Services (Disability Services - SHC)**
- Counseling Center
- Student Health Services
- Academic Success Workshops
- **Minority Mentorship Program (Bernard)**
- DegreeWorks (degree progress info)
- The Undergraduate Bulletin
- Torreyson Library Staff & Faculty
- **Veteran's Resource Center (Harrin)**
- FirstGen@UCA Programs
- UCA Food Pantry

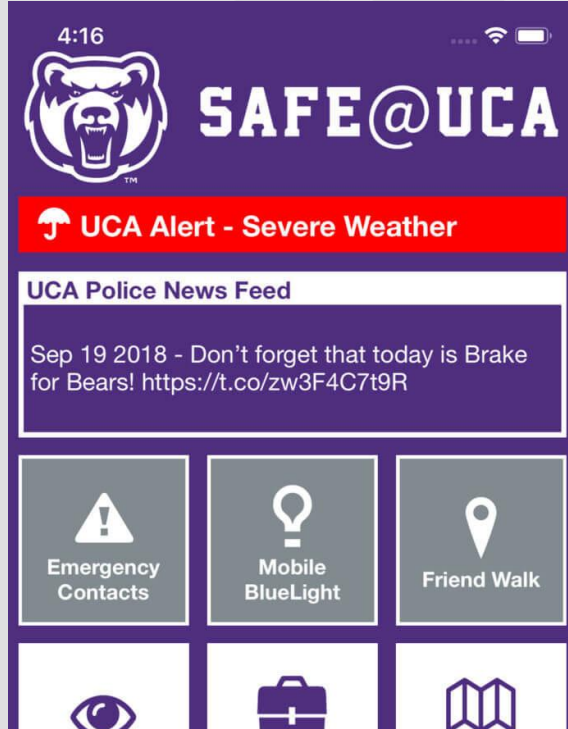




Health & Safety at UCA

- Student Health Building
 - Student Health Clinic
 - Counseling Center
 - Office of Accessibility & Resources
 - Student Support & Resource Center
 - Dean of Students
- Campus Nutritionist
 - uca.edu/bewell/nutrition-counseling/





Health & Safety at UCA

- Campus Wellness & Recreation
 - HPER Center
 - Intramurals
 - COPA
- Campus Safety (UCA PD)
 - 20+ sworn campus officers
 - Parking, safety patrols, 911 service
 - Training / workshops (educational focus)
- Safe@UCA app



SOAR



QUESTIONS about Helping Your Student?



IV. Resources for Families

- UCA website (uca.edu)
- Undergraduate Bulletin (uca.edu/ubulletin)
- UCA Student Handbook (uca.edu/student/student-handbook)
- ParentLingo online workshops (uca.edu/studentsuccess)



When You Need Assistance

- **Dean of Students**
 - If student is hospitalized or has an emergency; concerns about withdrawing; just don't know where else to ask!
- **Student Accounts (CashNet)**
 - Payment plans and financial questions (FERPA)
- **Office of Student Success (follow us on Facebook and Instagram!)**
 - Academic resources; Family Resource Tab
 - ParentLingo Online Workshops (free!)



SOAR

The UCA Family Network



UNIVERSITY OF CENTRAL ARKANSAS
FAMILY NETWORK

The UCA Family Network provides communication between UCA and our parents and families in order to help you support your student.



SOAR

The Family Network is here for you!

Subscribe to our online newsletter!

Like our Facebook page!

Join online or through the QR Code on your handout.

uca.edu/families | families@uca.edu

www.facebook.com/ucafamilies





UNIVERSITY OF CENTRAL ARKANSAS



SAVE THE
DATE

FAMILY DAY
2022



SATURDAY,
OCTOBER 1

SPONSORED BY



UNIVERSITY OF CENTRAL ARKANSAS
FAMILY NETWORK

FOR COMPLETE SCHEDULE OF EVENTS, VISIT [UCA.EDU/FAMILYDAY](https://uca.edu/familyday)

Have a great year with your UCA Bear!

Thank you for getting them here!

This session was sponsored by the Office of Student Success, First-Year Experience Office, Department of Student Transitions, UCA Learning Communities, & the UCA Family Network

The presentation is available at: [*uca.edu/studentsuccess*](https://uca.edu/studentsuccess)

Follow Student Success at:

ucastudent_success



@UCAstudentsuccess



Questions? [**studentsuccess@uca.edu**](mailto:studentsuccess@uca.edu)