We Are Family: Straight Talk for Clemson Parents

New Student Orientation
Summer 2011
Clemson Parents As Partners

• The Clemson Family
• Your student’s happiness and success
• Key first year challenges
• How you can help
Issue #1: It’s A Big Adjustment

• Separating from family/friends/hometown
• Roommates/Communal living
• Getting Connected
• Freedom and Personal Responsibility
Clemson Resources

- New Student & Sophomore Programs Office
- Residential Life Staff
- Counseling & Psychological Services (CAPS)
- Dean of Students Office
- Academic Advisors
- Gantt Center for Student Life
- On-line resources
You Can Help Them Adjust By…

• Maintaining perspective
• Listening more, Intervening less
• Encouraging use of campus resources
• Consulting campus resources yourself
• Resisting the urge to Fix It for them
Issue #2
A New Level of Academic Rigor…

• Fall 2010 Freshman Class
  Average SAT 1231
  Top 10% 51%

• Cumulative GPRs after Spring 2011
  3.4 - 4.0 38%
  3.0 - 3.39 26%
  2.0 - 2.99 30%
  ≤ 1.99 6%

• Retention to Second Year (2009 Cohort) 88.9%
Issue #2 (cont.)

... And the Challenge of Monitoring Progress

- Faster pace; fewer grades
- Individual professors give performance feedback in varying ways
- Family Educational Rights and Privacy Act (FERPA)
- Proactive family communication plan
- New Student Academic Progress Program (NSAPP)
Clemson Resources

• On-Line Resources
  • Undergraduate Announcements
  • One Stop Website
    http://www.registrar.clemson.edu/onestop/

• Academic Success Center
  • Success Skills Workshops, including Jump Start Workshops
  • Tutoring
  • Supplemental Instruction (SI)
  • Personalized Academic Assistance (Counseling & Coaching)

• Student Disability Services Office

• Academic Advisors/Individual Professors
You Can Help Them Be Successful By…

• Remembering that university studies are not like high school

• Promoting basic success behaviors (e.g., go to class, take notes, do homework [even if none assigned.])

• Asking specific questions

• Coaching them through failures; Encouraging realism and accountability

• Familiarizing yourself with academic policies and regulations

• Pointing your student toward resources
Issue #3: Major Choice & Career Direction

2010 National Freshman Attitudes Report:

- I have a potential, attractive career in mind 78%
- I have made a firm career decision 61%
- I am very confused about what occupation to pursue 21%
- I would like some help selecting an occupation that is well-suited to my interests and abilities 48%
Engaged Learning

Clemson’s 2009/2010 Graduation Survey

• 66% of all recent graduates had some form of engaged learning while at Clemson

• In 2010, companies converted 58% of their interns and co-op students into full-time employees.
Clemson Resources

• Michelin Career Center
  • Career Inventories
  • Career Counseling
  • Co-op, Internships & Part-time Jobs
• Career Library
• Parent Website: http://career.clemson.edu/parents/

• Study Abroad Offices

• Academic Advisors/Individual Professors
You Can Help Them Refine Career Goals By…

- Recognizing that career exploration is a process
- Promoting engaged learning experiences
- Listening more, Directing less
- Encouraging use of campus resources
- Consulting campus resources yourself
- Allowing your student to make this decision
Issue #4: Personal Health and Safety

- Self-care
  - Eating
  - Sleeping
  - Exercise
  - Health Maintenance

- SAFE & Responsible Decision-Making
  - Where I go
  - Who I go with
  - What I do

- Sexual Responsibility

- Alcohol/Drugs
The Facts on Alcohol Use at Clemson

Spring 2011 CU Freshmen

- Drank alcohol w/in last 30 days 50%
- Drank $\geq 5$ drinks at one sitting w/in 2 weeks 34%
- Drank $\geq 5$ drinks 6 or more times w/in 2 weeks 1%
- Average # drinks consumed per week 3

Source: Core Alcohol and Drug Survey, Spring 2011 -- CU Responses
### Results of Drinking Reported

<table>
<thead>
<tr>
<th>Event</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had a memory loss</td>
<td>27%</td>
</tr>
<tr>
<td>Missed class due to drinking/hangover</td>
<td>23%</td>
</tr>
<tr>
<td>Performed poorly on a test due to drinking</td>
<td>15%</td>
</tr>
<tr>
<td>Got in trouble with authorities</td>
<td>12%</td>
</tr>
<tr>
<td>Drove a car while under the influence</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Source:**

Core Alcohol and Drug Survey, Spring 2011 -- CU Responses
Protective Behaviors Reported

Spring 2011 CU Freshmen

- Believe campus is concerned about prevention: 89%
- Aware of campus prevention program: 70%
- Abide by alcohol and drug policies: 65%

Source:
Core Alcohol and Drug Survey,
Spring 2011 -- CU Responses
Clemson Resources

• Redfern Health Center
  • Medical Services
  • Counseling & Psychological Services (CAPS)
  • Health Promotions

• Required educational programs (AlcoholEDU; TAAP)

• EMpower; Healthy Campus

• Residential Life Staff

• Dean of Students Office

• CUPD, Fire & EMS

• Office of Community and Ethical Standards
You Can Help Them Stay Healthy & Safe By…

- Promoting balanced living
- Empowering them to make healthy choices
- Encouraging safety awareness
- Arranging for continued preventive treatments
- Providing health insurance coverage
- Supporting CU community standards
Summary Tips for Parents

• Maintain Perspective
• Communicate (Listen)
• Use resources
• Resist the urge to rescue
Parent Resources

- [http://www.clemson.edu](http://www.clemson.edu)
- [http://www.clemson.edu/parents/index.html](http://www.clemson.edu/parents/index.html)

Suggested Readings:

*Letting Go: A Parent’s Guide to Understanding the College Years*
  by Karen Levin Coburn & Madge Lawrence Treeger

*You’re On Your Own (But I’m Here If You Need Me)*
  by Marjorie Savage

*Preparing for College: Practical Advice for Students and Their Families*
  by John J. Rooney, John F. Reardon & Katherine Haley Will