I Wish I Knew That Before I Came to College.

Vivian Cespedes, SSS Counselor II, West Virginia University Bonnie Bailey, SSS Director, Marshall University

PowerPoint Guidelines

This engaging workshop is designed to provide pre-college TRiO Personnel resources and experiences that can enhance student success at the college level. By increasing your knowledge of the needs of first-time students we hope to expand your knowledge about what experiences pre-college programs can offer to impact long-term success.

Discussion

Collaborate

Implement

What is College Success?

What experiences are needed at the high-school level?

Experiences...

- Family Engagement
- Level of Responsibility for College Preparedness
- Building Communication Skills

Increasing Self-Motivation

Students say...

"Before coming to college, I wish I would have been informed with how to adjust academically to all the dedication it will take to achieve my goal. In high school, I was a straight A student and Valedictorian of my class, but in all honesty that was not hard work or dedication, whatsoever. When I came to college, I had to learn how to study the right way, to make it effective. Another thing I wish that someone would have told me before college is that I will not know what I want to do within the first year of college, and not to be disappointed if I change my mind once, twice, and maybe a third time. I thought my whole four years in high school I was ready to go to college to be a physical therapist and within the first semester I changed my mind. That was stressful because I thought my life was going to be a failure. After time though, I found a major that I enjoy and I know will fulfill my life goals."

Briana R.

Before entering college, I wish I would have known how to manage my free time. In high school, while there is much free time, it is structured. High school is repetitive and goes by a schedule, so there was a set time to attend school, do extracurricular, do homework, go to bed, and so on. Upon arriving to college, my first class did not start until 11:30 am, and as I woke up in the morning, I found myself not knowing what to do with the extra time before class, so I formed a habit of just sleeping until it was time for class. Even with the time in between classes, I was confused on what to do with the time and what to prioritize, so in the end I ended up doing a lot of nothing. After almost two months into the semester, I was able to put my free time to use to do things such as laundry, cleaning, homework, going to the gym, studying, etc. but, this time management came only after reality had set in and I found myself overwhelmed with things to do because I was not using my time appropriately. In reality in college is that if you have any free time, you are probably forgetting to do something." Yaadieah P.

Trio programs already aim to offer experiences that enhance college success...how can we enhance them to be more effective for the long-term success of the student??

What Works???

Focus and collaborate on strategies in each area that your program can implement into <u>current</u> practices.

Family Engagement

What experiences can help families be educated or more involved in the student's participation in the pre-college program?

Level of Responsibility for College Preparedness How can pre-college programs increase students level of responsibility?

Building Communication Skills

How can experiences enhance a student's confidence in communicating effectively with faculty and college personnel?

Increasing Self-Motivation

How can experiences in a pre-college program foster the self-motivating process for a student?

Discussion

Closing Thoughts