**Start Well to Finish Well**

Your student has now been on campus for a couple of weeks. Perhaps this is your first student to send to college, or maybe you have already experienced sending another student to college. Either way, every student experiences their transition to college differently.

Often times, parents and family members play a key role in a student’s transition to college. Your support may be the most needed during moments of frustration for your student, whether over the phone or on visits home. Here are a few tips to help your student start well to finish well:

**Ask about what type of routines your student is developing.**

College is different than high school and your student will likely need to develop different strategies for managing time, studying, meeting new people and finding their niche, living with a roommate, managing their finances, practicing healthy wellness and safety habits, etc. These are all great areas of their college experience to ask about!

**Acknowledge that it takes time and persistence to adjust**.

Ask your student what they are learning during their transition to college, and what strategies they have tried to apply. It is important to encourage them to recognize when strategies for adjusting are not working and keep trying new strategies until they find something that works for them. Help your student focus on establishing the basics first like laundry, eating, sleeping, studying, navigating campus, etc. in order to prevent them from feeling overwhelmed or stressed. This may mean trying out different places to study or eat on campus to accommodate their class schedule and preferences, and attending different events to meet people through the First Fifty Days initiative, housed by New Student Connections. Take a look at the link for campus dining locations, places to study on campus, and the schedule for First Fifty Days below!

**Campus Dining Locations:** <http://www.campusdish.com/en-US/CSS/UnivSouthFlorida/LocationsMenus/>

**Places to study:**

Residence hall room

Library

Marshall Student Center/Plaza

Cooper Hall area

Starbucks Library/Juniper-Poplar

Argos Study Room

Fish Bowl/Engineering Buildings

Castor Beach

Simmons Park near Juniper-Poplar

**First Fifty Days Schedule:** <http://newstudent.usf.edu/images/stories/pdfs/WOW_Fall13_BRO_FFD_web.pdf>

**Help your student come up with a plan of action.**

Being proactive early on and helping your student set goals or create different schedules can maximize their strategies for adjusting to college and reduce the amount of stress they experience when they find that one strategy was not effective. Consider encouraging your student to write out their plan of action for how they intend to develop routines that will set them up for success, including supplies they need to accomplish their goals, campus resources, and a timeline in which they will set goals and reassess which strategies are not effective. Here are a couple of links for resources on campus to get your student off to a great start so they can finish well by the end of their first semester.

**Academic Resources:** <http://www.usf.edu/academics/academic-resources.aspx>

**Campus Resources:** <http://www.usf.edu/campus-life/campus-resources.aspx>