

# Parent Partnerships for a Successful College Transition



**Presenters:**  
John Woodruff, M. Health Ed.  
2019

# Objectives

- To understand the rationale for proactive partnerships with parents that lead to a successful transition to college
- Identify stressors both students and parents may have during the transition process
- Identify pitfalls both students and parents should avoid
- Provide strategies and tips in fostering parent partnerships

# High School vs. College

	High School	College
Advocating	Teachers and parents advocate for services	Student must advocate for him or herself
Receiving accommodations	Accommodations are set up through the IEP process	Student must initiate the accommodation process by contacting Disability Services

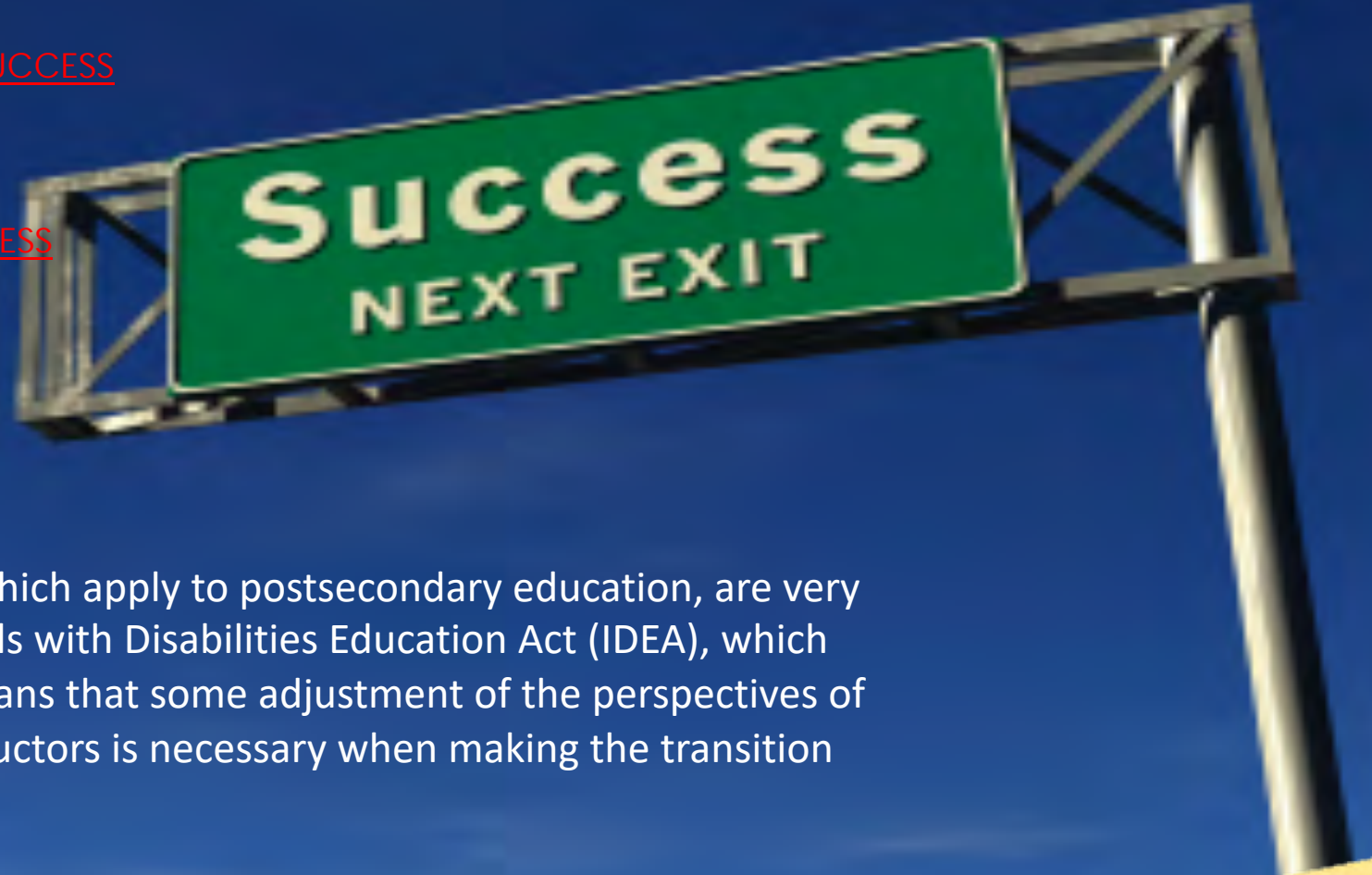


## IDEA-

*Law of Entitlement* - Guarantees SUCCESS

## 504/ADA-

*Civil Rights Law* - Guarantees ACCESS



Section 504 and the ADA, which apply to postsecondary education, are very different from the Individuals with Disabilities Education Act (IDEA), which covers grades K-12. This means that some adjustment of the perspectives of students, parents, and instructors is necessary when making the transition from high school to college.

# Disability Demographics

- Over 1,900 students with disabilities registered with Disability Resources as of March '19
- Two thirds have Hidden Disabilities
- 110 students with Autism Spectrum Disorders registered
- Trends over last three years – a diagnosis of depression/anxiety

# Disability Resources

- The Office of Disability Resources provides assistance to students with disabilities in obtaining specific accommodations including:
  - Housing
  - Food Allergies & Meal Plan Accommodations
  - Academic and Classroom
  - Temporary Accommodations

# What leads to a student's success?



The capacity to learn is a ***gift***; *the ability to learn is a skill*; *the willingness to learn is a choice.*

Brian Herbert



# Parent Stressors

## Will their student

- have their accommodations met
- be accepted and understood
- follow through
- ask for help
- get involved
- isolate
- make friends
- succeed

# Student Stressors

Will they

- fit in
- adjust to new environment
- make friends
- be overwhelmed
- decide to self-disclose
- be able to ask for help
- advocate for self

# Coping with Stress...

Is

Not

A

DIY

Project

# It's OK to ask for help... coping with stress is not a DIY project

- In 2017, the American College Health Association found that 67 percent of college students surveyed reported feeling sad within the last 12 months. About 39 percent felt so depressed it was difficult to function, 62 percent felt lonely and 87 percent felt overwhelmed by all they had to do.
- Alarmingly, 10 percent of those surveyed said they seriously considered suicide; 1.5 percent said they had attempted suicide.

# In the meantime...

- The frontal lobe is still developing and...
  - Will not reach full maturity until the late 20s





# Frontal lobe continued...

- Cognitive maturity may not occur until after finishing a 4 year degree
- The frontal lobe is responsible for...
  - Problem solving
  - Decision making
  - Self-control



# There are consequences to not self-identifying...

- Student flies under the radar
  - Misses out on classroom/testing/ housing accommodation
  - Disability Resources, Housing unaware of needs
  - Faculty, Advising unaware of needs



# consequences to not self-identifying continued...

- Student experiences academic struggles
  - Roommate issues may arise
  - GPA may suffer, may need to re-take courses, change major, take a semester withdrawal
  - Financial aid may be impacted by insufficient academic progress



# Why is it important to be aware of hidden disabilities?

- According to a 2018 study published in the Journal of Abnormal Psychology, there was a 63% increase in young adults between the ages of 18 and 25 reporting symptoms of depression between 2009 and 2017



# What is a hidden disability?

- Any disability that is not immediately apparent
- Individuals with hidden disabilities...
  - May or may not know that they have a disability
  - May not regard themselves as having a disability

**NOT EVERY DISABILITY IS  
VISIBLE.**



# Hidden Disabilities

- ADHD
- Autism Spectrum
- Depression/Anxiety
- Learning Disability
- Diabetes
- Post Concussion Syndrome

- Epilepsy

# Pitfalls for SWD in the College Transition

- SWD are not checking email daily
- Students don't register for accommodations
- Students only registers for housing accommodation when eligible for classroom
- Students only register for ESA for Housing
- Students fail to access/use resources (Academic Coaching, Advisors, Tutoring)
- Students don't pay attention to deadlines (housing, class registration, add/drop, etc....)
- Students don't pick up/give their professors their accommodation letters (email, hardcopy)
- Students don't read their syllabi

# Pitfalls for Parents of SWD in the College Transition

- Allowing student to not register for disabilities resources
- Assuming student's self report as 'gospel truth'
- Assuming student is checking email daily
- Assuming student hands in paperwork to register for accommodations
- Assume student is following through to access/use resources (Academic Coaching, Advisors, Tutoring)
- Assume student picks up/give their professors their accommodation letters (email, hardcopy)

# Why a Parent Partnership is Necessary

- Parents know their student the best
  - Strengths
  - Weaknesses (i.e. executive functioning skills)
  - Additional background (i.e. study strategies that work)
- Ongoing communication with Disability Office
  - Updates on medication or significant health changes
  - Family and personal updates
  - Concerns and questions that arise during the semester

# Transition Tips for Parents

- Prior to Freshman Orientation
  - Schedule a meeting or call with Disability Resources
  - Complete registration for Disability Resources
- Involve student in the registration process
- Have student sign a Release of Information Form that allows parents to communicate with Disability Resources
- Have student obtain FERPA waiver for parents to communicate with University personnel
- Have student give parents permission for log into email if they don't check on a regular basis



# Transition Tips for Parents

- Teach your student to be the '*squeaky wheel*' and to access key resources
  - Academic Coaching (to develop self advocacy skills)
  - Tutoring and Academic Enrichment workshops
  - Counseling
- Hold your student accountable
  - *Failing forward* to build grit and resilience
- Consider a Summer Bridge Programs

# Parents of 1<sup>st</sup> Generation SWD

- Definition- neither parent has a 4 year degree
- Additional challenges
  - Not having a frame of reference
  - Unaware of onboarding process
  - Unaware of resources and who to ask

# Students

Meet them where they are because.....

- a learned helplessness
- adversity and battle tested = Resilience
- don't know they have Grit
- mature beyond their years
- naïve, trusting and vulnerable

# Parents

Meet them where they are because...

- may be a single parent
- parent of a First Generation student
- May have a disability themselves
- “old tapes” of not getting services or poor quality services
- feeling of not being listened to by school

# Parents as Cheerleaders vs Helicopter Parents

- Had to be squeaky wheel K-12
- New roles
  - Cheerleader
  - Partner with Disability Support Services
- Transition to College
  - Academic Coaching helps students to be the squeaky wheel



# Three Stages of Developing Parent Partnerships

- Stage I - The College Search while still in high school
- Stage II – Acceptance & Orientation
- Stage III – Onboarding & Transition

# Stages of Parent Partnership

## The College Search

- Campus visits
- Open Houses
- HS Transition Fairs
- College Prep Transition Conference

## Acceptance & Orientation

- Accepted Student Reception
- Orientation RSVP
- Registration with DSS

## Onboarding & Transition

- Parent Orientation
- Accommodation 101 Workshop
- Summer Bridge Programs
  - i.e. College Compass

# Stage I -The College Search

- Campus visits and tours
  - Meeting with Disability Resources
- Open Houses
- High School Transition Fairs
- College Prep Transition Conference

# Stage II – Acceptance & Orientation

- Acceptance
- Accepted Students Receptions
- RSVP for Freshman Orientation
- Outreach from DSS to students in need of orientation accommodations
- Contact and registration with Disability Support Services

# Stage III – Onboarding & Transition

- Parent Orientation
  - June, July, August
- Accommodation 101 Workshop
  - August (day and evening sessions )
- Summer Bridge Programs
  - College Compass – one week before start of semester

# Parent Email Newsletter

- Sharing important information with parents that students receive during the semester
- Students may miss ***time-sensitive*** deadlines
  - Reminders to pick up accommodation letters
  - ***Priority Registration*** dates
  - Academic Enrichment Workshops
  - ***Housing*** Application and selection for next year
  - General news and announcements





# Consent For Release Form

## • **CONSENT FOR RELEASE OF INFORMATION**

• Academic Success Center – Disability Resources  
• Savitz Hall, 304  
• 201 Mullica Hill Road  
• Glassboro, NJ 08028  
• 856-256-4259(P) 856-256-4438(F)

• I, \_\_\_\_\_, hereby give my written consent for the Office of Disability Resources to release information considered pertinent (psychological, medical, and/or academic) to the following:

• My professors at Rowan University \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials

• **My parent(s) or guardian \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials**

• Rowan Tutoring Center \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials

• Rowan University Advising Center \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials

• Rowan Residential Learning & University Housing \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials

• Rowan Wellness Center \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials

• Rowan Counseling &  
Psychological Services \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials

• Anyone who has an official  
partnership with Rowan \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Initials

• I am aware that the University will accommodate my educational and special individual needs to the extent possible. However, I am aware that the University does not provide personal devices, such as wheelchairs; individually prescribed devices, such as hearing aids; or services of a personal nature including assistance in eating, toiletries, dressing, or transportation for personal needs. Should I require these services, I understand it is my responsibility to provide for my own assistance.

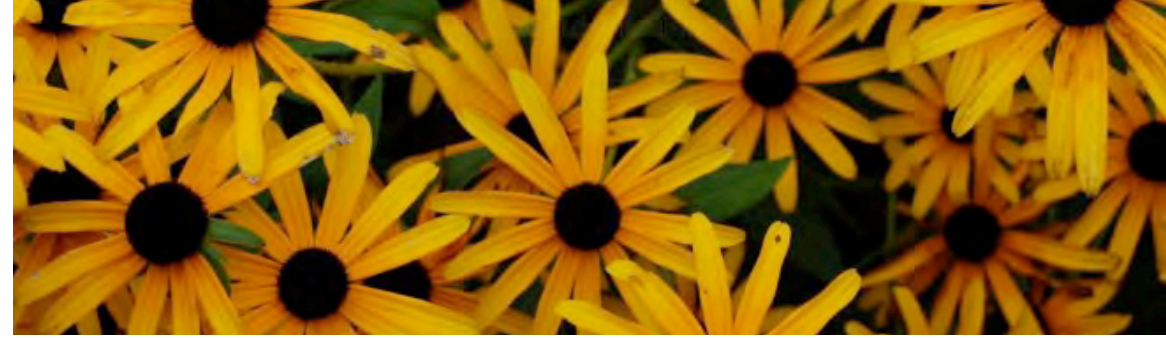
• \_\_\_\_\_  
Signature of Student

\_\_\_\_\_ Banner ID #

\_\_\_\_\_ Date



# Academic Success Center: Parent Newsletter



*With this newsletter our objective is to:*

- *To provide you with various information that is shared with your students throughout the semester*
- *Share resources available to your students to enhance student success*
- *To assist your students and yourself with time sensitive deadlines such as priority registration, scheduling exams and final exams in the Testing Center and renewing housing accommodations*

*Let us know what you think, we welcome your feedback and partnership in fostering your student's success!*

## **Brown Bag Presentations!**

Workshops presented by the Academic Success Center, ACSEND and Academic Reboot to help our students succeed!



## Did You Know?

- The Academic Success Center hosts a Finals Feast at the end of each semester. Students are encouraged to stop in and refuel with refreshments before and after their finals.
- **Public Speaking for the Reticent Student** – The Communication Studies Department offers a special section of public speaking designed for students with extremely high levels of communication anxiety.
- Music Therapy is now a major at Rowan University. The Music Therapy degree program is a four and half year degree program, including post-academic clinical training. For more information contact Dr. Andrea McGraw Hunt at [hunt@rowan.edu](mailto:hunt@rowan.edu)

## **Reminders!**

**Spring 2019 Priority Registration** opened on Monday, October 15th. All student with classroom and testing accommodations are eligible for Priority Registration.



# Academic Success Center: Parent Newsletter



*With this newsletter our objective is to:*

- *To provide you with various information that is shared with your students throughout the semester*
- *Share resources available to your students to enhance student success*
- *To assist your students and yourself with time sensitive deadlines such as priority registration, scheduling exams and final exams in the Testing Center and renewing housing accommodations*

*Let us know what you think, we welcome your feedback and partnership in fostering your student's success!*

## **Reminders!**

- **Pick up your accommodation letters** for Spring 2019! *When you get back to campus stop in to the ASC to get them!*
- The Testing Center is taking appointments for students eligible for testing accommodations. *Students requesting to schedule an exam with extended testing time do so **online**.*
- **College Prep Transition Conference!** A day long event on **March 16th** with various workshops offered to High School students with disabilities and their parents. Our goal is to provide knowledge and understanding of **the transition process from High School into College**, **register here**. For more information contact: [woodruff@rowan.edu](mailto:woodruff@rowan.edu) or call (856)256-4259

## **Brown Bag Presentations!**

Workshops presented by the Academic Success Center, ACSEND and Academic Reboot to help our students succeed!



## **Let's Talk!**

A service that provides easy access to in-formal, confidential consultations with CPS counselors. Drop-in hours are held at different sites on campus. There is no appointment or fee necessary.

# Transition Resources for Parents

- ***Academic Coaching*** takes over where the parent leaves off with the student transitions to college
- Academic Coaching fills the role the parent often played.
- Transition can be difficult on a parent and there may be an expectation of direct access to academic coach and professor.
- ***Tutoring*** available for most courses
- ***Disability Services*** needs to be the buffer between parents and academic coaches and parents and professors

# An Academic Coach can help a student...

- structure your time, plan your semester, and establish a routine (time management)
- juggle demanding college courses and co-curricular activities (balance)
- organize assignments and manage multi-step projects
- improve listening and reading comprehension (communication skills)
- understand effective test-taking and learning strategies (study skills)
- regulate and self-monitor your own learning (goal setting)
- maximize your use of campus resources (self-advocacy)

# Academic Enrichment Workshops

## 2018

- 1) Setting Goals & Time Management
- 2) Why Email is Important**
- 3) Working in Teams
- 4) Study Skills & Note-taking
- 5) Got GRIT?**
- 6) Setting Yourself Up for Success
- 7) Ace Your Midterms
- 8) Stop Procrastinating
- 9) Get Out of Your Slump – Stay Motivated
- 10) Ace Your Finals

## 2019

- 1) Jumpstart Your Semester
- 2) Study Skills & Note-taking
- 3) Communication**
- 4) Working in Teams**
- 5) Finding Your Balance
- 6) Test Prep & Dealing with Test Anxiety
- 7) Pulse Check: Re-establishing Your Goals
- 8) Spring Forward
- 9) Find Your Focus for Finals



# Summer/Bridge Transition Programs

## College Compass

- College Compass is a program geared specifically for residential and commuter students with disabilities providing a smooth transition to college and campus life.
- August 27<sup>th</sup> - September 1<sup>st</sup> 2018

## Accommodations 101 Workshop

- Accommodation Overview Workshop for incoming students with disabilities and their parents
- Taking place in August, 2018
  - 2 – 2 ½ hours in length
  - 1 Daytime
  - 1 Evening

The capacity to learn is a ***gift***; *the ability to learn is a skill*; *the willingness to learn is a choice.*

Brian Herbert

# Contact Information

John Woodruff, Director  
Academic Success Center & Disability Resources  
Rowan University  
Savitz Hall 3<sup>rd</sup> Floor  
Glassboro, NJ 08028

[Woodruff@rowan.edu](mailto:Woodruff@rowan.edu)

<http://www.rowan.edu/studentaffairs/asc/index.html>