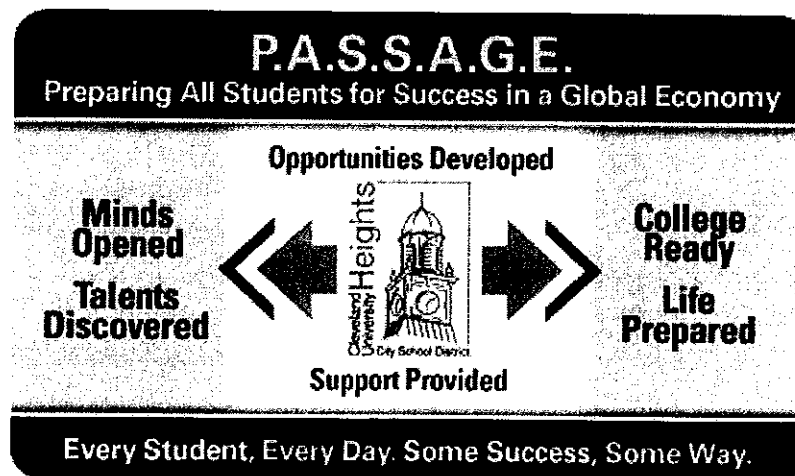


College 101: *Getting Ready, Getting In, Getting Through*



Workshop 7: College Realities

Tuesday, April 14, 2009

7 PM

CHHS Social Room

presented by
Kristie Cooper, Ph.D.
Guidance Department Liaison, Cleveland Heights High School
216-320-3067 k_cooper@chuh.org fax 216-320-2368

College 101: *Getting Ready, Getting In, Getting Through*



Workshop 7: College Realities

Tuesday, April 14, 2009
7 PM
CHHS Social Room
presented by Kristie Cooper, Ph.D.

Agenda

- video: *Embracing Change: The Road to College*
- Dimensions of College Readiness
- College vs. High School
- Practical Matters
- Family Educational Rights and Privacy Act (FERPA)
- Q & A

Embracing Change: The Road to College

What role should parents play in college search?

What emotions should families anticipate?

How does the family dynamic change during and after the college search?

How can families cope with the stresses and celebrate the successes of the transition from high school to college?

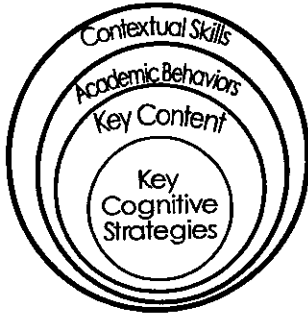
Imagine your child on the campus in the video.

Dimensions of College Readiness

Conley, D. (2005). *College knowledge: What it takes for students to succeed and what we can do to get them ready*. San Francisco: Jossey-Bass.

- Key Cognitive Strategies
 - reasoning, problem solving, interpretation, precision
- Key Content Knowledge
 - writing skills, algebraic concepts, content from core subjects
- Academic Behaviors
 - time management, persistence, study group use
- Contextual Skills and Awareness
 - "college knowledge"

Dimensions of College Readiness



Example Performances of College-Ready Student

- Write a 3 - 5 page paper that is structured around a coherent line of reasoning.
- Employ fundamentals of algebra to solve multi-step problems.
- Conduct basic scientific experiments or analyses.
- Interpret two conflicting explanations of the same event.

How is College Different from High School?

See resource packet.

How to Make the Transition to College

- Take control of your own education; think of yourself as a scholar.
- Get to know your professors; they are your single greatest resource.
- Be assertive. Create your own support systems, and seek help when you realize you may need it.
- Take advantage of teaching labs or tutoring centers.
- Take control of your time. Plan ahead to satisfy academic obligations and make room for everything else.
- Stretch yourself: enroll in at least one course that really challenges you.
- Make thoughtful decisions; don't take a course just to satisfy a requirement, and don't drop any course too quickly.
- Think beyond the moment: set goals for the semester, the year, your college career.

Practical Matters - Packing

Vital and Off-Forgotten Items

- hangers
- shower bag/bucket
- laundry basket/bag
- ear plugs
- book light
- extension cord/power strip
- notes from high school classes
- games
- quarters

Practical Matters – Roommates

- Roommate Assignments
 - random
 - attempted matchmaking
 - rooming with someone you know
- Evaluate your living habits.
- Get in touch before school starts.
- Establish the "Roommate Rules."
- BE HONEST!

Practical Matters – Money Management

- Establishing and following a budget
- Bank Accounts
 - local bank accounts
 - PIN numbers
 - identity theft
 - balancing a checkbook
- Credit Cards

Practical Matters – HELP!

- If you get sick...
- If you have emotional problems...
- If you have academic problems...
- If you need legal help...
- If a friend is in trouble...

Learn to ask for help, where to find it, and what to ask for when you get there.

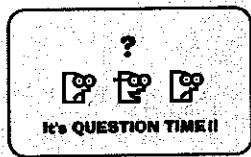
Family Educational Rights and Privacy Act (FERPA)

- FERPA is a federal privacy law that gives parents certain protections with regard to their children's educational records.
- Educational records are report cards, transcripts, disciplinary records, contact and family information, and class schedules.
- When a student turns 18 years old or enters a postsecondary institution at any age, all rights afforded to you as a parent under FERPA transfer to the student.

Family Educational Rights and Privacy Act (FERPA)

FERPA provides ways in which a school may—but is not required to—share information from an eligible student's education records with parents, without the student's consent. For example:

- Schools may disclose education records to parents if the student is claimed as a dependent for tax purposes.
- Schools may disclose education records to parents if a health or safety emergency involves their son or daughter.
- Schools may inform parents if the student, if he or she is under age 21, has violated any law or policy concerning the use or possession of alcohol or a controlled substance.
- A school official may generally share with a parent information that is based on that official's personal knowledge or observation of the student.



Some think it's holding on that makes one strong; sometimes it's letting go.

-- Sylvia Robinson
