



ADJUSTING TO COLLEGE FROM HIGH SCHOOL

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YOU'VE DONE IT BEFORE!

Freshman Year...

- Finding your way around
- Discovering your resources
- Learning to self-advocate
- Learning stress management
- Making social adjustments
- Aiming for academic growth
- Learning time management
- Working through self-esteem
- Discovering interests

Now...

- Help peers find their way
- Self-advocate
- Problem solve
- Self-regulate behaviors
- Establish healthy relationships
- Use refined study skills
- Use refined time management skills
- Rely on self-awareness
- Plan for your future
- Enjoy more freedom



YOUR INTERPERSONAL & EMOTIONAL...

Strengths?

○ _____

○ _____

○ _____

○ _____

Area's of Growth?

○ _____

○ _____

○ _____

○ _____



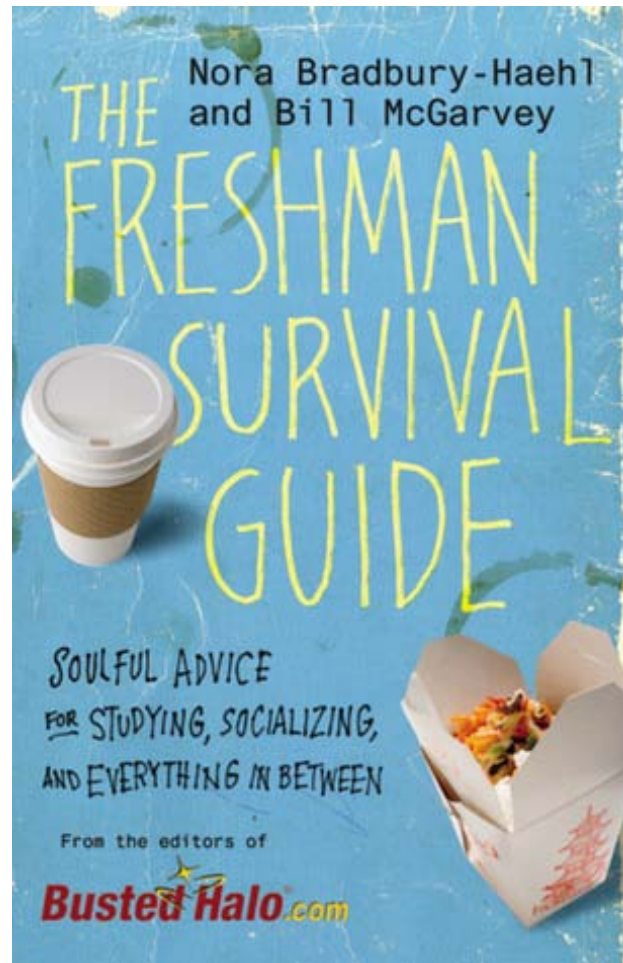
THIS IS A NEW ENVIRONMENT

Take some time to reflect on your learning style, healthy study habits, and social needs.

How can you make what you've learned about yourself in high school fit into a college environment?

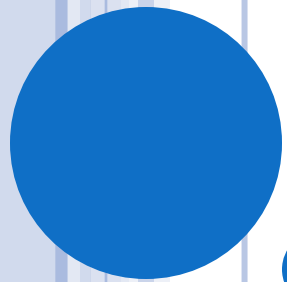


BOOKS MAKE SUCCESSES & CONCERNS TANGIBLE...



<http://thefreshmansurvivalguide.com/>





WELLNESS ON CAMPUS!

LOOK FOR THESE THINGS...

Social

- Activity Fairs
- Sororities/Fraternities
- Free & Low Cost Events on Campus
 - Comedy Shows
 - Arcade Nights
 - Music Performance
 - Etc.
- Cultural Houses



LOOK FOR THESE THINGS (CONTINUED)...



Academic

- Professor's Office Hours
- Student Service Centers
- Academic Counselors
- Tutoring Services
- Disability Resource & Educational Services



LOOK FOR THESE THINGS (CONTINUED)...

Emotional

- Student Health Services / Campus Counseling Services
- Resident Advisor



LOOK FOR THESE THINGS (CONTINUED)...

Financial



- Financial Aid Office
- Work Study Opportunities – the good ones get taken early!



LOOK FOR THESE THINGS (CONTINUED)...

Physical

- Recreational Centers
 - Independent Work-Outs
 - Intramurals
 - Fitness Classes
- Physical Activity Classes – 1 Credit Hour
- Cafeteria
 - Healthy Balanced Meal Options
- Grocery Shopping is a Skill!
- Student Services / Health Center



LOOK FOR THESE THINGS (CONTINUED)...

Spiritual



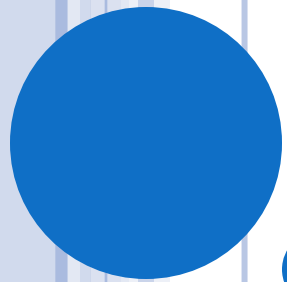
- Religiously affiliated dorms
- Local religious organizations
- Clubs with spiritual affiliation



FIRST GENERATION COLLEGE STUDENT?

- Look for the acronym “FGCS!”
- Great support when college is new to your family!
 - Understanding and Reducing the Barriers of Social and Financial Capital
 - Applying for Financial Aid
 - Meeting students who experience similar successes and challenges





WHERE TO GO FOR SUPPORT

NORTHERN ILLINOIS UNIVERSITY

- www.NIU.edu
 - Click *Student Life*
 - Click *Student Services*
- Available Student Support Services
 - Career Services
 - Counseling & Student Development
 - Diversity Resources
 - Health & Wellness
 - Community Standards & Student Conduct
 - Military Student Services



KISHWAUKEE COMMUNITY COLLEGE

- www.kishwaukeecollege.edu
 - Click *Future Students*
 - Click *Counseling*
- Counseling & Student Development Center
- Advising/Educational Planning
- Placement Testing
- Career Counseling
- Personal Counseling
- Transfer Center
- Special Needs



UNIVERSITY OF ILLINOIS AT URBANA- CHAMPAIGN

- www.counselingcenter.illinois.edu
- Student Affairs/Counseling Center
 - Counseling Services
 - Educational Services
 - Outreach and Consultation



OTHER RESOURCES

- www.transitionyear.org
- www.ulifeline.org
- www.helpguide.org



THANKS & CONTACT INFORMATION

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This PowerPoint will be available at
<http://www.syc427.org/highschool/socialworkers.html>

