# SUPPORTING YOUR STUDENTS

## ON THEIR PATH TO SUCCESS.

York College of Pennsylvania challenges students to become exceptional graduates, professionals, and citizens. Your informed support can boost your student's comfort and confidence as they progress in their scholarship and maturity.

## SUCCESSFUL COLLEGE STUDENTS LEARN TO...

**Manage their unstructured time.**
Students have more hours on their own outside of class that they must learn to allocate wisely.

**Handle an increased academic workload, particularly reading.**
Students spend much more time on coursework and learning outside of class than they did in high school.

**Be independent and self-disciplined.**
Self-directed learning requires a significant shift in mindset and habits for many students.



**Master effective study skills.**
College expectations are higher, and students must decide which high school habits to drop and which new ones to acquire.

**Become a more active learner.**
Students must arrive in class prepared to participate, engage in group activities and projects, and approach their professors for help.

**Develop life management skills.**
As they navigate the freedoms of early adulthood, they will evaluate difficult new choices while managing their emotional and physical wellness.

**Know when and how to seek assistance.**
College campuses offer a wealth of resources that are new to most students, to help them keep their lives and studies on track.

**Meet new people and form healthy relationships.**
College is filled with potential friends, and students must determine which relationships will help them succeed.

**Engage with a more diverse community.**
Encountering a wide variety of people, lifestyles, and ideas may feel uncomfortable at first. Students can learn to approach differences with an open mind and a desire to learn. If the discomfort feels overwhelming, they can seek support from peer mentors, professors, and staff.

**Take charge of their own academic planning.**
Students are in charge of their own academic choices and outcomes, and meeting all requirements to progress and graduate.

YORK COLLEGE
OF PENNSYLVANIA

# HELP YOUR STUDENTS TO HELP THEMSELVES

**Encourage academic exploration.**
Trying new subjects and even changing majors is normal as students discover what college offers and learn more about themselves. Reassure your students that exploration is healthy, and change is part of the learning process. Encourage them to seek the advice and support of advising and career development staff, and to notice that other students are having the same experience.



**Support choices and behaviors that show grit and persistence.**
When they feel overwhelmed, some students stop attending class, skip assignments, and turn away from resources that could help them. Ask if they are going to class and completing assignments. Encourage them to approach professors and peer mentors, visit a tutoring center, meet with an academic coach, consult with a librarian, contact their academic advisor, visit the Career Development Center, talk with Business Office staff about money issues, or make an appointment with a counselor to discuss stress or anxiety.

**Give students the tools to succeed on their own.**
Help your students prepare for adulting by teaching them how to budget their spending money and write checks, how to assemble a self-care kit for the cold or flu and how to nurse themselves back to health, how to use online maps to find stores and resources off campus, how to prepare some basic comfort foods in a microwave, and how to cope with flat tires and car trouble.

**Understand the York College Academic Calendar.**
Families can support their students by familiarizing themselves with key events that occur during the semester. Milestones to discuss with your student might include:

- **Last Day of Drop/Add**
  Sept. 1, last day for students to drop or add a class to their schedule.
- **Check-in Week:**
  Sept. 7-10, when students are encouraged to contact their academic advisor, self-assess their progress in each course, and evaluate the effectiveness of their academic habits.
- **Mid-Semester Exams**
  Early to mid-October in most classes, when high-stakes exams are given to assess a student's progress in the course.
- **Warning Grades Issued**
  Oct. 2-8, when professors issue mid-term notices to alert students who are showing signs of academic distress. Professors can also raise flags of concern in the Spartan Success Network. Students should contact their professor right away upon receiving a warning grade or flag.
- **Deadline to Withdraw**
  Oct. 22, last day for students to withdraw from a class to avoid a failing grade.
- **Registration for Spring Classes**
  November for most first-year students. Preparation begins in October, when students attend a registration workshop in their First Year Seminar (FYS) class and an individual meeting with their academic advisor.
- **Final Exams: Dec. 9-14**