10 Questions to Ask Your Student Regarding Their Academic Success

by Dr. Heather Holmes, Director Center for Student Achievement

When students return from spring break, the semester will be half over. Mid-term exams are likely to be over. Is your student motivated to jump into the second half of the semester? Touch base with your student to find out where they are academically. I encourage you to engage your student in a dialog regarding academic success. Ask your students the following questions …

1. Do you have an ideal place to study? Is it in the residence hall, library or the Center for Student Achievement? By now, a student should have determined the best place to get work done with the least number of distractions.

2. Is your student going to class? It is tempting to sleep in and skip that 8 a.m. class. The easiest way to learn material is to hear it from the professor. Encourage your student to set a goal to attend every class, this way he or she will not miss vital information that may be on the test, changes in due dates, changes in the syllabus, etc.

3. Does your student have an academic goal for the semester? Has your student set a goal for each class; an A, B or C? What is his or her grade right now at mid-semester? How many assignments are left in the semester and how can they impact his or her grade? Encourage your student to look over the syllabus and gauge the workload for the remainder of the semester.

4. Has your son or daughter utilized professor office hours? Students should take advantage of faculty office hours and meet with them. Early contact is very important in the event that your student runs into any snags later in the semester. Students should meet with faculty now so if your student needs help later he or she has initiated an out of class meeting.

5. Have you met with your academic advisor? Program planning and academic advising for the fall semester begins right after spring break. Encourage your student to stop by and make an appointment with his or her academic advisor during program planning. Students cannot register for fall classes without first meeting with their academic advisor during program planning. They are a key resource!

6. Has your student developed balance? A mixture of social and academic life is critical to a student’s success. Students must be sure not to tip the scale too far in either direction. If a workshop on time management, goal setting or organization would benefit your student, please refer him or her to the Center for Student Achievement (www.salisbury.edu/achievement).

7. Has your student gotten involved in a student club or organization? Research indicates that students who are involved in a club or organization succeed in college. They make connections outside the
Have you ever heard your son or daughter say the following?

“I have no idea what to major in.”

“I kind of know what major I am going to take but not really sure.”

“I wish there was someone to talk to about my major.”

“I like this major, but I don’t know what kind of jobs I can get after I graduate.”

“I wish there was some way to get ‘hands-on’ experience in my major.”

“I want to make some extra money while at SU, but I don’t know where to look for part-time jobs.”

“I wonder if SU has any on-campus jobs because I don’t want to work any more than 10-15 hours per week.”

“I would really like to talk to someone who has graduated with my major to see what kind of advice he or she can give me.”

“I need someone to help me create a good resume and cover letter for my internship interview.”

“I am thinking about doing an internship but don’t know who to talk to about resources.”

The Career Services staff at Salisbury University can address all of these concerns. Career Services has counselors with many years of experience who have addressed all of the above statements and much more. Please have your son or daughter make an appointment by calling 410-543-6075 or stopping by Career Services, which is located in the Guerrieri University Center, Room 133, right next to Cool Beans.

Career Services also asks for your help. If you would like to assist SU students with a variety of career-related issues then there is a program for you. You can volunteer to be part of our Salisbury University Parent Mentor Network. The Parent Mentor Network lets you be a career resource for current SU students. You can help them with anything from figuring out their major to providing internships and job opportunities. If you feel you could help students with their career concerns then sign up now!

There is no better resource for a student contemplating a career than to have access to a person who actually works in that field. Being a Parent Mentor will take very little time and is usually done via e-mail or phone. Currently the Parent Mentor Network is in an electronic database that students search out and make contact.

The reward of helping students will be well worth the time invested! If you have any questions, please contact Career Services.

To sign up for the Parent Mentor Network, visit www.salisbury.edu/careerservices/parents and click on the “Parent Mentor Network” link on the left of the page.
Here We Go Again!
Chapter Two in the Book of Transitions
by PJ Boggio, Assistant Director for Residence Life

Each summer and fall, colleges and universities across the country work to prepare students and their families for one of the biggest transitions in a young student’s life; leaving home. In preparation for the parent, the University tries to give you perspective on the issues with which your student may be faced: how to combat the homesick blues, how to deal with others maturely and how to support them as they take on life’s responsibilities. If we’ve done our job (the University and you), your student should be learning how to function independent of his or her parental influence, to get him or herself to class (on time), to manage his or her commitments and yes to learn to make more responsible decisions on his or her own accord.

But what about that next transition? Has anyone talked to you yet about how you will manage this precipitous time in both your student’s and your lives? Of course I’m talking about when they come home! Experiencing life on his or her own for nearly nine months has changed your student. Re-introducing your student to his or her life previous to college on a long-term basis (i.e. summer break) can introduce a whole new set of transitional issues for you both to consider. Let’s talk about what that might look like and how to make the most of it.

For the student returning home, it is not uncommon for them to experience a little bit of identity confusion. “I’m an adult, but I’m being treated like a child.” “I want to reconnect with my old friends and family … but we don’t have the same likes anymore, they’ve changed.” Or the really painful “I can’t wait to go back home, I mean, school.” For the parent expecting a happy, full nest once again, it is not uncommon for them to experience a little bit of identity confusion. “I’m an adult, but I’m being treated like a child.”

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classroom. Students should connect with their peers in a positive way through membership in a sports club, fraternity or sorority, or student organization; there are 100 clubs to choose from at SU! To learn more about the clubs at SU visit www.salisbury.edu/osaol.

8. Ask your student if they have taken advantage of study resources on campus.

The University Writing Center and the Center for Student Achievement, located on the second floor of the Guerrieri University Center offer academic support for all students. Blackwell Library is also a key academic resource for students. Many academic departments and academic clubs offer tutoring for students.

9. Encourage your student not to cut corners. College is about learning. Encourage your student to get organized, set goals and plan ahead. Procrastination and cramming are negative behaviors that can hamper academic success.

10. Encourage your student to make connections with other students in class. Challenge your student to set a goal to meet one new person per week in class then form study groups with classmates. Classmates can be a crucial network if the student does miss a class.

The Center for Student Achievement is one of many resources on campus to help students achieve their potential. The CSA is willing to partner with parents and families to help your student achieve. Feel free to contact the CSA by e-mail at achievement@salisbury.edu or call 410-677-4865. Visit the CSA Web site at www.salisbury.edu/achievement.

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Office of Disability Support Services News

courage their student to do so. For more information regarding the transition process for students with disabilities as they advance from high school to college, check out this Web resource titled “Students with Disabilities Preparing for Postsecondary Education: Know Your Rights and Responsibilities” published by the U.S. Department of Education at www.ed.gov/about/offices/list/ocr/transition.html. Parents can also learn more about what the OSDSS has to offer by calling the office at 410-677-6536, by e-mailing nadyer@salisbury.edu or by visiting www.salisbury.edu/students/dss.