



## Talking Points for Successful Seagulls

### September

The start of college/semester marks a period of adjusting to a new environment and people.

- Discuss goals and expectations for the semester. This is a great way to stimulate motivation.
  - Explore how the student sees him/herself connecting in student life and social circles.
  - Students who have transferred to SU should connect early with their academic advisors.
- Comfort the student if he/she is feeling homesick or missing the familiarity of home.
  - Continue to involve the student in family discussions.
  - Roommate conflicts can arise among residential students and new roommates off-campus.
- Managing time and responsibilities is a new challenge for first-year students.
  - The college classroom, teaching styles, and academic expectations will require different attention from what the student may be used to.
  - Show support to the student with their first coursework grades being earned.

### October/November

The bulk of the academic work and social activities occur during these fall months. This impacts students' overall well-being, decision-making, and stress management.

- Discuss how the college experience is living up to the student's expectations.
  - Encourage resiliency as students are challenged by grades, expectations, and social involvements.
  - Check how the student balances school, social activities, and co-curricular involvement/work.
  - Ask the student about new friendships and what they do for "fun" on and off campus.
    - If "nothing" is a social outlet, encourage the student to get involved with student organizations!
- Program Planning for spring semester occurs in October which requires the student to meet with an advisor.
  - During October students should know or discuss with their professor their current course standing.
  - Encourage the student to utilize the Center for Student Achievement, Math Emporium, and the Writing Center for help.
  - Deadlines for gated academic programs, study abroad, and co-curricular opportunities occur in October.
- Planning for holiday travel is important to coordinate with the on-campus Housing policies/closures.

### December

The end of semester marks a busy time for students to finish out strong!

- Check how the student is coping with the amount of work left in the semester.
  - Anxiety and stress can be difficult barriers to overcome when studying for tests.
  - Inquire about final exam study plans and deadlines.
- Monitor the students' continued interest in his/her major and how best to make a change, if desired.
  - Inquire about final course grades and how best to support the students' academic progress.
  - Evaluate the students' first semester at Salisbury University—ask how goals/expectations were met.
- Discuss the upcoming holiday break travel and plans.

## January/February

After a long holiday break, many students are renewed and excited to return to college life.

- Show support to the student as he/she adjusts back to the rigor of class work and reconnecting with friends after so much time away.
  - Check in on roommate relationships and housing intentions for the upcoming year. Housing requests and off-campus living arrangements are sought during this period.
  - Discuss the importance of connecting with professors early and often throughout the semester.
  - Encourage the student to set goals to motivate him/her throughout the semester.
- Ask about any financial or family concerns the student has post-break.
  - Inquire about spring break options and encourage planning ahead financially.

## March

Similar to fall, both March and April months are very busy socially and academically for students.

- Support the student as academic pressures mount.
  - Inquire about initial course grades and how the student may address any unmet academic expectations of him/herself.
  - Encourage the student to connect with any of the following support programs for help:
    - Center for Student Achievement
    - Counseling Center
    - Student Disability Services
    - Writing Center
    - Math Emporium
- Ask if the student has set up their fall Program Planning advising appointment.
  - A great way to stay on track to graduation is taking summer coursework!
  - Direct student to ask about academic gated program, study abroad, and other deadlines with advisor.
- Discuss financial aspects regarding the student's college funding and complete the FAFSA.
  - Inquire about the student's plans for involvement next year-student clubs, on-campus jobs, and leadership positions are all being sought during late March/early April.
- Evaluate the student's feeling of fulfillment at Salisbury and discuss ways to enrich the experience.

## April/May

The return of warm weather, heightened social activity, and increased academic work requires student commitment.

- Check in on the student's management of sunny-weather distractions.
  - Give ideas and support as the student manages increased pressure from friends and professors to meet expectations.
- Encourage motivation, self-discipline, and resiliency as the student embarks on the home stretch of the academic year.
- Develop final exam preparation strategies with the student.
- Discuss arrangements for move-out, travel, and summer plans.