



The College Transition

What Every Parent Needs to Know





OFFICE OF STUDENT AFFAIRS – Old Main – 5th Floor



Kimberly Sluis

Vice President for Student Affairs & Strategic Initiatives



Jeremy Gudauskas

Assistant Vice President,
Co-Director of
The Center for Social Impact



Kevin McCarthy

Assistant Vice President
Dean of Students



Steven Weaver

Assistant Dean of Students



Student Affairs Division— Old Main 5th Floor

- Dean of Students
- Residence Life
- Campus Safety
- Dyson Wellness Center
- Career Development
- Faith and Action
- Multicultural Affairs
- Student Involvement
- Center for Social Impact
- Recreation Sports
- **First-Generation Programs**
- **Military-Affiliated Student Services**





Parent Poll – How many miles did you travel to get here?





A Child's Milestones = A Parent's Milestones





It's Like Teaching Them to Ride a Bike





Today's Presentation

- Overview of Student Experience & How to Effectively Support Your Student
- Get To Know You Activity
- Overview of Parent Experience & How to Effectively Support Yourself
- Homework



Exploring Competencies

- Can I do this?
- Will I make friends?
- Do I fit in?
- Will I make it on the team?





Exploring Identity/Autonomy

- Who am I?
- Who am I apart from
 - ...my parents?
 - ...my family?
 - ...my high school friends?





Exploring Values

- What is the right thing for me to do?
- How should my values guide my behavior?





Support Your Student

- Mentor, Encourage & Support Them
 - *Help them learn to help themselves*
- Give Them Space
- Set Expectations
- Empower Them



Meet the Other Parents

- Name two or three emotions you're feeling as you think about your child starting college.
- What are you excited about?
- What are you anxious about?
- How can you best support your student this fall?





The Parent Transition

- **Disorientation:** The loss of one's normal position or role
- **Reorientation:** A period of adjusting and redefining your position
- **New Normal:** Acceptance of a new framework surrounding a relationship and lifestyle.

Brian Harke, Ed.D., Dean of Students, USC



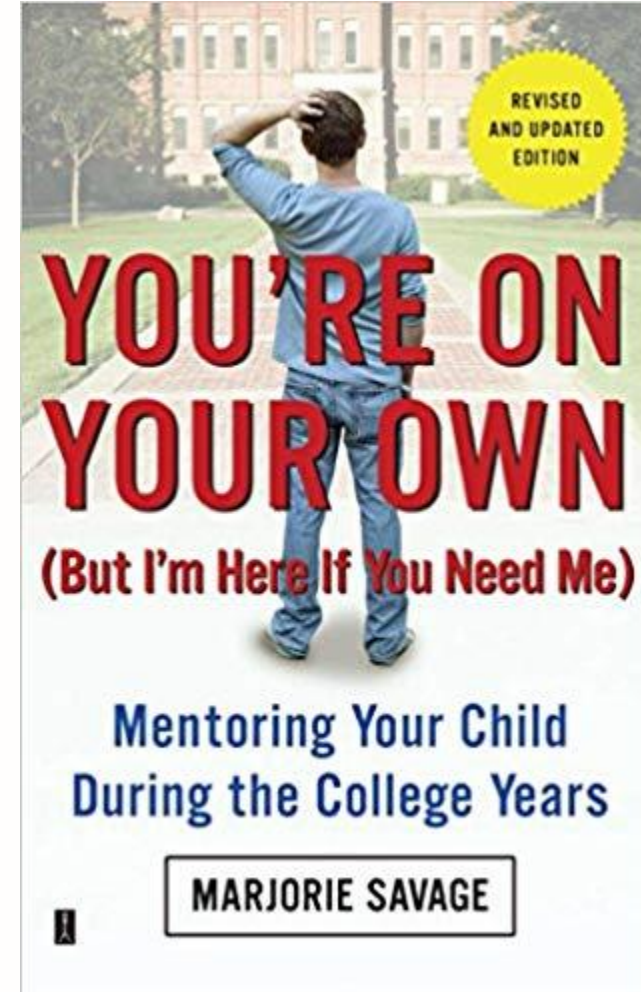
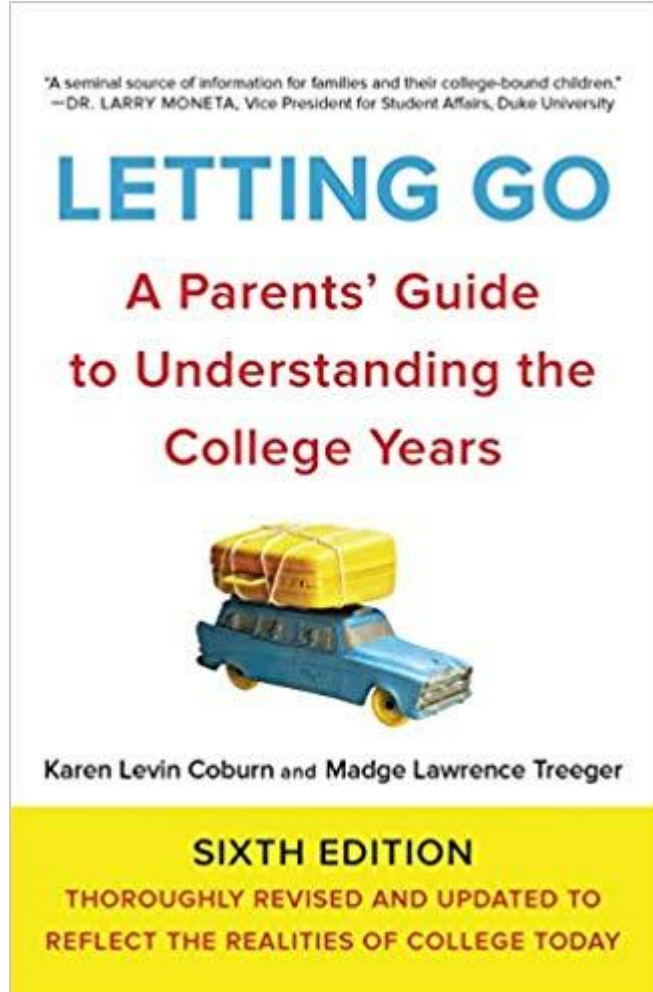
Support Yourself

- Embrace Mixed Emotions
- Take Care of Yourself
- Stay connected with NC
 - College's website features timely news articles
 - NC's Social media
 - Facebook, Twitter, Instagram



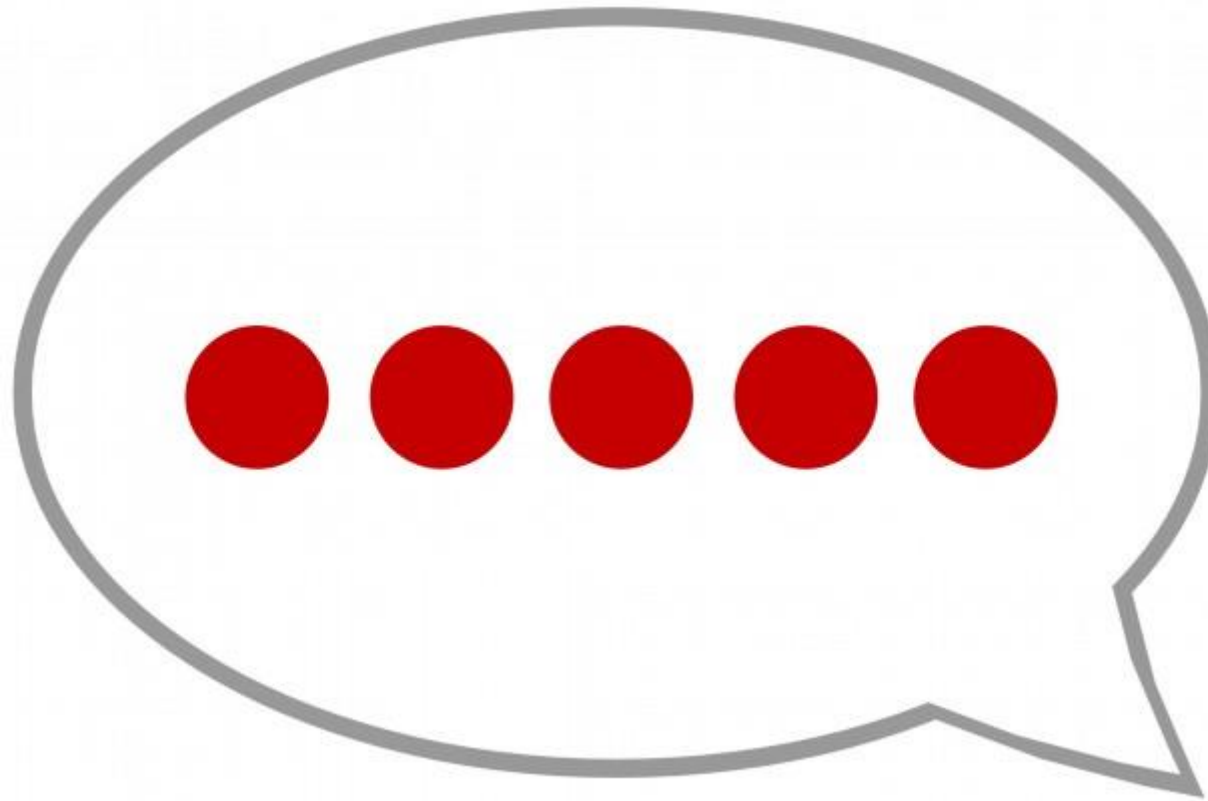


Recommended Reading





Important Topics of Conversation





Important Topics of Conversation

- 1. Planning for Academic Success**
- 2. Managing Time and Freedom**
- 3. Relationships in a new community & environment**



Important Topics of Conversation

1. Planning for Academic Success
2. Managing Time and Freedom
3. Relationships in a new community & environment
4. **Social Media**
5. **Making Smart & Safe Decisions (conduct)**



Important Topics of Conversation

1. Planning for Academic Success
2. Managing Time and Freedom
3. Relationships in a new community & environment
4. Social Media
5. Making Smart & Safe Decisions (conduct)
6. **Communication – 2 parts**
7. **Wellness (self-care)**



Involvement Matters

- Alexander Astin, *Achieving Academic Excellence*:
- Living on campus (if possible)
- Working on campus
- Being involved in campus activities
- Interactions with faculty, staff, peers
- Researching/working with professors





OFFICE OF STUDENT AFFAIRS – Old Main – 5th Floor



Kimberly Sluis

Vice President for Student Affairs & Strategic Initiatives



Jeremy Gudauskas

Assistant Vice President,
Co-Director of
The Center for Social Impact



Kevin McCarthy

Assistant Vice President
Dean of Students



Steven Weaver

Assistant Dean of Students



Career Development Center

We offer:

- Major Exploration
- Interest/Career Exploration
- Resume Writing
- Interview Preparation
- Internships
- Job Fairs

Haydee Nunez
Director





Office of Faith and Action

We offer:

- Worship services ([12:5](#)) – *select Tuesdays*
- Bible studies and small groups
- Interfaith celebrations and dialogue
- Mentoring and discipleship opportunities
- Spiritual retreats
- Christian holiday chapel services
- Lecture series ([Lux Veritas Speaker Series](#))



Brian Rainville
Director



Rev. Eric Doolittle
College Chaplain



Dyson Wellness Center

Even the best college environment can be a challenge if you are not at your best. The Dyson Wellness Center offers you the care, comfort and support of home.

- Medical Services
- Counseling Services



Tatiana Sifri
Director of Wellness Center



Nicole Musni
Director of Counseling



Multicultural Affairs

We promote a perspective that recognizes, understands, respects, appreciates, and celebrates the various cultures that exist in all individuals.

Our vision to educate and inspire the North Central College community to discover and experience the value of cultivating cross-cultural interpersonal relationships.



Dorothy Pleas
Director



Campus Safety

Safety is our priority.

College should be a memorable experience. It should also be spent on a campus where you feel safe and secure. At North Central College, your safety is our priority.

630-637-5911
(answered 24/7)

Ashley Klco
Director





Residence Life

The Office of Residence Life fosters safe, student-centered communities that focus on individual student needs. We empower residents to maximize their potential in order to achieve both academic and personal success.



Andrew Zobac
Assistant Director



Jennifer Alexander
Associate Director



Center for Social Impact

Pathways to Social Impact

- Scholarship
- Civic Engagement
- Service
- Advocacy
- Social Entrepreneurship

Jeremy Gudauskas

AVP & Co-Director



Whitney Roberts

Director of Civic Engagement & Social Innovation





Campus Recreation

- Intramurals
- Fitness Classes
- Fitness Center & Facilities



Lydia Pond

Director of Campus Recreation



Student Involvement & Transition

Among the most important lessons you'll learn at North Central are those that take place outside the classroom.

Learn leadership and collaboration skills as you join others in one of more than 75 student organizations.



Rachel Pridgen

Director



First-Generation Programs Military-Connected Student Services

NORTH CENTRAL COLLEGE
CARDINAL
FIRST

Julie Carballo
Director



NORTH CENTRAL COLLEGE

MILITARY STUDENT SERVICES



NORTH CENTRAL COLLEGE
CARDINAL
FIRST
FRIDAYS







Contact Us – Student Affairs

Kevin McCarthy

AVP for Student Affairs

Dean of Students

kemccarthy@noctrl.edu

Steve Weaver

Assistant Dean of Students

sgweaver@noctrl.edu

Jeremy Gudauskas

AVP for Student Affairs

Co-Director Center for Social Impact

jkgaudauskas@noctrl.edu

Julie Carballo

Director of First Generation Programs

Veteran & Military-Student Services

jmcarballo@noctrl.edu

Office: Old Main Suite #501 | 630-637-5151