

# TRANSITIONING TO COLLEGE

## AT FURMAN UNIVERSITY

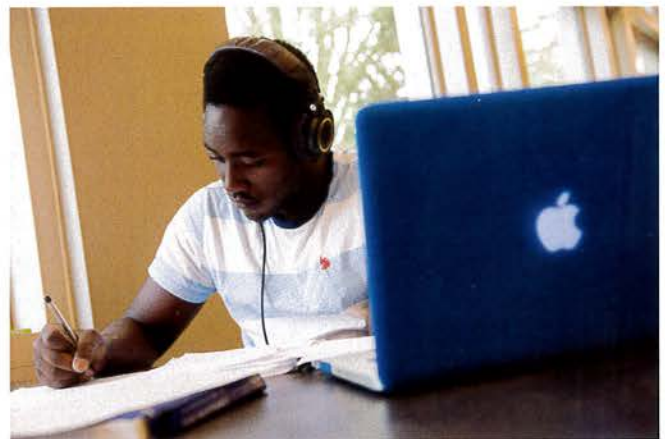


### ACADEMICS AND ACCOMMODATIONS

- In high school, most learning takes place inside the classroom. In college, much learning takes place outside of the classroom.
- In high school, textbook information is covered in class. In college, information from the textbook might not be covered in class, but students are still responsible for the material.
- High school classes cover 1-2 books per year. College classes can cover 8-10 books per semester.
- Learning in high school is focused on cognition: learning the material taught and being able to regurgitate the material. Learning in college is focused on meta-cognition: understanding one's own level of comprehension of the material and how to improve upon the understanding of the material.
- High school teachers often provide a PowerPoint, guided notes, or allow students to copy notes from the board. College professors expect students to take notes independently during a lecture.
- In high school, parents and teachers are in control. In college, it is up to the student to self-report and use accommodations.
- High school accommodations are focused on success. College accommodations are focused on providing equal access.

### STRUCTURE AND SCHEDULE

- In high school, students' time is structured by others. In college, students' time is self-structured.
- In high school, parents and teachers help students set and check priorities. In college, students are responsible for setting their priorities and assessing their progress.
- Classes in high school are sequential or on a block schedule. In college, students' schedules vary daily.
- In high school, students are treated as adolescents. In college, students are treated as adults.



### GRADES

- In high school, homework grades have significant impact. In college, homework is often not graded.
- Extra credit opportunities are available in high school. Extra credit opportunities are rarely made available in college.
- In high school, a grade of D is passing. In college a grade higher than a D may be required for credit in some majors.
- In high school, effort counts and courses are structured to reward good effort or improvement. In college, mastery counts and courses are structured to reward indicators of mastery.

### TESTING AND ASSESSMENTS

- High school assessments happen frequently and cover small amounts of material. College assessments are infrequent and cover large amounts of material.
- High school teachers often provide review sessions and study guides. College professors expect the student to form study groups on their own and create their own study guides.
- High schools often offer retakes and make-up tests. In college, retakes and make-ups are very unlikely.

- In high school, the responsibility for success/failure is largely on the teacher. In college, the responsibility for success/failure is on the student.
- In high school, mastery is often the ability to recall what was taught with the same or similar context. In college, mastery is often the ability to take what you learned and apply it to a new context in a novel way.

## TEACHERS AND PROFESSORS

- In high school, students have daily contact with teachers. In college, there is not as much contact with professors, and students are expected to use office hours for individual assistance.
- Parents have easy access and contact with high school teachers. There is no parental contact with college professors.
- In high school, teachers will approach students if they are not performing well and students usually have access to a grade portal. In college, this is not always the case. Students are expected to keep up with their own progress in their classes and approach the professor for assistance.
- High school teachers remind you of their expectations and assignments. College professors expect you to read and refer to the syllabus for expectations and assignments.

## INDEPENDENT LIVING

- In high school, a student with a disability might not receive the same consequences for a behavior infraction, while in college disability does not supersede conduct expectations.
- College requires resilience. In high school, parents and teachers often intervene to help a student avoid a difficult situation. Don't take problem solving opportunities away from your student!
- There will be roommate issues. Learning to live with someone you don't know is difficult, but the opportunity for growth is worth it. Encourage your student to work with the hall residential advisor to work out a roommate agreement.
- In high school, medication is often managed by parents and school nurses. In college, the student is expected to manage their own medication. Start expecting your student to demonstrate they can manage their medication independently.
- In high school, parents often wake up their student. In college, no one will help with this.



## THINGS TO THINK ABOUT

### Create a Health and Stress Management Plan

- What medications do you take regularly? Where will you store the medications? Do you need a lock box?
- How will you remember to take them and how much do you take at one time?
- What is your refill plan? Where will you refill your medications? How often?
- How much sleep will you get? Learn how to use your alarm and wake up on your own!
- Where will you go if you are sick?
- How will you manage and relieve your stress?

### Time Management & Study Plan

- How will you structure time when you don't have classes?
- What type of calendar or system will help you manage your time?
- Who on campus can help you be accountable to your plan?
- When and where will you study?
- Where are additional study spaces if your usual ones are not available?
- What are the best times of day for you to study?

### Community Living Plan

- What needs do you have in your residence hall or with your roommate?
- How will you navigate the discomfort and spontaneity of shared space?
- Do you understand the importance of good hygiene and cleanliness? What if your roommate does not share these ideals?
- What is the appropriate way to address problems that arise with your room, your suite, or shared spaces?
- What are the campus conduct policies and resulting consequences of a violation?