WELCOME TO
COLLEGE 101
Offices of the Dean of Student Life
Student Counseling Service
Office of Admissions and Records
Program Overview

- Transitions
- Academic Success
- Finance
- Emergency Contact Information
- Health & Safety
- Living in Aggieland
- Resources
Texas A&M University
Aggie Class of 2016

Total Number of Fall 2012 Freshman Applications = 31,478

Incoming Freshman Class = 8,616 (as of June 1)

• Top Ten % Admits = approx. 57%
• Academic Admits = approx. 10%
  (Based on class rank and ACT or SAT score)
• Review Admits = approx. 32%
Texas A&M University
Aggie Class of 2016

- 95% in-state students
- 4% out-of-state students
- 1% international students
- 52% women / 48% men
Texas A&M University
Aggie Class of 2016

• 57% in top 10% of graduating class

• 89% in top quarter of graduating class

• 99% in top half of graduating class

• SAT Score – Texas A&M Average 1220
  (National Average: 1021) (Verbal + Math)

• ACT Score – Texas A&M Average 27
  (National Average: 21)
Texas A&M University
Student Body

Fall 2011 Data

Undergraduate: 39,867
Graduate: 5,530
PhD: 3,943
Professional: 521

Total: 49,861
“I decided I wanted to come to A&M because of its great reputation. Being an Aggie has taught me how to be a part of a huge family and how real traditions work. I love A&M, and this is the place for me.”

—Josiah
“I’m still a part of the family – I just don’t live at home anymore. And I still need a place to stay when I come home to visit!”

-Kim
“Most kids are extremely nervous before they set off to college, and their nervousness comes out in different ways, not all of which are attractive.”

— Barkin, *When Your Kid Goes To College: A Parents Survival Guide*
“I wish my mom knew that when I didn't answer her call the first time that doesn't mean to call a second, third, or even fourth time right after that. I am most likely in class and unable to answer my phone so don't go into freak-out mode.”  -Taylor
Transitions: Realities

• Major Differences for Students
  – Academics (focus, intensity & expectations)
  – Independence ($$$, time, safety, health & wellness, and life skills)
  – Multiple changes (new experiences)
  – Parents at a distance
Transitions: Connecting Tips

- Listen
- Ask open-ended questions
- Don’t:
  - Warn or threaten
  - Provide solutions or “shoulds”
  - Judge, criticize or blame
  - Question and probe
Transitions: Coping

• Happy, Happy, Happy

• Crisis, Crisis, Crisis
  – Talk of home & hometown friends and not college friends

• Signs of depression
  – Changes in eating or sleeping
  – Lack of energy
  – Withdrawal from friends and family
Things To Do

• Lessons on laundry and other practical matters
• Start thinking about changes to be made in time management
• Be available for guidance, but allow them to solve problems
• Let them know what your expectations are
First Year Experience

- “A way of life”
- Making connections
- Service & Leadership
- Texas A&M Community
  - Faculty
  - Academic Advisors
  - Student Affairs staff
  - Fellow Students
- Study Abroad, Undergraduate
  Research & Internships – great ways to expand opportunities later
Resources to Support Academic Success

• Student Counseling Service
  – PASS
• Student Learning Center
  – Supplemental Instructions (SIs)
• Tutoring
• Writing Center
• Disability Services
• Academic Advisor
Things To Do

- Resource tables
- Gig ‘Em Week seminars
- Additional meeting with academic advisor
- Family Calendar—available as a ready resource
“Someday, when I’ve graduated and am financially independent, I’ll remember how great you were during the college years and buy you great birthday gifts. So when I call for more money, remember that I love you.”

-Jessica
Finance

- Financial Independence
  - Budgets
  - Credit Cards
  - Employment: on and off campus

- Insurance
  - Homeowner’s/Renter’s
  - Health insurance
    - SHS.tamu.edu—student insurance link
Things To Do

• Have a clarifying conversation about financial expectations and money management
• Lessons on balancing accounts
• Set up a budget
• Review insurance policies
Health and Safety

- Critical Incident Response Team (CIRT)
- Code Maroon: students subscribe for notification of imminent danger
- HelpLine—in Student Counseling Service (979)845-2700
- Dial-a-Nurse (979)458-8379
Emergency Contact Information

• Keep updated contact info for the University
  – Howdy.tamu.edu

• Parent Listserv – information will be sent regarding procedures to update contact information
Safety: Personal Responsibility

• I.C.E.
  – keep updated contact info in your cell phone

• Physical
  – Avoid being a victim, property safeguards & crime prevention

• Internet Identity Theft, Stalking
  – Facebook, MySpace, Twitter
Health and Wellness

• Mental Health
  – Stress Levels and Anxiety
  – Depression
  – Seek healthy outlets

• Physical Health
  – Eating
  – Sleeping
  – Exercising
  – Vaccinations, Check-Ups, etc.
Health & Safety: Hazing

- Is illegal by Texas State law
- Not limited to any particular group
- Consent is not a defense
- Some example of activities:
  - Sleep Deprivation
  - Forced consumption of food or beverages
- Student-rules.tamu.edu – available online
Health and Safety: Alcohol

- Majority of our students make good decisions related to alcohol.
- The “College Effect” – Alcohol use generally rises the summer before a student enters college, and then increases substantially after arriving on campus.
- Risk factors: alcohol is available & inexpensive.
- Studies show that the more alcohol consumed in a week, the lower a student’s grades are.
Things To Do

• Keep contact information up-to-date and accessible
• Talk to your student about safety & personal responsibility
• Talk about activities to maintain good health and wellness
• Talk about hazing & alcohol use with your student
Things To Do (cont.)

• Look at the First Year Seminar options & internships today
• If you’re concerned, contact the Offices of the Dean of Student Life
  – Or Student Assistance Services
  – Or TellSomebody.tamu.edu
• Talk to your student about co-curricular interests including service & service learning opportunities
Living in Aggieland: Getting Involved

- Encourage your student to visit MSC Open House during the 1st weekend
- Student Organizations
  - Studentactivities.tamu.edu for a searchable listing of more than 900
- Community Service
  - Aggieserve.tamu.edu for opportunities as an individual or with others
- First Year Seminar Courses
  - Firstyear.tamu.edu
- Get Connected!
Parent Resources

- Offices of the Dean of Student Life
  - (979) 845-3111
  - parents.tamu.edu (website)
  - AggieFamilies@tamu.edu (email)

- University Police Dept  (979) 845-2345

- Aggie Mom’s Clubs

- Family Calendar

- Summer Reading List
Important Dates to Remember

• New Family Welcome
  September 21-22, 2012
  Football Weekend (South Carolina State)

• Parents’ Weekend
  April 12 – April 14, 2013
Thank You!

Please complete the conference evaluation at
http://newaggie.tamu.edu/NSC_evaluation.htm

Enjoy the rest of the conference. Have a safe journey home.
Gig ‘Em!