

**Senior (March / Unit 17):
College Survival Skills and College Freedom Management Schedule**

Objective: *To help you and your parents better understand what awaits you at college.*

To successfully complete this unit and receive your stipend, complete the following activities:

- Complete all activities in this unit.
- Complete and include your **Student Grade Check** form.
- Include your parent/guardian’s signature on the **Evaluation Sheet**.
- Complete the **Stipend Request** form.
- **Have site sponsor sign the Mid-Month Check-In** (*does not need to be finished*) by _____ .
- **Be prepared to review it with UB staff on** _____ .

Stipend Requirements

Stipend Amounts	Possible Portfolio Completions
Complete = \$40.00	<ul style="list-style-type: none"> • <u>Unit 100% complete</u>: turned in on time, parent/guardian signature, and site sponsor signature.
Partial = \$30.00	<ul style="list-style-type: none"> • <u>Unit 75% complete</u>: includes parent/guardian and site sponsor signatures. • <u>Unit 100% complete</u>: includes parent/guardian signature; <u>does not</u> include site sponsor signature.
Partial = \$20.00	<ul style="list-style-type: none"> • <u>Unit 100% complete</u>: <u>does not</u> include parent/guardian signature. • <u>Unit 50% complete</u>: includes parent/guardian and site sponsor signatures.
Incomplete = \$0	<ul style="list-style-type: none"> • <u>Unit less than 50% complete</u> (even if unit includes parent/guardian and site sponsor signatures)

What to do if you are absent on portfolio visit days!

Planned Absences (e.g. sports games, field trips, etc.)	Unplanned Absences (e.g. sick, flat tire, abduction by aliens, etc.)
<ul style="list-style-type: none"> • Give your binder to your site sponsor <u>before you leave</u>. UB staff will review your work, and you are eligible for a full \$40 stipend. • If you forget to leave your binder with your site sponsor before you leave but turn it in to your sponsor the <u>first day you return</u>, you are eligible for a \$20 maximum stipend (even if the unit is fully complete). If there are unforeseen problems with finishing your unit, <u>notify your site sponsor and/or UB staff immediately</u>. 	<ul style="list-style-type: none"> • Give your binder to your site sponsor <u>the day you return to school</u>. You are still eligible for a full \$40 stipend. • If you forget to give your binder to your site sponsor <u>the day you return</u>, you have <u>24 hours</u> to turn in your unit for a \$20 maximum stipend (even if the unit is fully complete). If there are unforeseen problems with finishing your unit, <u>notify your site sponsor and/or UB staff immediately</u>.

Upward Bound Contacts

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Personal Affirmation

At the beginning of each portfolio unit, you will include your personal affirmation. Much like Martin Luther King, Jr.'s "I Have a Dream" speech, each of us has dreams, affirmations, and hopes for our lives. By writing down your goals and dreams, you make commitments to yourself, use positive self-talk, and figure out how to overcome obstacles that stand between you and your college education!

Write your affirmation by describing who you are – or strive to be!

"I am a/an _____, _____, and _____."

(adjective) (adjective) (adjective) (your role)

Step 1: College Survival Tips: Making the Transition From High School to College

Leaving for college marks a major transition in your life: you're saying goodbye to your school, friends, family, and other familiar things. Arriving at college is equally meaningful: you're exploring a new place, making new friends, learning new things, and setting your own priorities. Amidst all this excitement, many students overlook the stress involved in making so many big changes in such a brief period of time. Fortunately, the more prepared you are for college, the more ready you'll be to confront any new pressures.

Here are some realities to consider, as well as some common-sense approaches.

"College is challenging."

College courses are at a higher level than high school classes, and the material is presented at a faster pace.

Professors are also likely to assign more reading, writing, and problem sets than you may be used to.

- **Your Strategy**

All first-year college students contend with this, so don't think having to struggle to keep up is somehow a failure on your part. Give yourself an opportunity to adjust gradually to the new academic demands. Choose a course load that includes both challenging classes and others that will be less intense.

"College life is unstructured."

You are responsible for managing your time in college. If you cut classes and don't do your assignments, no one will nag you. You may wish they had if it comes time for the final, and you don't know the material.

- **Your Strategy**

Keep track of your daily schedule with a calendar, cellphone, computer, email, etc., and make sure you write down when and where your classes meet, when assignments are due, and when tests will take place. Give yourself ample time to study rather than waiting until the last minute and pulling an all-nighter. If you are using an electronic device as a calendar, create "alarms" or "notices" in advance so you will receive notice of any upcoming deadlines.

"College requires personal responsibility."

You may not have the same day-to-day support system as you do now and will need to make day-to-day decisions for yourself. For example, how will you manage your money and debt, especially when credit card companies are bombarding you with offers? Who is around to make sure you're not getting sick or run down? Factors like stress, late-night parties, and generally pushing yourself too hard can take a toll.

- **Your Strategy**

Look out for yourself, and don't always do what's easiest at the time. Make smart decisions! For example, when it comes to your money, stick to a budget, and use credit cards wisely (if at all!). When it comes to your health, get enough sleep, eat well, and pay attention to what your body tells you. You'll need energy to enjoy all that college has to offer.

"A new social scene is part of the college experience."

New social opportunities (and pressures) abound. Suddenly, you can recreate yourself in any way you want.

- **Your Strategy**

While forming new friendships can be exhilarating, true friendships are formed slowly, and the beginning of college can consequently be a lonely time. If you're unsure about participating in certain social scenes or activities, don't hesitate to seek guidance about the best ways to resist these situations. Talk to parents, trusted friends, college counselors, and, if you are living on campus, your Resident Advisor (RA).

College is full of resources – from professors and tutors to counselors and your RA. In college, it is up to you to initiate getting help. The good news is that, once you adjust to college life, it opens new doors to all sorts of learning and living.

Step 2: Sage Advice for Parents – from Veteran Parents

Excerpted from: <http://www.berkeley.edu/calparents/guide/involvement/sage.html>

College is an exciting time for parents as well as their students, but complex and often challenging adjustments must be made on both sides. ***The following are a few suggestions from parents for making the transition to college as smooth as possible:***

- A new family dynamic is created when a student leaves for college, and it can be difficult to deal with, especially if this is the first child to leave home. Understanding and accepting this are very important to everyone involved. It's wise to discourage your student from coming home too soon or too often. While it is hard to know your student is lonely, homesickness is a natural and normal part of leaving home and becoming an independent adult. While it may seem comforting at first, bringing homesick students home every weekend inhibits their ability to develop relationships with other students, and only prolongs their adjustment to being away.
- As parents, you may face your own separation anxiety, but resist the temptation to tell your students how sad or lonely you are. While you want your students to know they are missed, it is important for you to be positive and to encourage them in this new chapter of their lives. Be available to listen, but always affirm the importance to them of reaching out, making new friends and contacts, and developing new interests and skills. While students meet each other through classes during the week, it is on the weekends that many of the important informal communications occur—the interactions on which friendships are built.
- All campuses have a variety of academic, emotional, and physical support services available to help students succeed. Make sure your student knows about resources available on their campus, such as free tutoring, academic support services, mentoring programs, and the on-campus counseling center.
- Students need parental support, especially emotional support. They need patience, understanding, and love as they adjust to university life. Keep the lines of communication open, and be reassuring when they call. Maintaining connections to familiar people and places can help ease feelings of isolation or loneliness. As students experience more independence, you may find that the parent-child bond strengthens and mutual appreciation deepens.
- Of course, you will want to stay in contact with your students. But just as when they were small, they need time and space to grow and explore. Text messages and emails work well because they can be sent and answered any time. Before your student leaves for college, make sure you agree on the best way for you to stay in communication once he/she leaves home.

Step 3: “Been There Should’ve Done That”

With this unit, you have received a copy of the book, *Been There Should’ve Done That* by Suzanne Tyler. It is a valuable tool for you! All of us at Upward Bound can tell you that our own postsecondary experiences more than validate the advice given by the students in the book. As a result, it is hard to tell you which sections you should read before you head off to school next fall.

We first recommend that you focus on the sections that address your particular concerns about college, and then continue on from there. The following sections are some of our favorites (advice we wish someone would have told us before we left for school!):

- “Bummers” (page 39)**
- “Carpe Diem, Definitely” (page 49)**
- “Get a Clue” (page 99)**
- “Grinding It Out” (page 115)**
- “Surviving ‘The System’” (page 193)**
- “Money” (page 221)**
- “Partying & Stuff” (page 243)**
- “Ah Ha!” (page 261)**

Don’t let the number of pages intimidate you (268 pages!?). Each page contains a few quotes, and some of them have useful tips for success. It is easy reading!

Once you have **read the entire book**, answer the questions below. There are sections for both student and parent, so you might want to pick sections of the book you both want to read and tackle them together.

Student

1. *Please list the three sections of the book that you thought were the most beneficial.*

2. *Why were these three sections of particular value to you? What did you gain from reading them? Please provide an answer for each of the three sections you chose, and be prepared to discuss them in detail with an Upward Bound staff member during your portfolio meeting.*

3. *Were there any other sections of the book that you thought were helpful? If so, please list them below and explain why you found them to be of help.*

Parent(s)

1. *Please list the three sections of the book that you thought were the most beneficial.*

2. *Why were these three sections of particular value to you? What did you gain from reading them? Please provide an answer for each of the three sections you chose.*

3. *Were there any other sections of the book that you thought were helpful? If so, please list them below, and explain why you found them to be of help.*

Step 4: Pressures or Stressors Experienced by High School and College Students

Everyone experiences stress differently. What stresses you these days (e.g. academic, grades, friends, relationships, teachers, money, family issues, work, etc.)? Please brainstorm some of your life stressors, and write a short paragraph (at least 5 sentences) in the space provided below.

Step 5: What Are the Symptoms of Stress?

How does stress manifest itself in your body or in your mind? – inability to sleep, crying, can't concentrate, lack of confidence, not eating, eating too much, headaches, stomach aches, etc? Please write a short paragraph (at least 5 sentences) in the space provided below.

Step 6: Destructive and Constructive Behaviors

Examples of **destructive behaviors** when dealing with high school or college stressors: (1) increased use of alcohol or other drugs to cope or to numb feelings, (2) increased anger, and (3) acting out behaviors.

Examples of **constructive behaviors** when dealing with high school or college stressors: (1) exercise, (2) eat better, (3) take supplements, (4) a long hot bath, (5) visit your family/friends, and (6) take a day off.

What do you normally do when you're stressed out?

Step 7: Common Stressors

From Skip Downing: "On Course: Strategies for Success in College and in Life"

Below you will read about 4 common stressors and how to use new behaviors and thoughts in order to help you deal with, manage, and relieve them in your life.

* Overwhelm *

Overwhelm is probably the most common symptom of stress. Its message is valuable: your life has gotten too complicated, and you have too many commitments. Overwhelm warns us that we're losing control of our lives.

Choose New Behaviors When You Feel Overwhelmed:

- Separate from an external stressor. Perhaps the external stressor is a neighbor's loud music or a demanding job. After reflection, you realize that neither is worth the aggravation they're causing, so you choose to study in the library or find a new job with fewer demands.
- Resolve incompletes. Perhaps an external stressor in your life isn't one you can separate from, such as a crashed computer or a looming term paper. Instead of procrastinating and continuing to have these incompletes drain your energy, handle them. Write a "do-to" list, and do them as soon as possible. Contact a person or the company of the computer to fix it. Begin your research paper early.
- Keep your finances organized. One of the highest sources of stress is worry over personal finances. Set a budget and stick to it, pay bills on-time, balance your account, and deposit money in a savings account.
- Exercise and relax. Aerobic exercise increases endorphins, and these hormones reduce tension and anxiety. Meditate / pray, and make a conscious effort to unburden your mind of all thoughts for even a short time. If possible, breathe deeply (into your abdomen not your chest) for five minutes, two or three times each day. *How about right now?*

Choose New Thoughts When You Feel Overwhelmed:

- Visualize problems and troubles shrinking to a manageable size. After relaxing, picture problems that seem huge, and imagine them shrinking smaller and smaller until you realize exactly how to deal with them.
- Take a mental vacation. Picture a place you love (e.g., a beach, mountains, or forest) and spend a few minutes visiting it in your mind. Enjoy the peace and rejuvenation of this mini-vacation.
- Elevate. Rise above the moment, and see each problem in the bigger picture of your life, noticing how little importance it can have. From this new perspective, ask, "Will this really matter one year from now?" Oftentimes the answer is "No."
- Trust a positive outcome. How many times have you been upset by something that later turned out to be a blessing in disguise?

*** Anger and Resentment ***

Healthy anger declares a threat or injustice against us, someone or something we care about. Perceiving this violation, our brain signals our body to release hormones that fuel both our strength and will to fight. You can be conscious of oncoming anger through changes like flushed skin, tensed muscles, and increased pulse rates. Emotions don't ask rational questions! With this awareness, pause and wisely choose what to do next rather than strike out impulsively. For example, ask, "Will I benefit from releasing my anger, or will it cost me dearly?"

When you perceive a true injustice, use the energy produced by your anger to right the wrong. To avoid being overwhelmed by anger and doing something you will regret later, here are some effective strategies:

Choose New Behaviors When You Feel Angry or Resentful:

- Separate. Go off and be alone, allowing time to regain your ability to make rational, positive choices.
- Exercise. Moving vigorously assists in reducing anger-fueling hormones in your body.
- Relax. Slowing down also aids in calming your body, returning control of your decisions to you (as long as you don't spend this time obsessively thinking about the event that angered you).

Choose New Thoughts When You Feel Angry or Resentful:

- Reframe. Look at the problem from another angle. Search for a neutral explanation for the anger-causing event. If you realize you were wronged unknowingly or unintentionally, you can often see the other person's behavior in a less hostile way.
- Elevate. Rise above the moment, and see the angering event in the larger picture of your life. Notice how little importance it really can have. Consider, "Will this really matter one year from now?"
- Distract yourself. Consciously shift your attention to something pleasant, stopping the runaway train of angry thoughts. Involve yourself with positive conversations, music, video games, or similar diversions.
- Forgive and/or let go. Don't give them and the situation power by focusing on them and the offense. Forgiveness and letting go doesn't mean we forget and allow them to misuse us again. But don't concern yourself with whether they deserve forgiveness: the focus is that you deserve the emotional relief. The reason for forgiveness and letting go is primarily to improve your life, not theirs. We close the case to free ourselves of the daily self-infliction of poisonous judgments.

*** Sadness and Depression ***

Healthy sadness overtakes us upon the loss of someone or something. Fully grieving our loss is essential, for only in this way do we both honor and resolve our loss. Unhealthy sadness, however, becomes a lingering depression, keeping us from moving on to create a positive experience of life despite a loss.

You can be conscious of oncoming or lingering depression through their body's clear signals of low energy, constant fatigue, and lack of a positive will to perform meaningful (and even day-to-day) tasks. With this awareness, you can wisely take steps to climb out of depression into the light of a full, rich life.

Choose New Behaviors When You Feel Sad or Depressed:

- Exercise. Moving vigorously helps your body create a natural chemical high that combats depression.
- Laugh. Like exercise, laughter is physiologically incompatible with depression.
- Breathe deeply. Keep breathing deeply to offset the physically constricting impact of depression.
- Do something towards a goal. Get a result, no matter how small. Accomplishment combats depression.
- Try something new (e.g., cooking, hiking, playing an instrument) or resume an old hobby that you loved.

Choose New Thoughts When You Feel Sad or Depressed:

- Focus on the positive. Identify your blessings and victories. Appreciate what you have instead of regretting what you don't. See positive alternatives, and use positive self-talk.
- Challenge pessimistic beliefs. Depression thrives on pessimism. Dispute beliefs that make the loss seem permanent or personal. Think of how life will improve over time, how the loss is limited to part of your life, and how the cause is not a personal flaw, but something you can remedy with an action.
- Socialize with friends and loved ones. Isolation can intensify depression. Socializing re-engages you with people who matter and helps you gain a healthier perspective on your loss.
- Help others in need. Assisting people less fortunate not only distracts you from the source of your sadness, it also reminds you that, despite your loss, you still have much to be grateful for.

*** Fear and Anxiety ***

Fear delivers a message that we are in danger. Our brain then releases hormones that fuel our energy to "flee" (often referred to as "fight or flight"). However some people exaggerate non-threatening dangers, and their healthy fear is replaced by paralyzing anxiety or terror about what could go wrong.

You can be conscious of oncoming fear or anxiety through their body's signals, such as shallow breathing and "butterflies" in the stomach. With this awareness, you can pause and wisely choose what to do next rather than fleeing impulsively from or constantly worrying about a non-threatening person or situation.

Choose New Behaviors When You Feel Fearful or Anxious:

- Relax. Slowing down helps you reclaim mastery of your thoughts and resulting emotions (but don't spend this time thinking about the original cause of your fear).
- Breathe deeply. Fear constricts. Keep oxygen flowing through your body to reverse the impact of fear.
- Over-prepare. For example, when studying for a test, begin long before the test date and study, study, study. Learn it so well that you are overflowing with knowledge.

Choose New Thoughts When You Feel Sad or Depressed:

- Detach and move on. Once you have prepared fully, there is no more you can do. Worrying won't help. Do everything you can to be ready for a challenge, then let the outcome take care of itself.
- Reframe. Ask yourself, "If the worst happens, can I live with it?" If you fail a test, for example, you won't like it, but could you live with it? If not, consider seeking help to regain a healthy perspective.
- Visualize success. Create a mental movie of yourself achieving your ideal outcomes. Play the movie over and over until it becomes stronger than your fear.
- Assume the best. We often create fear through negative assumptions. Suppose your professor says, "I want to talk to you in my office." Resist assuming the conversation is about something bad. If you're going to assume, why not assume it's something wonderful?
- Distract yourself. As with anger, consciously replacing fearful thoughts with pleasant ones will help stop anxiety. Involve yourself with engaging activities that will take your thoughts on a pleasant diversion.
- Face the F.E.A.R. Oftentimes, taking the first step to face the fear is the hardest. However, be strong, take that first step with a deep breath, and do what you fear, in spite of it. Most often you will learn that your fear was just a ***False Expectation Appearing Real***.
- Accept your mistakes. Remind yourself that making mistakes is okay. In fact, it's one of the best ways to learn important lessons.
- Say your affirmation. When fearful thoughts creep into your mind, say your affirmation until your thoughts return to a positive outlook.

Reflection Question: From the four emotional responses above (overwhelm, anger/resentment, sadness/depression, and fear/anxiety), which two best describes how you respond to stress and new situations? Which new behaviors and new thoughts will be the most helpful to you and why?

Step 7: Upward Bound Summer Academy Experiences

Reflect back to your Upward Bound summer Academy experiences. Write a paragraph or two about experiences that stressed you out during your 5 week stay at Northern Arizona University. How did you deal with them?

Step 8: Staying On-Course

School and college are serious business, but it's not that serious. Change your perspective a bit: How many of you have gotten a "C" for a class? You may get a few more "C's" in college and maybe even a "D." But remember: a class is repeatable! It's not the end of the world if you don't make the dean's list. If 18 credits are too much to handle, go to 12 or 15 credits. College should be an enjoyable process, not one that is self defeating! Take some classes in the summer at a local community college if you have to. ***There are always options!***

Every college student will face hurdles the first year of school! What bumps do you honestly anticipate in six to eight months when you're in college?

Step 9: Your Resource Network

When the going gets rough, how will you effectively cope with the pressures of college? Who will you reach out to for help if you need it? Please list as many people, resources, or programs as you feel necessary.

Person / Resource / Program	Why?	Phone Number	Email Address

Step 10: Never Give Up!

I will not give-up on my educational goals!

I promise myself that when the going gets rough, I will commit to healthy behaviors such as:

- Exercising more
- Eating healthier (less sugar, more fruits and veggies)
- Staying away from alcohol and other drugs
- Combining difficult classes with easy ones

- _____

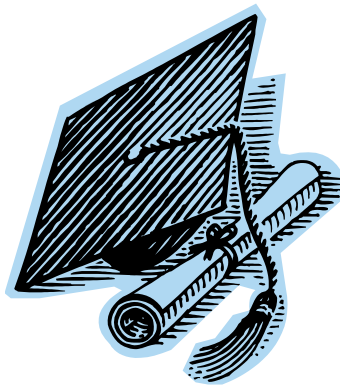
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Above all else, I, _____, am promising myself the following:

I WILL NOT QUIT!



**I WILL NOT TAKE A YEAR OFF!
I WILL GRADUATE FROM COLLEGE!**

Signature

Date

SENIOR PORTFOLIO MID-MONTH CHECK – IN SHEET
March / Unit 17 • College Survival Skills and College Freedom Management

Student Name: _____ Date: _____

Directions: To obtain full credit complete this check-in sheet of your unit work.

- It is advisable that you take time to think of what portfolio work you need to complete between now and the day your portfolio is due, and get to work on it!
- Please circle the appropriate response and answer in complete sentences where asked.
- **Site Sponsor must sign Check – In Sheet by due date on the 1st page of your portfolio unit.** This is typically 1 week before your portfolio visit.

1. What parts of the unit have you completed?
 - a) all of it
 - b) half or more
 - c) very little of it
 - d) none of it

2. What parts of the unit do you still need to complete?

3. What part of this unit, if any, are you having difficulties with? Why?

4. What type of help do you need, if any, in order to complete unit by the due date?

FOR SITE SPONSOR TO COMPLETE:

Unit at least ½ complete: Y N

Site Sponsor Signature _____

Date _____

