

How to help students succeed:

Transition:

Like most changes or transitions that produce personal growth, moving away to college may bring pressures, stresses, and challenges for both students and their family. The most important life transitions can occur during this time. Effective time management and caring for oneself can be challenging for many students. This is why support from parents and family is critical to a student's successful transition to college.

Become aware of Available Services and Resources:

When students ask questions or need some guidance, you can help set them in the right direction by being aware of services the College offers to help support students. You can do this by making yourself familiar with our services so that you can be informed in helping students transition smoothly. Encourage them to take advantage of campus resources and to stay connected through the Portage College app and their College email.

Stressed Out:

Your student will begin making adjustments as soon as they arrive on campus. New students identify the first month at college as the most stressful time during their first year. During this time, they make frequent calls home.

Some of the most common areas of concern and stress for students include:

- Dealing with emotions/feelings (loneliness, depression, anxiety, etc.)
- Stress (social, family, time management, etc.)
- Health issues (lack of sleep, colds/flu, nutrition, etc.)
- Relationship difficulties
- Academics

Family member can help their student get through a particularly tough time by listening actively and empathetically to students' concerns.

Family members can also help their student by mailing a special letter or package, and offering their ongoing support.