

make the most of your college orientation

STUDENTS

- Get a map, look at it, and use it to find the places you'll be visiting that day. Walk around and check things out on and off the campus.
- Show up and take advantage of all the planned orientation events. Take this opportunity to have fun; meet new people and make a connection with your campus from the get go!
- While on campus, visit the financial aid office — know where it is, ask about work-study positions if it's included in your financial aid, and make a connection with someone there. Leave with an e-mail address in case you have questions.
- While on campus, visit the Student Support Services or Academic Support Services office. Introduce yourself and fill out an application if there's a TRiO program on campus.
- Explore student activities and clubs on campus, and think about joining one or two. Find out how to get involved and try something new!
- Visit the career services office to see what services they offer and how you might be able to take advantage of such things as jobs on campus, part-time jobs in the area, or local internships.
- Make a connection with at least one other student on campus that day. Exchange phone numbers and make a plan to meet up again later.
- Stay off Facebook and texting while on campus. Your friends will still be there after the event, but first-year orientation only happens once.

PARENTS

- Know where your child will be living. Note the residence hall, floor, and room number; and meet the roommate.
- Find out who key staff members are and grab their business cards:
 - Campus Life/Housing
 - Campus Safety and Security
 - Financial Aid
 - Academic Support Services
- Make connections with other parents; you may want to talk with them later or at least know other friendly faces, and they're going through the same thing you are.
- Establish a communication plan with your child that allows him to adjust in his own way, on his own time; that is neither intrusive, nor non-existent.
- Get ready to let go for a little while. Let her settle in, build relationships, and establish herself. Check in, reassure her that she can do this, and give it time.
- Be patient with the “nothing is going right” phone calls, texts, or e-mails. By providing a sympathetic ear and offering advice, you're helping your student to process this new experience and develop good self-advocacy skills.
- Trust your student.

VSAC

College orientation dates: _____

TRiO info/contact: _____

Financial aid contacts: _____

GUIDE Facebook: _____

**Other campus contacts
for first-year students:**



**Vermont Student
Assistance Corporation**

10 East Allen Street, PO Box
2000

Winooski, VT 05404

Toll-free **800-642-3177**

In the Burlington area **655-9602**

Online at www.vsac.org

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