

Making the college transition



Beginning college, particularly online, can be daunting. Try these tips to help your student master the move. Encourage your student to:

- **REACH OUT** to orientation leaders, RA's, peer coaches, academic advisors, faculty, and staff if they need help or have questions.
- **JOIN** a college group where they can feel known and nourished. From intercultural organizations to all sorts of clubs to Capax Dei groups, students have ample opportunities to connect, even from home.
- **GET TO KNOW** their classmates. Initiating connections via Zoom and working on projects together can create new friendships.
- **EXPLORE** new hobbies, study spaces, and aspects of adulting. Give them a bit more freedom and responsibility.