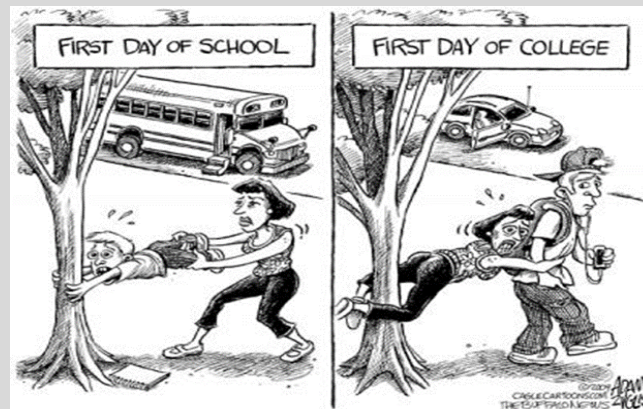


Welcome University Prep Families!

College Transition Presentation 3.11.20

- We will begin a few minutes after **7pm**
 - The presentation will run for 60 minutes.
 - To ask a question, click the **Q&A button** in the toolbar.
 - Please make sure you have muted yourself.
 - Q&A questions will be monitored by Kelly and Britten. Questions will be either answered live via chat **OR** saved until after the presentation concludes.
- While you are waiting:
 - Visit www.universityprep.org/academics/college-counseling



Tonight's Agenda

1. End-of-Year Details with Mr. Jaffe
2. Nuts + Bolts with with Kelly & Britten
3. Guest Speaker: Kazi Joshua (Whitman College)
4. Guest Speaker: Dr. Mary "Mollie" Kaufmann



Acknowledge **Uncertainty**

- Calendar
- LaunchPad
- Feeling of Community
- Athletics
- College Choices



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Tyler (Santa Clara University)
Corporate Account Executive at MongoDB
Austin, Texas

Thaddeus (Carleton College and University of Michigan Law School)
Attorney at Hillis, Clark Martni and Peterson
Thaddaeus's practice focuses on land use, real estate, and environmental law

Noah (Tulane)
Email Marketing developer at the University of Texas

Ian (Chapman University)
Expansion Specialist, Amazon

Kyle (Whitworth College)
Google Ads Senior Account Manager, Large Advertisers

Luke (Whitman College)
Trilogy Search Partners
MBA Candidate at Berkeley Haas, Class of 2021

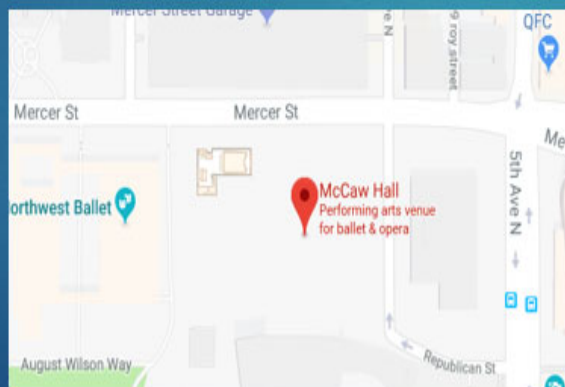
Sam (University of Denver)
EMT and Firefighter

Will (Emory University)
Customer Acquisition Manager at Zola.com
UCLA Business School , Class of 2022



Class of 2020 Commencement

McCaw Hall
321 Mercer Street,
Seattle, WA 98109



Monday
June 11
6p

Rehearsal
9a

Seniors
arrive for
ceremony
by 4p



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DISCOVER TOGETHER



Empty Nest = An Open Field

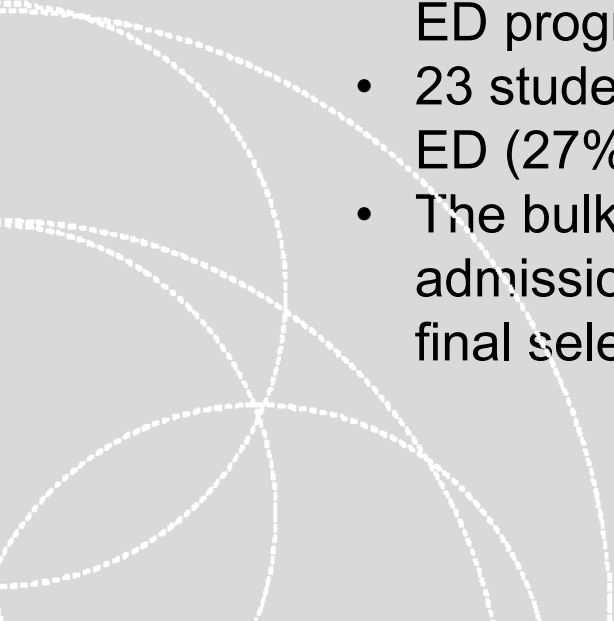




BURNS

"I've been a mess since Jake left for college, so now we have a boy who comes in a couple of times a week to leave wet towels all over and challenge everything I say."

College Application Stats: The Class of 2020

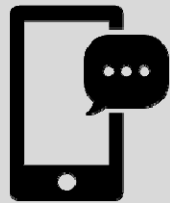
- Submitted 723 college applications
 - Applied to 174 different colleges and universities
 - 38 states + Washington DC
 - 6 foreign countries
 - 73 students submitted applications under an EA or ED program (91% of the class)
 - 23 students have made a final decision already via ED (27% of the class)
 - The bulk of the class are still waiting for their admission decisions to arrive before they make a final selection
- 

The Next Two Months...Reminders

- Notification of admissions decisions by April 1
- What to do if waitlisted?
- Read all admissions letters carefully
- Spring/Winter admission & gap years information
- You represent more than yourself: send thank you notes
- You cannot “double deposit” (May 1st)
- We are happy to talk about final choices (Family Meetings) www.calendly.com/kherrington or www.calendly.com/bnelson-3

5 Vital Conversations to have before move-in day

1. What is your communication plan?



- Agree on a method (FaceTime, phone, email, text, etc.)
- Agree on who initiates the contact
- Agree on a frequency (daily, weekly, monthly)
- Stay connected but foster independence

5 Vital Conversations to have before move-in day

2. Who sees your grades?



- Student records are protected by the Family Educational Rights and Privacy Act (FERPA), which restricts institutions from releasing grades and other educational records without a student's written permission.
- Students and parents should discuss what level of disclosure is mutually expected and acceptable, as well as what campus policies address this matter and what releases may need to be signed.

5 Vital Conversations to have before move-in day

3. Establish expectations for managing time and freedom – including when you come home during breaks.



Does your student have the following skills now?

- Setting sleep schedules/ wake up time
- Managing study time, class time, and work schedules

Also, when the winter holiday break brings students back home for a few weeks, do the old high school years' rules still apply?

5 Vital Conversations to have before move-in day

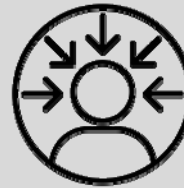
4. Sex, drugs, and alcohol (no you cannot take a bathroom break during this one).



- Many students have experimented with these while in high school
- ...but college brings new temptations!
- Fortunately, students tend to be open to advice and feedback from their parents about these critical issues.
- Success in the first year of college is often linked to a student's capacity to make good social choices.

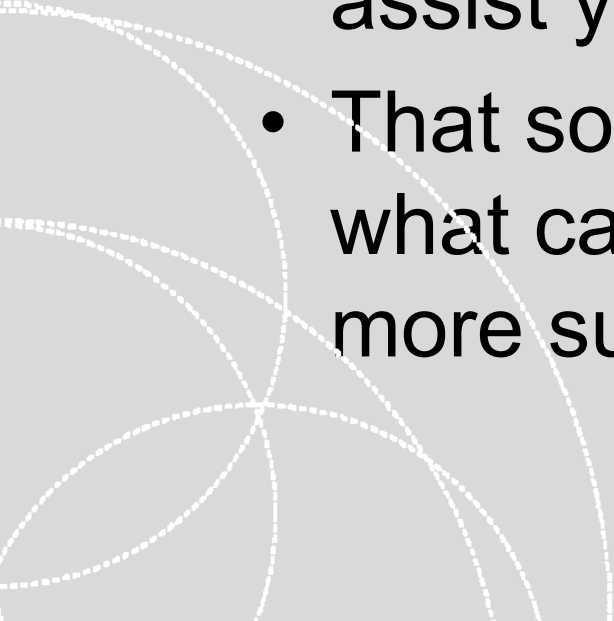
5 Vital Conversations to have before move-in day

5. Whose experience is this?



- Families need to have a plan for taking advantage of campus information and resources.
- Parents should be confident their students are enjoying a positive learning environment while creating their own college experiences and advocating for themselves.

3 Responses to Consider

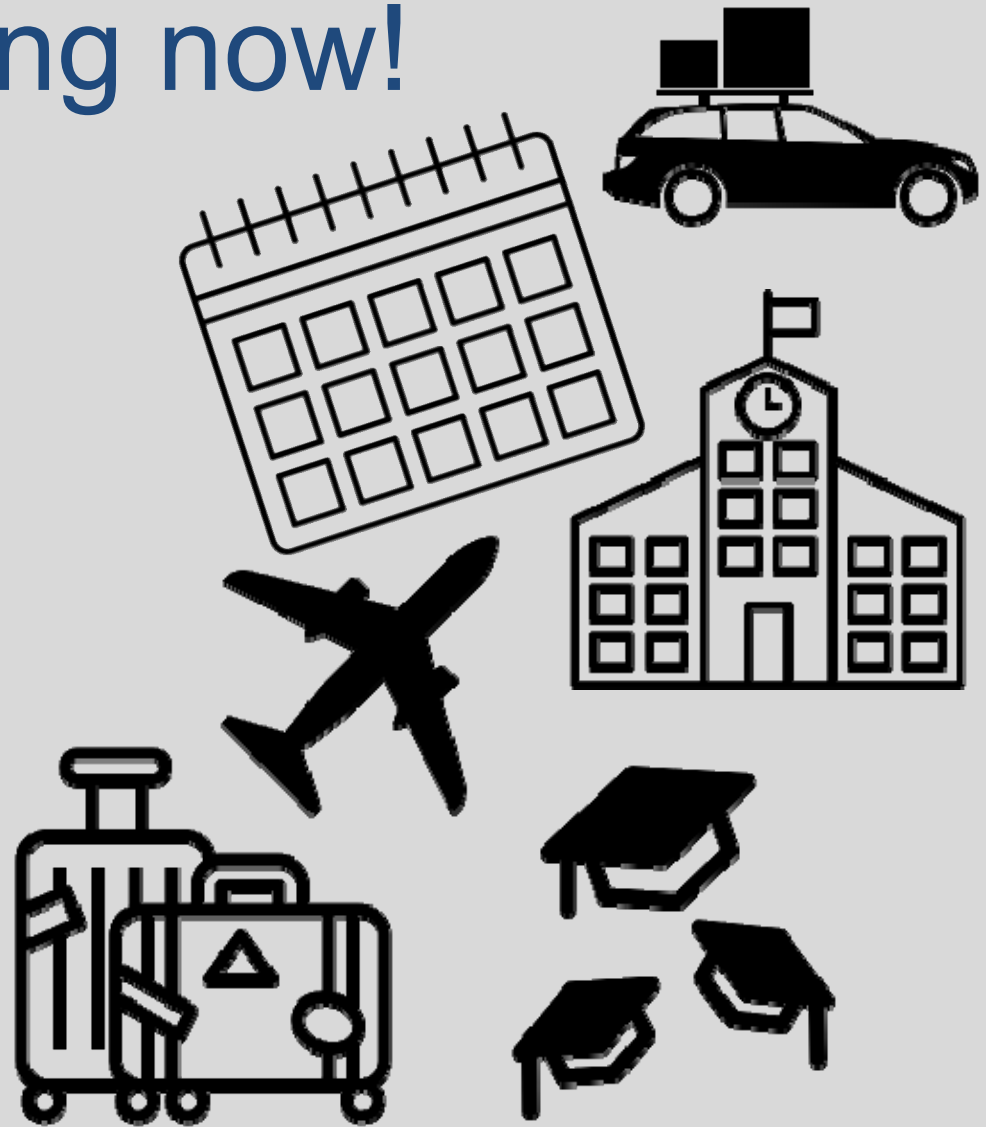
- That sounds like a difficult situation, what are you going to do about it?
 - That sounds like a difficult situation, is there an adult at the school who can assist you?
 - That sounds like a difficult situation, what can you do differently to find more success?
- 

Increasing Self-Reliance

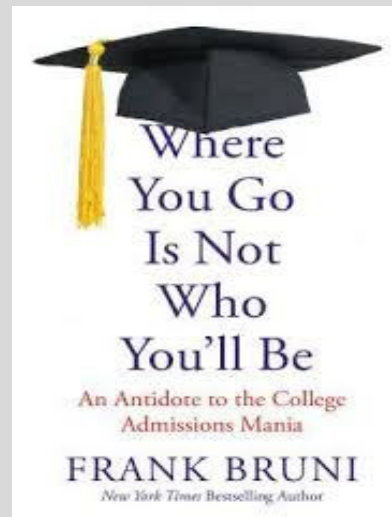
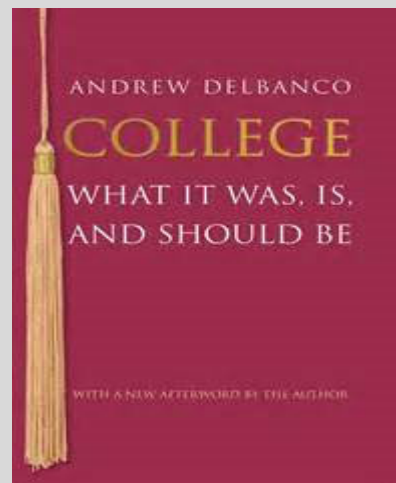
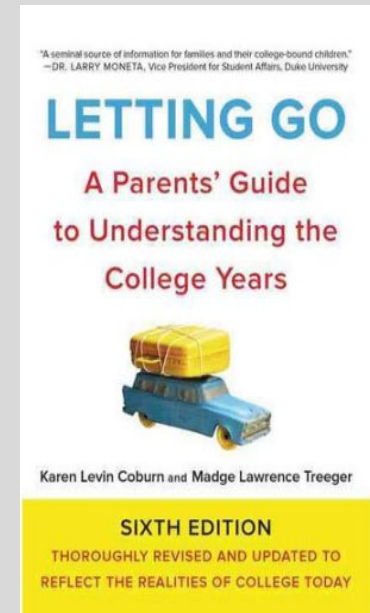
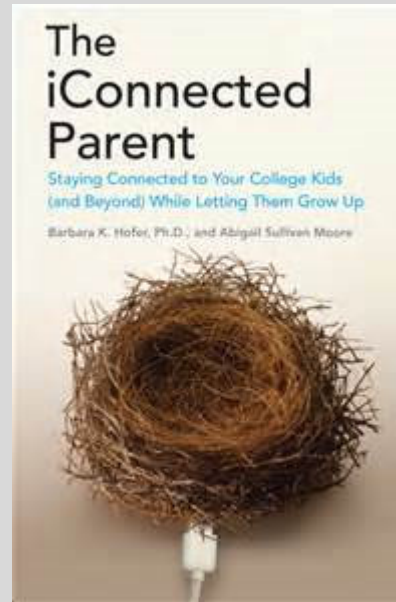
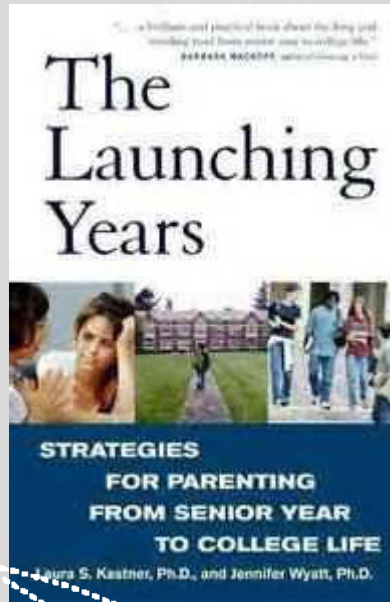


Events to Anticipate – start planning now!

- Orientation
- Family Farewells
- Family Weekends
- Fall Break
- Thanksgiving Break
- Winter Break
- Spring Break
- Commencement



Book Resources



Web Resources

- Set to Go (JED Foundation) – Your guide to the transition from high school to college and adulthood: www.settogo.org
 - Life skills for teens
 - Student resilience and self-management skills
 - Mental health and substance abuse literacy
 - The transition/adjusting to college life

“It’s not *Where* you go to college, but *How* you go to college.”

Gallup-Purdue Index surveyed 30,000 college graduates on five key dimensions to well-being:

- **purpose** (how much respondents liked what they were doing)
- **social** (how supportive they found relationships);
- **physical** (whether they felt healthy and energetic);
- **financial** (whether they felt they were successfully managing their economic lives);
- **community** (whether they felt connected to, and proud of, the places where they lived and spent most of their time).
- **The Big Six College Experiences Linked to Life Preparedness**

The Big Six

- Professor who excited them about learning
- Professor who cared about them as a person
- A mentor
- A project that lasted more than 1 semester
- Internship/job that allowed for the application of classroom learning
- Active in extracurricular activities

More at: <https://news.gallup.com/poll/182306/big-six-college-experiences-linked-life-preparedness.aspx>

Skills Matter More Than Major

CAS

COLLEGE
OF
ARTS +
SCIENCES



93%

of employers surveyed agreed with this statement:

A candidate's demonstrated capacity to think critically, communicate clearly and solve complex problems is more important than their undergraduate major.

Hart Research

Top 10 Skills Employers Want

CAS

COLLEGE
OF
ARTS +
SCIENCES

1. Critical thinking and analytical reasoning
2. Analyze and solve complex problems
3. Effective oral communication
4. Effective written communication
5. Apply knowledge and skills to real-world settings
6. Locate, organize, evaluate information from multiple sources
7. Innovate and be creative
8. Teamwork skills and the ability to collaborate
9. Connect choices and actions to ethical decisions
10. Knowledge about science and technology

Part II: Tonight's Guest Speaker

Kazi Joshua

Vice President for Diversity and Inclusion, Whitman College



Health and Health Care in College



Mary “Mollie” Kauffman, MD, MPH
Family Medicine
Hall Health Center
University of Washington

Independence and Communication

- You will be an adult with responsibility for your own health care
- Set up your voice mail! And check it occasionally
- If your school has one, sign up for the online portal
- Share your identity and your pronouns
- Don't be embarrassed about your symptoms or questions – we have seen it all!

Privacy

- HIPAA requires written permission to share information
- ***Parents and guardians do not have access*** to their 18-year-olds' health information
- ***Parents and guardians may share information*** with their students' providers
- Information may be disclosed on insurance statements
- Students, make us the bad cop!

What to Take to College

- Thermometer
- Acetaminophen and ibuprofen
- Band-aids, gauze, and tape
- Immunization records
- ***Plan ahead for prescription medications,*** especially EpiPens, asthma inhalers, and controlled substances like ADHD medications

Common Health Problems

- Upper respiratory infections like colds and flu
- Gastroenteritis a.k.a. “stomach flu”
- Scrapes and cuts
- Accidents and injuries
- Sexually transmitted infections
- Sexual assault and gender-based violence

Common Sense for Common Health Problems

- Immunizations – for prevention of meningitis, measles, flu, and HPV
- Stay home and rest when you are sick
- Fluids, fluids, FLUIDS, and acetaminophen and ibuprofen
- Keep scrapes and cuts clean with soap and water
- Do not drive, ride, skate, board, or one-wheel under the influence
- Get screened for STIs

Mental Health

- Overworked, overwhelmed, and anxious?
- Check out your college's mental health care options
- Exercise and sleep are your friends
- Energy drinks, study drugs, and marijuana are not your friends
- Whatever you are going through, YOU ARE NOT ALONE

In Closing...

- Involve yourself in your new community
- Use common sense
- Be kind and take care of each other
- We love you and we are so excited for you!



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DISCOVER TOGETHER

THANK YOU!
&
A BIG THANK YOU TO
OUR TECH TEAM