

Tips for Parents for Academic Success

Week 1

How you can support your student during week 1:

Encourage students to check Schedule Look-up right before classes begin as things can change up to the last minute. Students have access to a customized Where's My Class Map that can be helpful for interpreting schedules and navigating the academic buildings. If your student is unsure where to find this tool, point them to their academic advisor course on Moodle.

Week 2

How you can support your student during week 2:

Encourage students to use their course syllabi to create a quarter calendar to track due dates for homework, quizzes, exams, papers, projects, presentations, etc. Many assignments and deadlines will follow a pattern, but not all, and setting up a calendar early on can help ensure nothing is forgotten.

Week 3

How you can support your student during week 3:

Many students will experience their first round of exams this week. Encourage students to leverage the Learning Center located in the Logan Library where they can work with peer tutors and access practice exams. Tutors can be scheduled ahead of time, which helps ensure a tutor is available to assist with a specific course.

Week 4

How you can support your student during week 4:

Students will likely start getting their first exams back and may be surprised by their grade. Remind them that their performance on one exam does not define them or determine future performance. Encourage students to visit professors during office hours for additional help. During "office hours" professors are available for unscheduled visits.

Week 5

How you can support your student during week 5:

Academic advising appointments begin next week. Encourage your student to check their email and/or their academic advisor Moodle course to learn how to schedule an appointment.

Week 6

How you can support your student during week 6:

Students may be disappointed as they start to receive their midterm grades. Help students acknowledge the courses that they are doing well in and see if they can identify why they are going well. Encourage your student to think about ways to transfer those success strategies to their other courses.

Week 7

How you can support your student during week 7:

Students have endured a lot this quarter and may be feeling overwhelmed, frustrated, and/or burned out. Encourage your student to create a visual representation of their future goals, which will help remind them of why they are working so hard. Another thing to consider is a visit to the Student Counseling Center. These visits can help students process thoughts and feelings as well as develop coping strategies.

Week 8

How you can support your student during week 8:

At this point, students may be lacking motivation to finish the quarter strong. One way to motivate them is encouraging them to change up their learning environment and try studying in a different space. Other ideas to stay motivated include creating a study group; pairing something pleasant (like a coffee or snacks) with unpleasant tasks; and creating a reward system for meeting goals.

Week 9

How you can support your student during week 9:

At this point in the quarter, many students are trying to catch up in their classes, so remind them of the importance of taking care of themselves. Sleeping is crucial to the learning process, and eating regular meals is critical for the brain to have the fuel it needs to function. If your student needs additional strategies, encourage them to read the e-book *Self-Care for College Students*, available through the Logan Library.

Week 10

How you can support your student during week 10:

Only one week left until final exams, so students should begin preparing now. Encourage them to attend the final exam review sessions hosted by the Learning Center. In addition, encourage them to make a study schedule, ensuring that they get plenty of sleep.

Finals

How you can support your student during Finals:

The end of the quarter is within reach. Many final exam sessions start at a different time than the corresponding class throughout the quarter. Encourage your student to double-check their final exam schedule, found on Schedule Lookup, and to set multiple alarms to ensure they get up in time to take their final exams. Many students stay up late to study and then oversleep.