

# Supporting Your First-Year Student

## Orientation 2024

Dr. Elizabeth Bleicher  
Dean of Student Success

# WARNING

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No member of this audience  
may whack, thump or otherwise hit  
any other member of this audience  
at any time during this presentation.

Pointed sighs and audible exasperation  
Are discouraged.

Loud eye rolling is permitted.



# Center for Student Success

**First stop for academic support**



**Soft place to land with a listening ear.**





# Center for Student Success

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- Professional Student Success Coaches
- Course specific Tutors
- Peer Success Coaches
- Ithaca Seminar Peer Leaders

**[success@ithaca.edu](mailto:success@ithaca.edu)**

**[Ithaca.edu/success](https://www.ithaca.edu/success)**



# What we do

- Academic and personal performance coaching
- Academic support/recovery for challenged students
- Skill and development workshops
- Bridge to campus resources
- Advocacy (and employment!) for high achieving students
- LOA/W/Transfer outreach and support
- All-College research and outreach for student success



From Left: Jessica Santiago, Trisha Mukherjee, Julian Fuentes, Quinten Hernandez



# Success Coaching

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## Peer

- Goal-setting/Accountability
- Time / Personal Management
- IC Resource Connections
- Navigating College
- Making friends
- Creating productive study spaces
- Academic confidence building

## Professional

- Compound Factors
- Not meeting SAP
- Academic warning
- On or returning from an LOA
- Considering transfer
- Negative survey responses
- Proactive outreach
- Future: Text Nudging

# Context: Early research on Covid-Era Youth

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## “Covid Kids”

- Lost 1/3 to 2 academic years
- 2 years developmental delay

## Underdeveloped

- Social skills
- Emotional regulation skills
- Self-management/executive functioning skills
  - Time
  - Tasks
  - Self-advocacy

# Situating Your Student In History

Generation that fears failure

That confuses failure with disappointment

Fear of failure has made them averse to commitment and decisions

Choice anxiety and decision fatigue are real, but we cannot afford paralysis





# A Generation that Fears Decisions

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- Multiple college deposits
- Multiple summer orientations
- Transfer fever
  - Fall break
  - Thanksgiving
  - Winter break
- Multiple colleges

# Choice Anxiety

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## The Paradox of Choice – Barry Schwartz (TED)

- The more choices, the less satisfied with decision.

## How to Make Hard Decisions – Ruth Chang (TED)

- To gain clarity: focus more on  
    “Who do I want to be?”  
    Than  
    “What do I want to do?”



# Evolution of Parenting

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- 1800s – Labor Force
- 2000s – 2020s
  - Helicopter Parents
  - Velcro Parents
  - Snowplow Parents

# How Can I Coach My Student's Success?

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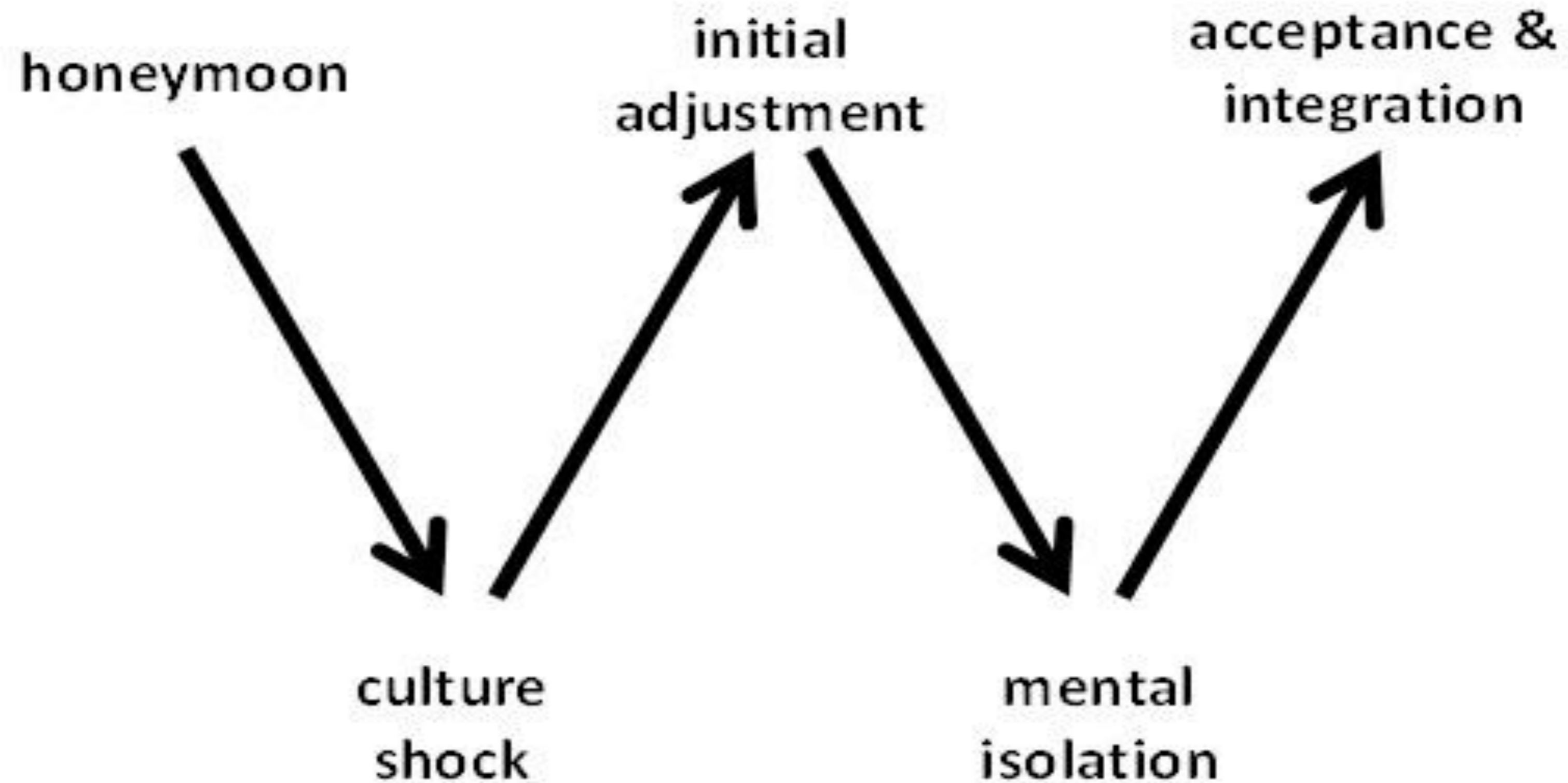
- Evolve your parenting from authority to coach
- Accept their *current* limitations and historical context
- Express sympathy while maintaining high standards for effort
- Urge them to seek instruction at IC to cultivate **success skills**
  - Time/task management
  - Self advocacy
  - Productive struggle
- Cultivate and MODEL **success mindsets** in your student
  - Personal responsibility
  - Growth Mindset
  - Persistence
  - Resilience
  - Delayed Gratification

GOOD NEWS: Skills and dispositions can be learned: practice, reward and reflect!



# The First Semester/Year W Curve

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# Resist the Urge to Scoop Up the Bird

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- Productive struggle builds skill and resourcefulness when coached as a positive process
- Tackling and conquering a challenge builds confidence and genuine esteem
- Best possible response:  
I have faith in your ability to tackle this challenge.



# What do I say?

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the  
**struggle**  
you're in  
**today**  
is developing the  
**strength**  
you need for  
**tomorrow**

# The Power of “Yet”

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## **Growth Mindset** – Carol Dweck (TED/YouTube)

- Growth mindset: People who believe they can learn, do.
- Fixed Mindset: People who believe their intellect and skill are fixed, *do not* learn.
- Message to reinforce:  
You can change learn *anything* with time and effort.

# Persistence and Resilience

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- Persistence:
  - Refusing to give up over extended time, despite obstacles, boredom, exhaustion
- Resilience:
  - Bouncing back from a setback, failure or disappointment

Message to reinforce:

“History is on your side. You’ve done hard things before.”



# Delayed Gratification

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**The Marshmallow Test** – Walter Mischel (TED/YouTube)

Teach, model, praise and reward delayed gratification.  
Urge engagement with **CSS** to learn **HOW**.

Message to reinforce:

Time management is a *skill* you can build.

You'll enjoy play more  
after work than before.

# Teach Benefits of Productive Struggle

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- Struggle and failure must be:
  - Modeled
  - Taught
  - Affirmed as educational
  - Normalized

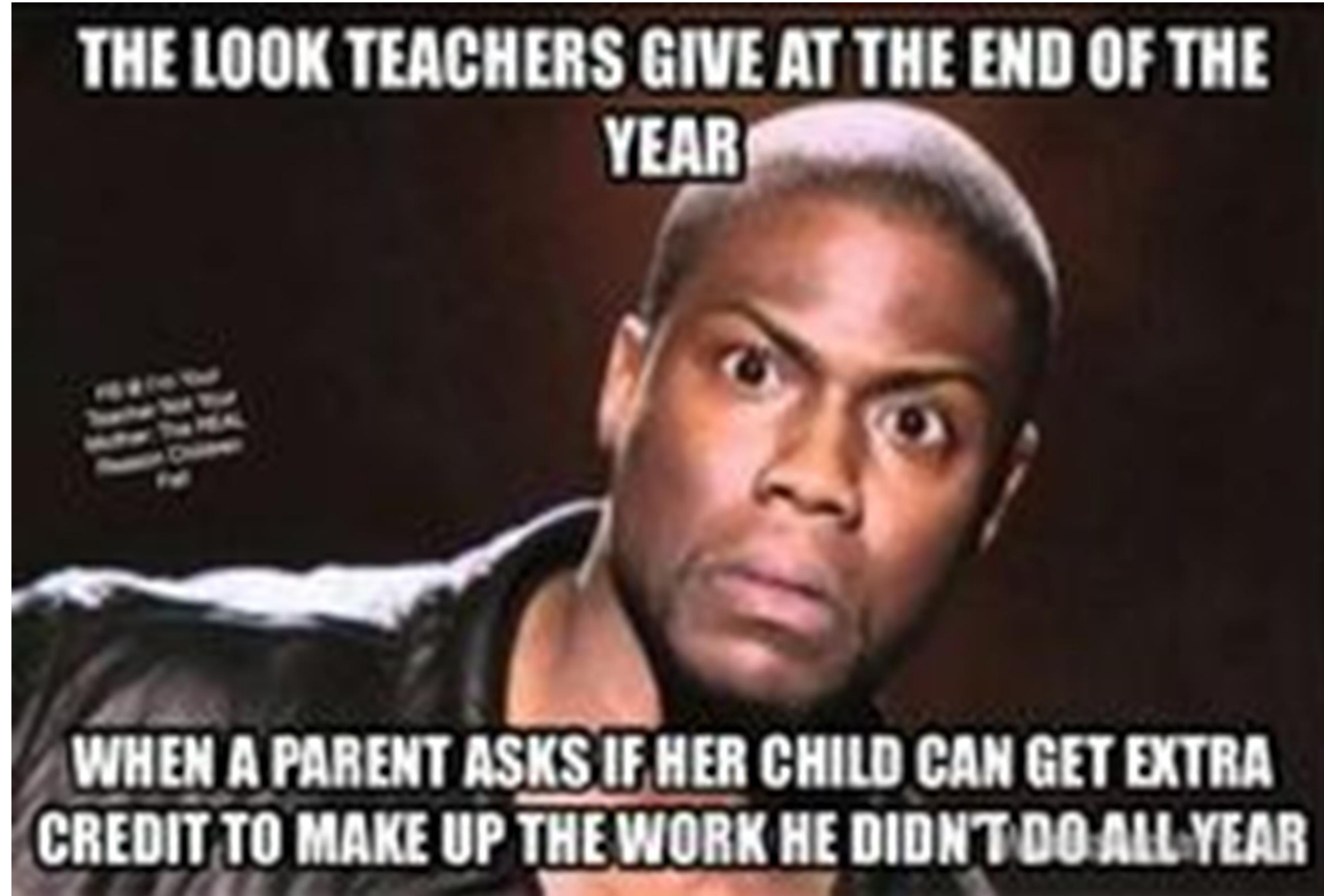
Message to reinforce:

Struggle and failure are necessary, beneficial parts of  
the *process* of success.

**I will love you even when you fail.**

# What if my student really is struggling?

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# First-Year Parent Traps

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- Call student daily; text hourly
- Monitor their social media
- Leave tracker on their phone
- Call dean; demand your student get class they want
- Contact professor when student bombs test
- Steal their Netpass, check on their midterm grades, call their advisor, but don't talk to your student

# Strategies (Do!)

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- Remember your boundaries
- Make success your *student's* responsibility/consequences
- Urge student to use campus resources they/you pay for!
- Counsel them to meet with their professor.
- Advise responsibility and courage when they mess up
- Set expectation: open communication without judgement.
- Share/reinforce success recipes\*

# True or False?

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Changing their major will make it harder for my student to graduate.



# National Association of Colleges and Employers (NACE)

## Top 20 Skills/Dispositions Employers Seek in 2024 Graduates

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1. Problem-solving skills
2. Ability to work in a team
3. Communication skills (written)
4. Strong work ethic
5. Flexibility/adaptability
6. Communication skills (verbal)
7. Technical skills
8. Analytical/quantitative skills
9. Initiative
10. Detail oriented

# VIP Majors Win

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## CONGRUENCE STUDY

80,574 students - 87 colleges - 5 years

**Congruence** of major to VIPs predicted overall (five-year) GPA better than SAT/ACT scores. (Jones)

Greatest success results when major matches student's:

**V**alues

**I**nterests

**P**ersonality

VIP/major match > Academic success

> Personal success > Professional success

# It's not about the job

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Gen Zs will have 15-25 jobs in adult working lives.

Our students may have even more.

*Some have not even been invented yet!*

“Students who cling to the old model of major = job, because of influence by parents, higher education and peers, will struggle in the new economy. They will continue to do as trained and will ultimately be looking for jobs that no longer exist.”



# Best Advice from AMA and ABA

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- Choose majors that interest and challenge them.
- Work hard for excellent grades.
- Develop their research and writing skills.
- Make the most of *every* course and job.

# How Can I Support My Student?

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- Encourage and support exploration of academic and professional interests
- Normalize productive struggle, disappointment and persistence
- Encourage and model reflection. Share about struggle, failure, persistence and what they've taught you
- **Counsel resource exploitation: send them to CSS!**

# Reinforce Messages for Student Success

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- Good grades in your major are more important than your major.
- There is no wasted knowledge or experience. Required courses are teaching you transferrable skills.
- Trust the process: you don't have to know everything right away.



# Reinforce Self Advocacy and Self Care

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- Ask for help: use campus resources. You pay for them!
- Register with and use Student Accessibility Services.
- Visit your professors.
- Take your medicine.
- Schedule self care just like class and homework.

# SLAY YOUR SCHEDULE!

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With Queen Tessential!

- 8/29, 4-6pm, Klingenstein Lounge
- Queen T will demo how to build and sustain a balanced schedule
- Pro & Peer Success Coaches will showcase scheduling tools and methods at booths around the venue for 1:1 help.
- Swag, drinks and snacks will be provided!



# Structured Study Sessions!

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- Start September 8
- Sunday-Thursday Nights, 6-8pm, locations rotate:
  - Sunday – Park
  - Monday – HSHP
  - Tuesday – H&S
  - Wednesday – Business
  - Thursday – Music Theatre and Dance
- Sign in, set a goal, grab a snack, work for an hour
- Check in, leave OR grab a snack, work for an hour



# Majors & Minors Student Success Fair

- Thursday, 10/24, 5-7p,
- Every major and minor!
- Food, games and swag!
- Student Services
  - Counseling
  - Careers
  - LGBTQ Center
  - Health Promotion
  - Student Engagement
  - MANY more!





# Schedule Coaching Nights!

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Sunday, Monday, Tuesday, 11/10-12  
6-8pm

Clark and Klingenstein Lounges

Join ICSM Peer Leaders & the ICC!

- Find major/minor requirements
- Get help building a sane schedule
- Learn advanced course searching techniques in Homer
- Prep for meeting your advisor
- Snacks and support!



STRIVE FOR  
PROGRESS

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*not perfection*



# Recipe for Social Success

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Easy as 1, 2, 3:

1 club

2 friends

3 non-required campus events

# Recipe for Academic Success

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Go to class  
Do the work  
Ask for help



## From "On Children" Kahlil Gibran

Your children are not your children.  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,  
For they have their own thoughts.  
You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.  
For life goes not backward nor tarries with yesterday.  
You are the bows from which your children as living arrows are sent forth.

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Let your bending in the archer's hand be for gladness;  
For even as He loves the arrow that flies, so He loves also the bow that is stable.

# Got questions?

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