College Students Today

- Generation Y (“Millennials”) vs. Generation Z
- Lifetime use of media technology; “digital native”
- Smaller families, older parents, more mothers in workplace
- More parental attention, more comfortable with authority
- High amounts of structure; “bubble-wrap” mentality
- Dependent and less self-sufficient
- “Creative & independent” vs. “dependable & respectful”
- Most diverse social circles of previous generations
- Achievers and innovators; confident
- Emphasis on social justice, social conscience, environmental awareness
Top 5 Issues of the Freshman Year

- Academics
- Independence
- Money
- First Generation College
- Friends & Fitting In

Source: Andreatta, B.J. (2009)
Academics

- Pace of Quarter System
- Time Management
- Critical Thinking
- Major=Career A big myth!
- The first ‘C’
- Pressure and cheating
- Dealing with a disability
Academic Issues: How Family Can Help

- Purchase a planner or wall calendar
- Discuss and practice time management at home
- Remind students of CLAS
- Encourage office hours
- Encourage a major they enjoy
- Encourage internships
Academic Issues: How Family Can Help

- Set realistic expectations
- Share your struggles and suggestions for coping with challenging academics
- Ask how they feel about classes
- Tell them you are proud of them
- Discuss consequences of cheating
- Have student register with Disabled Students Program and send documentation, if applicable
1st Generation Student

- Outgrowing family intellectually
- Relating to the college experience
- Working too many hours
- Balancing home/school obligations
- Other languages spoken at home
1st Generation Issues: How Family Can Help

- Realize that students understand ‘book’ knowledge vs. ‘life’ knowledge
- Try to accommodate school schedule
- Discuss with student before making plans for them
- Help set realistic work hours
- If possible, have alternate family member take over student’s family duties (i.e. translation, helping with family business)
Money

- Increased cost/decreased aid
- Working and being a full-time student
- Working over 20 hours/week = effect on grades
- Economic differences with peers
- Budgeting/excessive credit card use
- Financial worries at home
Financial Issues: How Family Can Help

• Apply annually to institutional and private funding sources
• Encourage working less than 20 hours/week
• Discuss work/school balance
• Prepare student for living with peers from a wide range of economic levels
• Help create a budget
• AS Food Bank & Book Bank resources
  www.sa.ucsb.edu/moneymatters
Independence

- Being treated as an adult
- Independence in high school = easier transition
- Big fish to Little fish
- Homesick/Living with others
- Managing emotional and mental health
- Alcohol & drug use choices
- Managing time, money, & health
Independent Living Skills: How Family Can Help

• Create opportunities to develop independence and life skills (before fall!)
• Discuss university expectations
• Support independence and change
• Set limits on ‘cell phone help’
• Try to empower vs. problem solve
• Encourage utilization of First Year Programs and courses
Homesickness & Living with Others: How Family Can Help

• Listen and be supportive
• Strongly encourage staying at UCSB on the weekends
• Encourage communication with roommate(s)
• Don’t assume roommate is at fault
• Encourage utilization of services/programming in res hall
• Realize mistakes are part of the process
Choices Around Alcohol & Drugs: How Family Can Help

• Realize that students are affected by alcohol/drug use whether or not they participate

• Understand that personal or peer use and UCSB’s reputation are top issues for students

• Help student understand that most negative consequences come from high risk or ‘binge’ drinking – a national problem among college students
Choices Around Alcohol & Drugs: How Family Can Help

• Frequently ask about alcohol/night life/what they do for fun
• Discuss moderation
• Don’t glamorize your own alcohol/drug use
• Discuss family history
• Know/notice signs of a problem
• Avoid giving too much spending money
• Encourage student to stand up for a positive environment
Emotional/Mental Health: How Family Can Help

- Brainstorm healthy ways to deal with stress
- Never ‘spare’ student from family realities/changes
- Encourage student to tell someone & utilize services if concerned about self or others (805-893-3030: Mental Health Services Coordinator)
- Send mental health records to Student Health & meet with campus social worker (before fall) if history of mental distress
- Register with Disabled Students Program, if applicable
- Believe us if we call you!
Fitting In

- Finding new friends
- Culture Shock
- Southern CA culture
- Relationships back home ‘Turkey Drop’
- Trying on a new self
- Social Media
Fitting In & Finding Friends
How Family Can Help

• Remind student relationships take time and effort
• Help student avoid ‘all eggs in one basket’
• Help student understand that different is okay
• Discuss long-term consequences for online postings/social media choices
• Communicate about change
• Remember most students don’t stray far from their values
“Your father’s coming! Quick, put it back in your nose!”
“No, it’s not one of those fake arrows. I had my head pierced.”