

Making the Transition

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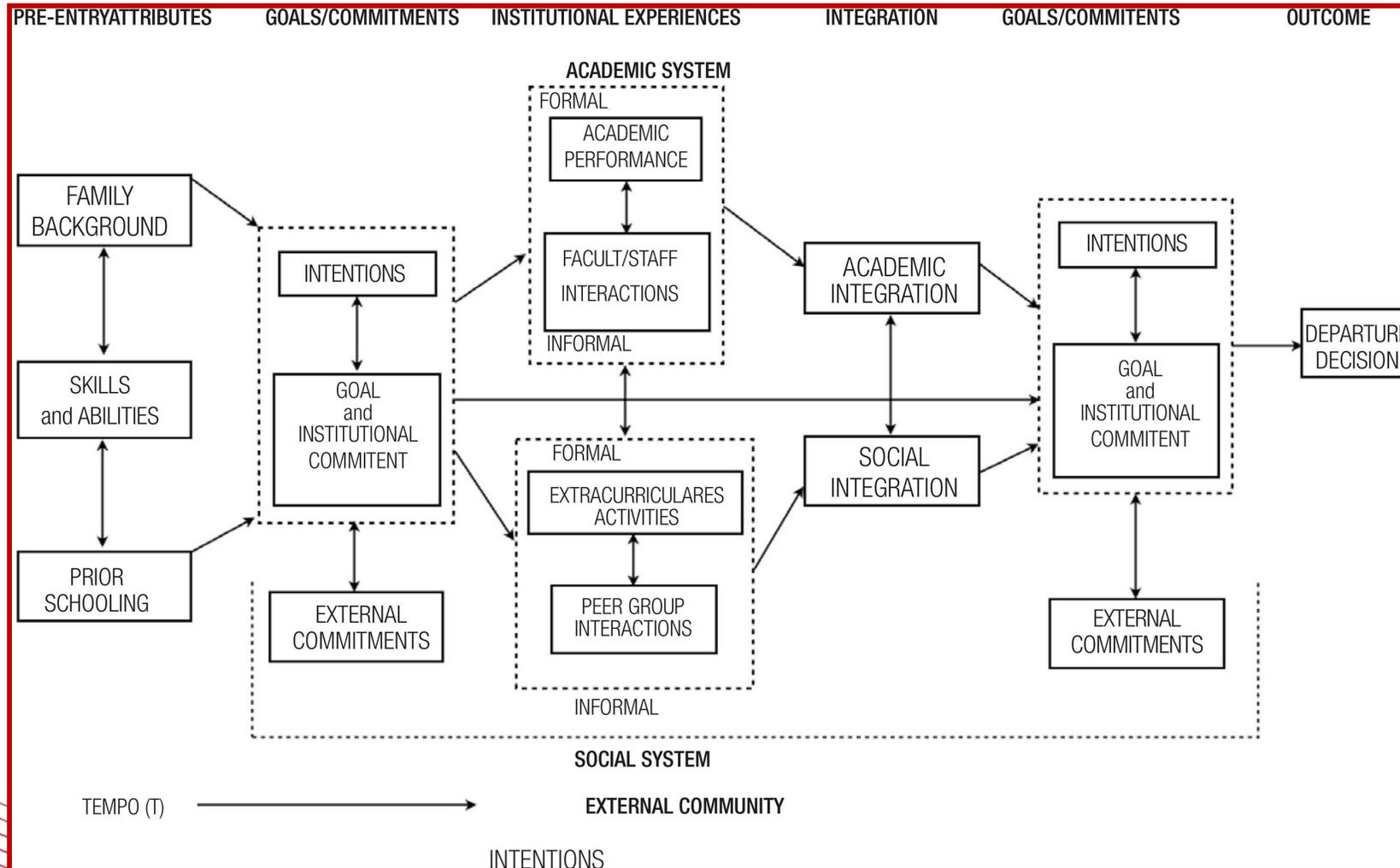


Whose transition is it?

Your student's!

Okay... and yours, too, but more on that later

What makes for a successful transition?

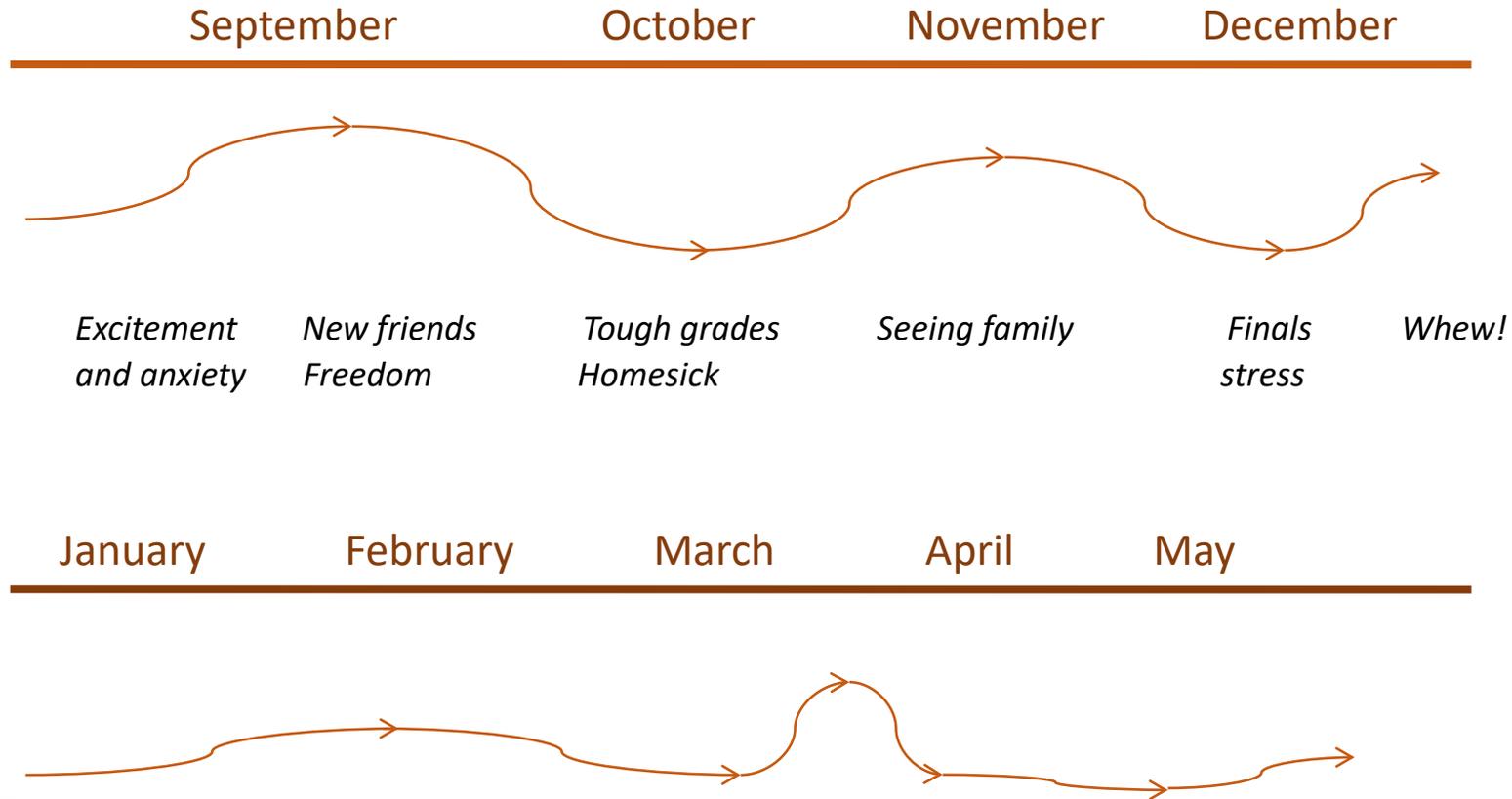


For a successful first year at college, new students need to...

1. Clarify their academic goals
2. Develop a commitment to those academic goals
3. Feel a sense of belonging

Sounds easy...

What does this first year look like?



Why is spring semester smoother for students?

- They know what's coming
- They know they can handle it

To talk about students' transition...

We need to understand where they are starting!

To talk about students' transition...

We need to understand where they are starting!

What's on students' mind as they start college?

How do we know what students are thinking about as they begin college?

Class of 2023



Class of 2023 *Fenestra* ribbons



**What opportunity do you want
to pursue at Chapman?**

What kinds of things do students write?



self + my identity - August 22, 2019



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I hope to study abroad

go to disney

visit Disney often



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I want to make a change...
I want to bring people together



I HOPE TO SET A GOOD EXAMPLE FOR my sister

GET Rich - Luke

If you're not a millionaire, you're disappointed



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graduate in 4 yrs

get a job.



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Family to be in good health

I hope to receive the education my parents didn't



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make my family proud

To Make my family proud

to make my family proud

Make my mom proud,

TO MAKE MY PARENTS PROUD!



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make friends, make my family proud +

Make my parents/family proud

Make my parents proud /



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made my parents extremely proud,

make my dad proud and my mom

make my family proud

make your family proud



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AND make my parents proud
- Abby 8/22/19



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I hope to make five, life-long friends

learn a ton, do hands on research,

work on things I'm passionate about

make a difference in the lives of those around me,

be happy, and spread happiness wherever I can.

AND make my parents proud
- Abby 8/22/19

I want to break a record on the swim team



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WIN AN EMMY

I wanna become a comedic gēNIUS or something

Become the new
Howard Stern

Meet the duffer bros



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meet some buddies & save the world from climate change

do not Procrastinate.

SURVIVE!!

Lots of energy music and funny food.



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BE AWESOME

YOU GOT THIS.

Si se pudo y yo lo hice!



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I WANNA VIBEE 😊

Chill

I will come in Oakes
and come out Opal

To Live Is The Rarest Thing

Give everything I have all the time

BE RIDICULOUSLY CURIOUS + ADVENTUROUS

Kill it w/ Kindness



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ignite the fire inside!

TAKE A RISK. MAKE A CHANGE.

Exploring the world & myself

To make situations and
relationships as well as more than
just me



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Some major themes

Finding what I want to do



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Find what I'm meant to do in life.

To find my calling
in life

to find whatever I'm looking for



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PASSION ♥

FIND MY PASSION!

Find my passion

FIND MY PURPOSE



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I want to discover my path

Find my path

find the right path

HAPPINESS

happiness

Find happiness

HAPPINESS

happiness

Happiness

happiness



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HAPPINESS!

happiness

Happiness

Happiness

Find happiness

Find my happiness,

HAPPINESS



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Want to be happy

to be happy-

To be happy

to be happy

To be happy!

BE HAPPY

to be happy

WANT to be happy

to be happy 😊

GOOD
FRIENDS

find great friends

make GREAT
friends

A BEST FRIEND.

es 2 best friends. U



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dope friends

dope ass friends

like badass friends



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make life changing friendships

Make valuable, lasting friendships

create lasting friendships,



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Long lasting friendships

dear, long lasting friendships

long lasting friendships

make memories and friendships that will last a lifetime



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LIFETIME FRIENDS-

to make friends for life,

Make friends that last forever,

spend the rest of your life

Make friends and
let last a lifetime

Find the friends I'll have until I'm 80

Not a former friend

Friends 4L

life-long friends



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MAKE lifelong friends

To make lifelong friends

lifelong friends

MAKE LIFELONG FRIENDS, N



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2. make life long friends

MAKE LIFELONG FRIENDS

MAKE LONGTIME FRIENDS

TO FIND LIFE LONG FRIENDS ♡

make lifelong friends



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Lifelong friends,

Make lifelong friends.

Make lifelong friends

lifelong friends

Make lifelong friends

not life long friends.

Find lifetime friends.

Make Life-long friends



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Make life long friends

Make life long friends

Make lifelong friends

life long friends



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Must lifelong friends

Lifelong friends*

make lifelong friends

make lifelong friends

lifelong friends

find lifelong friends

Life Long Friends

Lifelong friends



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- make the very best of it

make life long friends

Life long friends

to make some lifelong friends



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Make lifelong friends,

make life long friends

Lifelong friends



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Our Epidemic of Loneliness and Isolation



2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community



find community

Find community

find a community

To find my community

I want to find my community



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I want to belong to something

I want to have a sense of belonging

Find where I belong

To find a place
where I belong...



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Find my People

find my people

Find My People

Find ~~the~~ my people

find my people.

to find my people

FIND SOME LIFELONG
PEOPLE — FIND MY PEOPLE



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I hope to find people who love me for who I am

I hope I MAKE Friends & finally connect
with someone

want to know who I am but I don't want to go to school with me



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I hope to not be afraid to be me

I hope to be truly and openly myself

to be more of myself

Learn to set myself free.



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I want to be confident in myself

Finding true confidence in myself

I want to become confident in myself
and to do so

To Be More Confident with Myself



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feel comfortable being myself

to be more comfortable with myself

BE PROUD OF WHO I AM 😊

want to be proud & certain of every part of myself

- I want to grow into a person I am proud of



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I want to feel happy about myself

I will be happy with who I am

be truly happy with myself



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to embrace myself

LEARN TO COMPLETELY ACCEPT MYSELF

accept myself as I am



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love myself

love myself

love myself

I want to love myself more



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learn to love the person you are =

I want to be able to love myself fully

Love myself as much as Kanye loves Kanye. =



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I hope to be the person I've always wanted
to be

Become the person I've always known I could be

Become the person I was meant to become.



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become myself

To become my true, authentic self

becoming my whole authentic self



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become A BETTER VERSION OF MYSELF

become a better version of myself

become THE BEST VERSION OF MYSELF

I want to find the best version of myself

Grow into the best and mature version of myself

Discover an authentic version of myself!



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Discover more about myself

To discover myself

I hope to discover myself

To discover my true self

To discover myself

to discover & unapologetically be MYSELF ♡



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Learn who I am

to find who I am & where I belong to



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Over the next 4 years, I want to find myself



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I want to find myself

To find myself

truly find myself

To find myself.

~~Find myself~~

To find myself

To find myself

to find myself

find myself

FIND MYSELF

Find 'Myself' :)

find myself

find my self

find myself

FIND MYSELF,

to find myself

TO FIND MY DREAM, MY HAPPINESS, & MYSELF

Class of 2027



Class of 2027



What's all this mean?

- Many students arrive anxious and lacking confidence
- For them, this isn't about 4 years – they see this as the foundation for the rest of their life
- They hope their Chapman experience will help them find out who they are, where they are going, and the friends who will be going with them

What's all this mean?

- But we cannot do this for them!
- Instead, we need to help them learn and grow so they are more confident in themselves

What do we want students to learn?

Be agents of their own well-being

- **Challenges and stress are normal and necessary parts of learning** how to succeed in a demanding college environment and how to **navigate increasing independence**
- Data suggest that more students are arriving at college today with **higher levels of stress and anxiety** than previous generations
- Typically learned through experiencing everyday life!

Well-being

Help students cultivate a commitment to

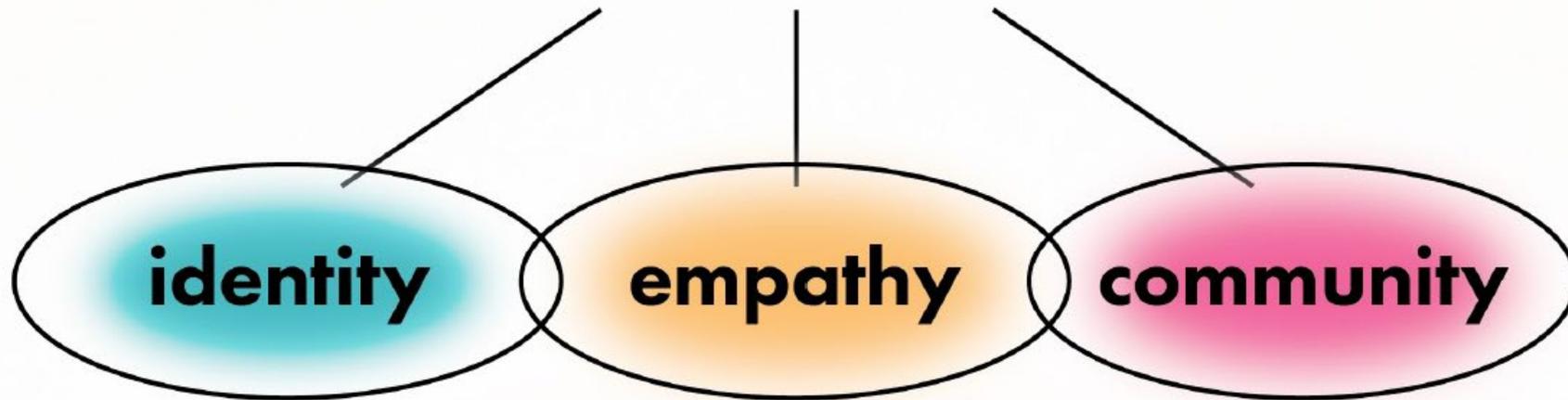
- Building **AUTONOMY** over one's life by assuming responsibility for their choices and behavior
- Creating **BALANCE** emotionally, physically, socially, and across all dimensions of well-being
- Developing **RESILIENCE** to successfully navigate intrapersonal and interpersonal challenges and conflict

Well-being

- Developing these life skills will not only enable students to successfully navigate the challenges at Chapman
- Give them confidence that they are ready for the new challenges that will come after college

We Are Chapman

When we have a deeper understanding of our own identity, and empathy for the identities of others, we create a stronger and more inclusive community.



What do we want students to learn?

- This journey is about finding out who they are and how they relate to those around them
- Peer connections are vital
 - Decades of research demonstrate the importance of students' relationships with peers and professors for their academic, personal, and professional growth
- Chapman can create an environment that facilitates peer interaction, but students must learn how to develop relationships

Back to your transition!

Parents and family can support students' learning and growth

- Productive ways
- Less productive ways

Support your student's learning and growth

- **Being informed:** Ask questions about University resources, policies, and processes so you can provide accurate guidance for your student.
- **Alerting us to concerns** you have about your student so that we can explore appropriate interventions if needed.
- **Updating us** in the event of medical or family emergency so we can coordinate accordingly with your student's professors.

Support your student's learning and growth

Help them understand there will (must!) be significant bumps along the way! During their first year the student's experience will feel:

- Enjoyable
- Uncomfortable
- Unmanageable

Support your student's learning and growth

- When your student seems overwhelmed/angry/down...
 - **Listen** without judgement
 - **Affirm** how they are feeling
 - Help them **Process** their feelings in context

Support your student's learning and growth

- Unfortunately, not all parent and family intervention is equally productive
- While it is perfectly natural to want to jump in and support your student when they seem to be struggling, there are some really good reasons to reconsider doing so
- First and foremost, **students learn important skills by addressing and resolving their challenges themselves**
- Solving your student's problem for them is only a short-term victory
 - They will only need you again when the next challenge emerges – and it will emerge!

Support your student's learning and growth

So, when your student has a problem and you feel the urge to jump in, I encourage you to consider doing this instead:

- **Encourage your student to contact us for answers and guidance**; in most cases, when a parent contacts us we will reach out to the student anyway
- **If your student is feeling overwhelmed, encourage them to contact us for support**
 - Once we process the situation with them, it is usually more manageable than they think

We all share the same goal:
Student learning, growth, and success



...let's work together to achieve it