







Six Areas of Adjustment for First-Year College Students: A Checklist for Parents

	Academic	Cultural	Emotional	Financial	Intellectual	Social
What is it?	 <p>Students will take a more active role in their learning than they had to in high school and have the ability and know-how to meet the increasing demands of college.</p>	 <p>Students will interact with others of various cultures, religious beliefs, sexual identities and orientations, ages, and abilities, in a variety of settings.</p>	 <p>Students will need to be prepared for the stressors of college and develop habits and behaviors to cope with these changes.</p>	 <p>Students will need to demonstrate basic financial literacy, an understanding of the costs of colleges, and methods for paying for those costs.</p>	 <p>Students will have the opportunity to join an academic community that includes fellow classmates, faculty, and college administrators.</p>	 <p>Students will be faced with shifts in their relationships, finding a new peer group and handling the pressure of fitting in.</p>
Students exhibit it when they	<ul style="list-style-type: none"> <input type="checkbox"/> Take an active role in learning by using appropriate strategies. <input type="checkbox"/> Have attained college-level learning strategies <input type="checkbox"/> Are open to feedback and change. <input type="checkbox"/> Make adjustments to learning strategies as needed. 	<ul style="list-style-type: none"> <input type="checkbox"/> Accept and welcome differences in others. <input type="checkbox"/> Recognize the influence of their own cultural identity. <input type="checkbox"/> Seek opportunities to explore other cultures. 	<ul style="list-style-type: none"> <input type="checkbox"/> Readily handle the stressors of college life. <input type="checkbox"/> Develop emotional coping strategies. <input type="checkbox"/> Seek emotional support from campus resources when needed. 	<ul style="list-style-type: none"> <input type="checkbox"/> Manage money independently. <input type="checkbox"/> Recognize the costs of attending college, including tuition, and the ways of paying for those costs. <input type="checkbox"/> Explore job opportunities. 	<ul style="list-style-type: none"> <input type="checkbox"/> Engage in intellectual discussions with faculty and students. <input type="checkbox"/> Are open to new ideas, subject areas, and career choices. <input type="checkbox"/> Integrate new ideas into prior belief systems. 	<ul style="list-style-type: none"> <input type="checkbox"/> Join a club or organization. <input type="checkbox"/> Form supportive, healthy relationships. <input type="checkbox"/> Understand the impact of peer pressure. <input type="checkbox"/> Manage conflict in relationships.