



SOAR '26

Student Orientation, Advisement and Registration



Tennessee
TECH

Families Make Transitions, Too



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Before we begin...

What do you think a **THREE** things you expect to accomplish while in their first trimester?

“Ticking away the moments that make up a dull day”





**“THERE ARE THREE
CONSTANTS IN LIFE...
CHANGE, CHOICE,
AND PRINCIPLES.”**

- STEPHEN R. COVEY

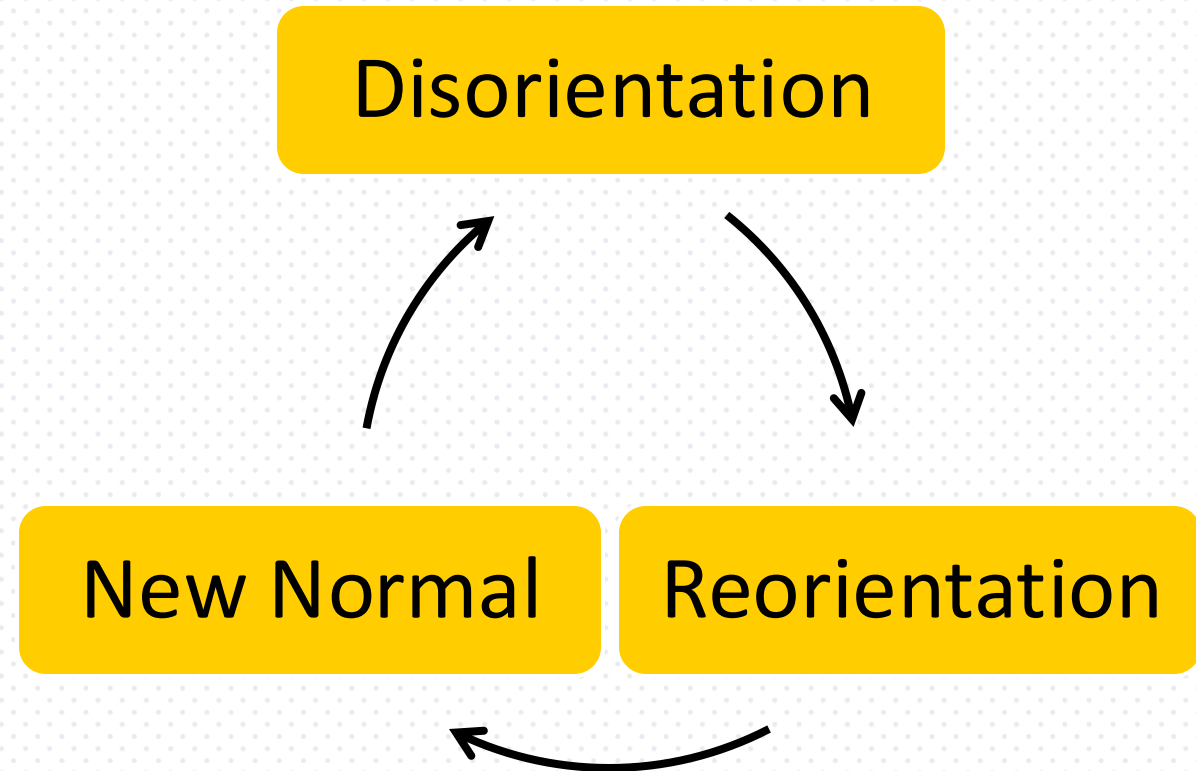


A large, bold, purple number '6' is positioned on the left side of the slide. It has a slight drop shadow and is set against a background of light gray geometric shapes and a fine dot pattern.

It can take up to **six months** for individuals to adjust emotionally and psychologically to major life changes, such as moving to a new environment or undergoing significant event.

Stages in Parent Transition

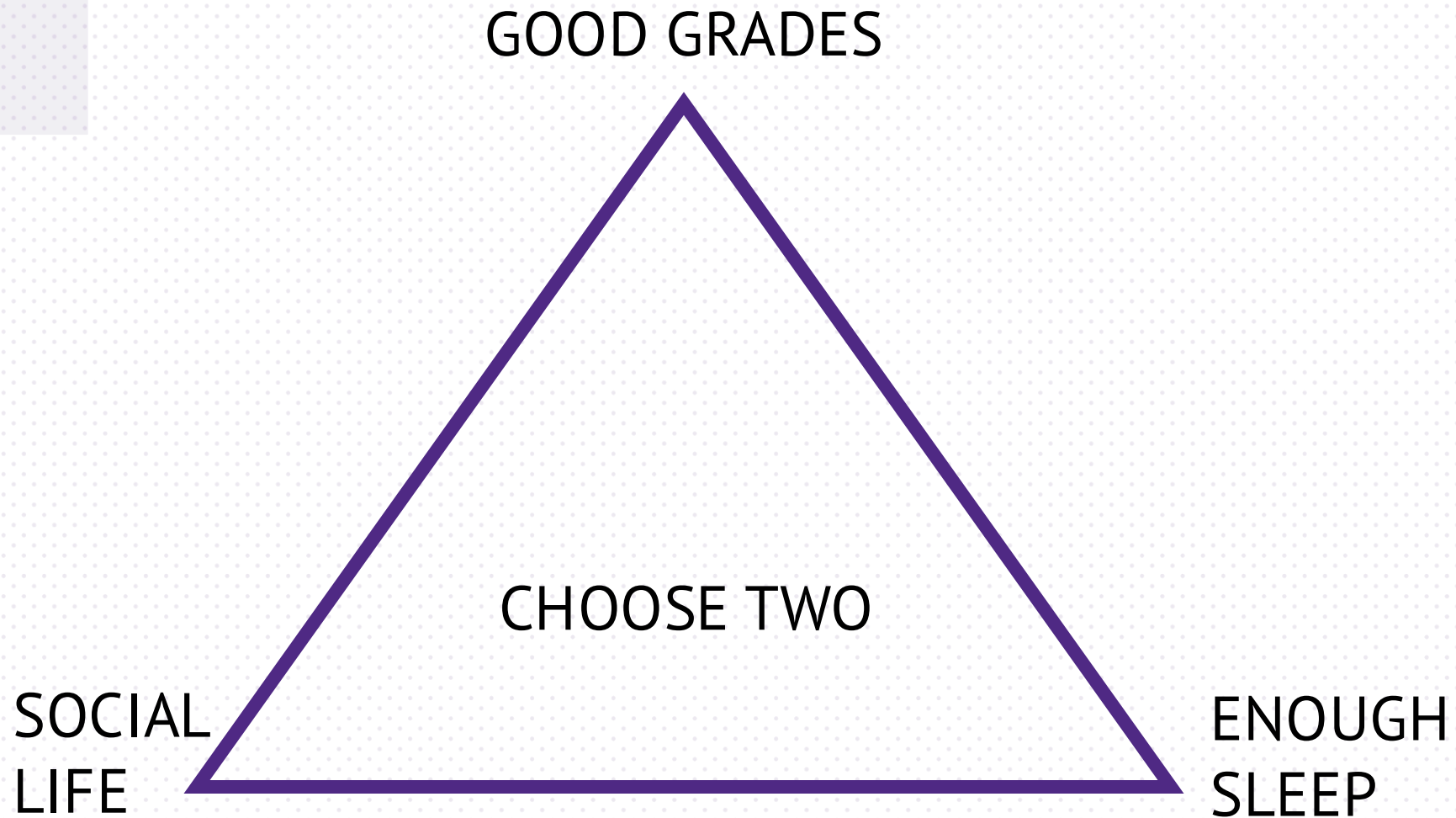
- **Disorientation**
 - Loss of normal position/role with student
- **Reorientation**
 - Adjusting/Redefining position/role with student
- **New Normal**
 - Acceptance of new framework surrounding relationship and lifestyle with student



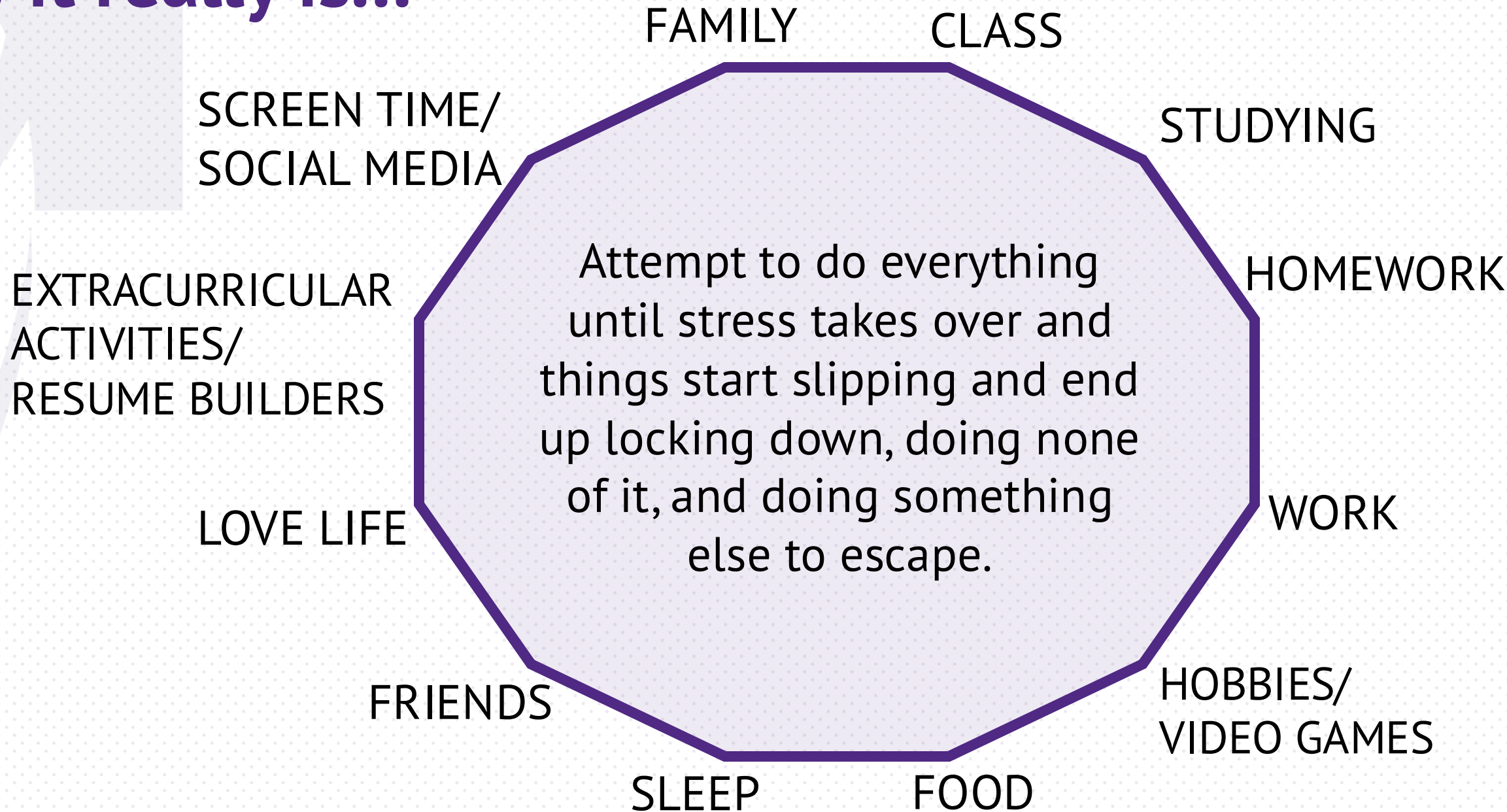
What Will Most Likely Change

Knowing if they are managing their time well
Relationships with siblings
Frequency of communication
Knowing what they are doing throughout the day
Involvement and connection with peers at home to visit
The routine and connection with peers at home to visit
Awareness of grades, if studying, or if the last 2 years regularly

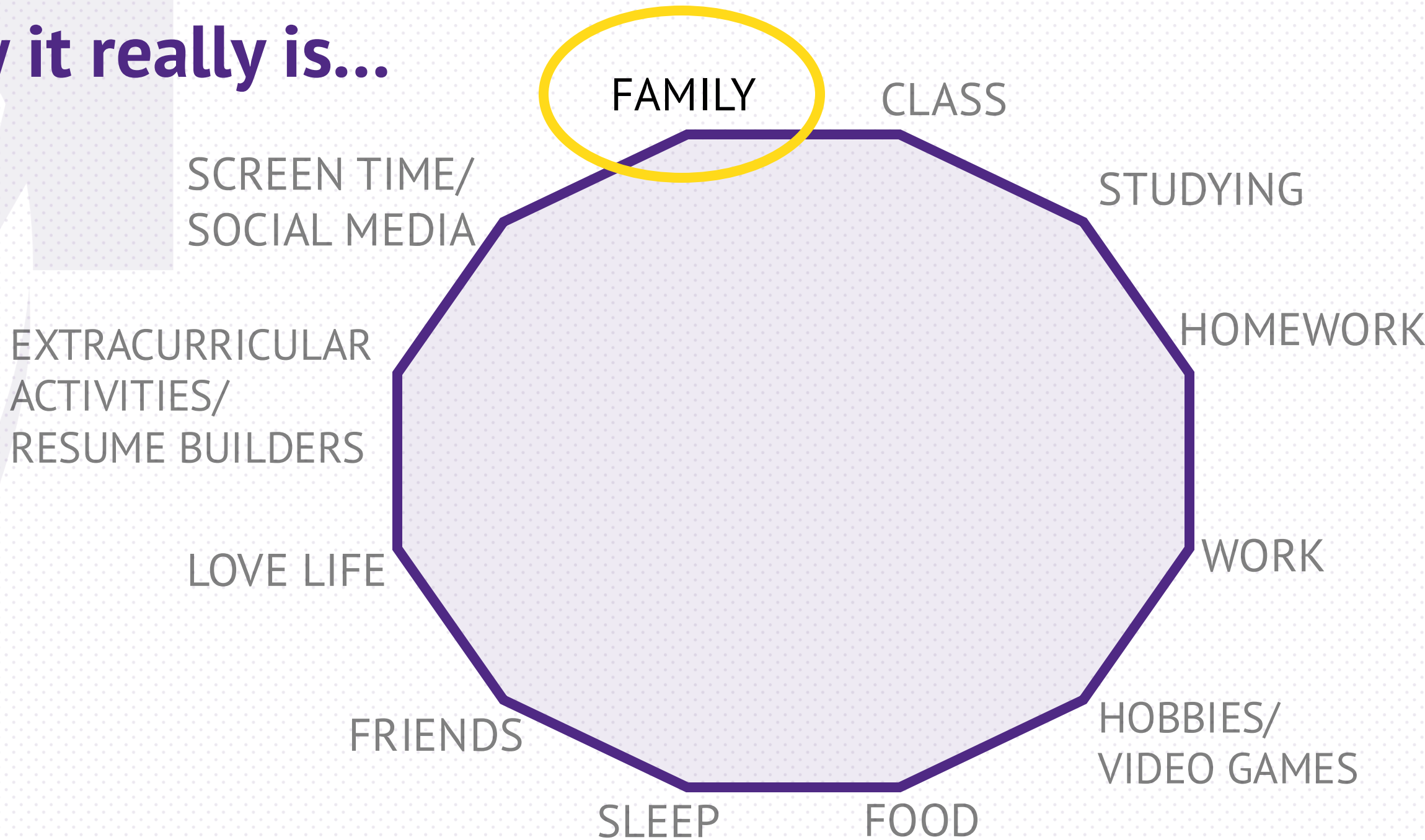
How students think college works...



How it really is...



How it really is...

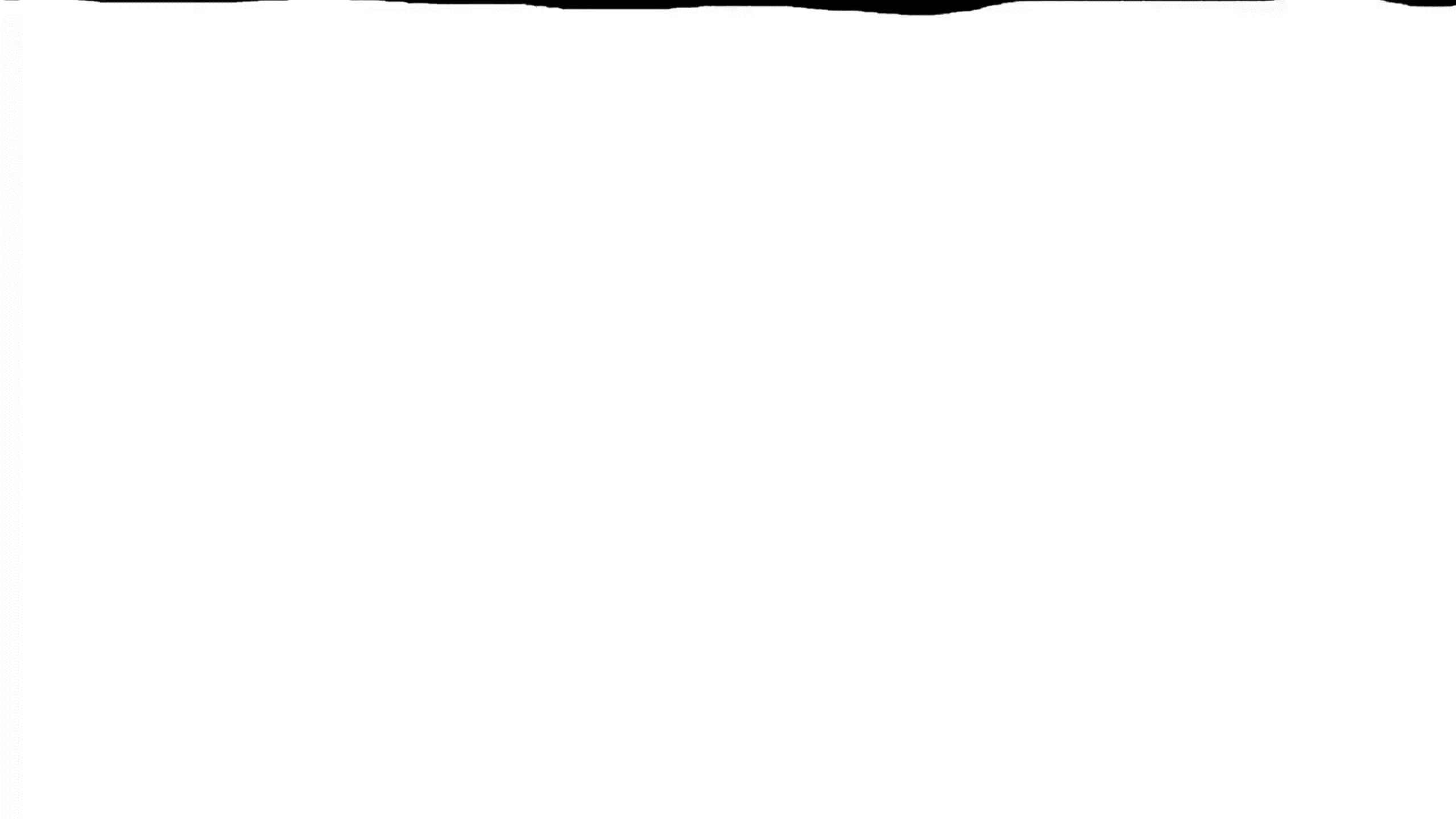


Help Us Help You To Help Your Student

Move from...

- Rules → Expectations
- Dependence → Independence
- Manager → Coach
- Perfect Student → Progressing Student
 - Progression towards their degree
- You Resolving Issues → Them Resolving Issues

Let's help them **GROW** during this journey.



When Your Student Struggles...

1. Most importantly... Don't allow your anxiety to take over.
2. Just Listen... Determine what's going on.
 - Ask the right type of open-ended questions.
3. Encourage... **“You'll get through this”**; **“This is normal”**; ***or***, **provide advice from your own experiences when you began something new.**
4. Regroup/reassess over the holiday break(s).
5. Help them obtain a **“Growth Mindset”**.
6. As necessary... let us know (New Student & Family Programs, Dean of Students, Counseling Center, Residential Life, etc).

Utilize Open-Ended Questions

- Requires your student to **pause, think, and reflect.**
- Begin with words like **“Why”, “How”, “What”, “Tell me about”,** and **“What do you think about?”**

EXAMPLES

“Tell me something you’ve learned from your biology lab.”

“What challenges are you facing?”

“What clubs interest you on campus?”

“What do you think about your roommate?”

When Your Student Struggles... Examples

Student is having difficulty following the professor and thinks everyone is smarter. **Advice:** *“Do the reading before class, review previous notes, & show up prepared.”*

Anxiety about giving a presentation. **Advice:** *“Rehearse... More than once just before... You won’t believe how helpful this will be.”*

Cannot get up and go to class. **Advice:** *“Go to bed earlier.” And, help assess how they are spending their time and what is keeping them up late? What is the root cause preventing them from getting up?*

Roommate is too loud, messy, eats my food, or uses my deodorant. **Advice:** *“Have a conversation with your roommate and discuss your concerns.”*

Your Next Steps After SOAR

Parents/Families...

- Parent & Family Calendar (pages 3, 4, & 10)

Have your student...

- Send you an email from their Tech email as if you were their professor. Critique their email.
- Find a mentor (field of study or similar interests)

“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

-Confucius