

UNIVERSITY OF CALIFORNIA, MERCED

PARTNERING WITH YOUR UNIVERSITY SCHOLAR

"FAMILY AND FRIENDS ARE THE COMPASS THAT HELP GUIDE US. THEY ARE THE INSPIRATION TO REACH GREAT HEIGHTS, AND OUR COMFORT WHEN WE OCCASIONALLY FALTER...HOWEVER, THERE COMES A POINT WHERE WE MUST ALL LET GO AND ALLOW OTHERS TO SOAR." (B.H.)

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UC MERCED: ENDLESS POSSIBILITIES

UC MERCED IS THE NEWEST CAMPUS IN
THE UNIVERSITY OF CALIFORNIA SYSTEM.

THIS IS AN INCREDIBLE MOMENT IN TIME FOR
UC MERCED. WE ARE ON TRACK TO DOUBLE
THE PHYSICAL SIZE OF OUR MODERN AND
SUSTAINABLE CAMPUS BY 2020.

UC MERCED PROVIDES A
TRANSFORMATIVE EDUCATION IN AN
INTIMATE ACADEMIC SETTING WITH
HIGH QUALITY RESEARCH, AND A
GROWING COMMUNITY.

SINCE WE OPENED IN 2005, WE HAVE HAD MAJOR
POSITIVE IMPACT ON CALIFORNIA'S FUTURE.

WE HAVE EXPANDED ACCESS TO THE UC SYSTEM FOR
CALIFORNIA STUDENTS. MORE THAN 70% OF ARE
STUDENTS ARE AMONG THE FIRST IN THEIR FAMILY TO
ATTEND COLLEGE.

WE HAVE HELPED INCREASE COLLEGE-GOING RATES IN
THE SAN JOAQUIN VALLEY (SJV) AND CALIFORNIA.
APPLICATIONS TO UC HAVE DOUBLED IN THE SJV SINCE
2005.

WE HAVE ADVANCED KNOWLEDGE IN CRITICAL
FOCUSED AREAS OF RESEARCH AND HIGHLY RANKED
ACADEMIC PROGRAMS.

WE HAVE STIMULATED ECONOMIC GROWTH IN THE
SAN JOAQUIN VALLEY AND CALIFORNIA. NEARLY \$3
BILLION IN CUMULATIVE ECONOMIC IMPACT SINCE
2002.

OUR ALUMNI ARE LAWYERS, SCIENTISTS, ENGINEERS, DOCTORS,
PERFORMERS, POLICY MAKERS, ARTISTS, EDUCATORS, AND WORK AT A
VARIETY OF ORGANIZATIONS AND CORPORATIONS SUCH AS TWITTER, BET
NETWORKS, INSTAGRAM, GOOGLE, ETC...IN ESSENCE, OUR ALUMNI ARE
GLOBAL AGENTS OF CHANGE IN THEIR PERSPECTIVE FIELDS.

WE ARE HERE TO HELP YOUR SCHOLAR SUCCEED

AGENDA

- 1. FEARS AND HOPES**
- 2. THE ART OF LETTING GO**
- 3. THE FIRST-YEAR JOURNEY**
- 4. PARTNERSHIP: A SUPPORTER'S ROLE**
- 5. UNIVERSITY SUPPORT**
- 6. QUESTIONS**



ACADEMIC GOALS



PERSONAL GOALS



CAREER GOALS

FEARS **AND** HOPES

**THINK OF ONE FEAR AND ONE HOPE YOU
HAVE FOR YOUR SCHOLAR. SHARE BOTH
WITH A PERSON YOU DO NOT KNOW.**

THE ART OF LETTING GO

YOUR SCHOLARS STAND ON THE SHOULDERS
OF THOSE THAT HAVE COME BEFORE THEM
AND THOSE THAT STAND BESIDE THEM.



GIVE YOURSELF THE GRACE TO EMOTE
AND TAKE COMFORT IN KNOWING
THAT THE FOUNDATION YOU HAVE
PROVIDED WILL ACCOMPANY YOUR
SCHOLAR ACROSS THE MILES AND
THROUGHOUT THE YEARS.

PRACTICE SELF-CARE.



BREATHE IN. EXHALE.

RECOGNIZE THAT YOUR SCHOLAR WILL
GROW, LEARN, LOVE, WIN, LOSE, FALL,
RISE, HEAL, AND ULTIMATELY
SUCCEED.

THE HARDSHIPS YOUR SCHOLAR MAY
FACE ARE NOT YOUR FAILURE.
EVERYTHING IS A LESSON LEARNED.



KNOW YOU ARE NOT ALONE.

MANAGE YOUR EXPECTATIONS AND
KNOW YOUR BOUNDARIES.

KNOW YOUR SCHOLAR WILL HAVE
SUPPORT AND RESOURCES.

CELEBRATE!

THE FIRST-YEAR JOURNEY.

MANY FIRST-YEAR STUDENTS EXPERIENCE SIMILAR CHALLENGES AS THEY MAKE THE TRANSITION TO THEIR NEW LIVES ON CAMPUS.

POSSIBLE CHALLENGES

1. ACADEMIC CHALLENGES
2. SOCIAL CHALLENGES
3. CHALLENGES OF RESPONSIBILITY
4. CHALLENGES OF INDEPENDENCE
5. WELLNESS CHALLENGES
6. TIME MANAGEMENT
7. LIFE SKILLS
8. FINANCIAL CHALLENGES
9. THE CHALLENGE OF BALANCE

There are ways as a parent to support your student while still allowing them the opportunity to grow through their college experiences. Reminding them of their values, interests, and goals, while providing family support, is important in helping them navigate their first year (Greenthal, 2018).

PARTNERSHIP

BEFORE UC MERCED

PLACE TRUST AT THE FOREFRONT.

RECOGNIZE YOUR CHILD'S CONFLICTING EMOTIONS.

MAKE A FINANCIAL PLAN. DEVELOP A TENTATIVE BUDGET
AND BE CLEAR ABOUT WHO WILL PAY FOR WHAT.

DISCUSS THEIR ACADEMIC, PERSONAL, AND CAREER
GOALS AND EXPECTATIONS.

DISCUSS A POSITIVE COMMUNICATION PLAN.

DURING UC MERCED

BE A COACH.

RECOGNIZE INDICATORS OF DISTRESS (ACADEMIC, PHYSICAL,
PSYCHOLOGICAL, AND SAFETY).

ENCOURAGE YOUR STUDENT TO USE THE APPROPRIATE CAMPUS
RESOURCES SUCH AS COUNSELING AND PSYCHOLOGICAL SERVICES,
THE BRIGHT SUCCESS CENTER, OR THE WRITING CENTER.

NORMALIZE THE IDEA THAT SEEKING HELP IS A SIGN OF STRENGTH.

RECOGNIZE FERPA!

ASK ABOUT COURSES, RATHER THAN FOCUSING ON GRADES. INVITE
YOUR STUDENT TO SHARE WITH YOU THE DISCOVERY OF NEW
IDEAS, ACADEMIC INTERESTS AND INTELLECTUAL PASSIONS.

DEVELOP A COMMUNITY OF SUPPORT AND SEND CARE PACKAGES.

BE AN ANCHOR.

(COBURN, 2016)

PARTNERSHIP

ADVICE FROM PARENTS OF FIRST YEAR STUDENTS

"DON'T TRY TO PUSH YOUR CAREER CHOICE ON THEM. THEY NEED TO DECIDE WHAT THEIR PASSION IS."

"HAVE YOUR CHILD TAKE ADVANTAGE OF ALL OPPORTUNITIES OFFERED ON CAMPUS, INCLUDING GETTING TO KNOW PROFESSORS, USING ALL ACADEMIC-RELATED RESOURCES (SUCH AS ACADEMIC ADVISING AND CAREER PREPARATION), GETTING INVOLVED WITH EXTRACURRICULAR ACTIVITIES, AND GETTING TO KNOW LOTS OF NEW PEOPLE."

"ALWAYS ENCOURAGE YOUR CHILDREN, ESPECIALLY THROUGH THE ROUGH TIMES. COLLEGE CAN BE DISCOURAGING AND STRESSFUL AT TIMES, AND TO KNOW THEY ALWAYS HAVE THEIR PARENTS' SUPPORT IS ESSENTIAL TO THEIR SUCCESS."

"ALLOW THE STUDENT TO TRY NEW THINGS, ALLOW THEM TO STUMBLE AND PICK THEMSELVES UP. LISTEN A LOT, ASK QUESTIONS, AND DO NOT LECTURE (THOUGH THAT CAN BE HARD)."

(DAUGHERTY, 2016)

SELECT RESOURCES:

**COUNSELING AND PSYCHOLOGICAL
SERVICES**

STUDENT HEALTH SERVICES

STUDENT ACCESSIBILITY SERVICES

BRIGHT SUCCESS CENTER

LEADERSHIP, SERVICE, AND CAREER

ADVISING CENTER

WRITING CENTER

MATH LAB

BASIC NEEDS

**STUDENT LIFE & SOCIAL JUSTICE
INITIATIVES**

**CAMPUS ADVOCACY, RESOURCES, AND
EDUCATION**

STUDENT RESPONSE TEAM

DEAN OF STUDENTS

SPORTS AND RECREATION

UNIVERSITY SUPPORT

**UC MERCED PROVIDES NUMEROUS
RESOURCES TO HELP YOUR SCHOLARS
GROW AND SUCCEED ACADEMICALLY,
AND PERSONALLY AS THEY PREPARE
FOR LIFE AFTER UC MERCED.**



**WE WILL
CREATE AN
ENVIRONMENT
OF SUCCESS
TOGETHER**

REMIND YOUR SCHOLARS TO:

BE MOTIVATED, NOT MANIPULATED.

BE USEFUL, NOT USED.

MAKE CHANGES, NOT EXCUSES.

RELEASE ALL DOUBTS ABOUT THEIR ABILITY.

CHOOSE SELF-ESTEEM OVER SELF PITY.

CONTINUE GROWING AND LEARNING AS
EDUCATION IS A FORM OF LIBERATION.

ALLOW THEMSELVES TO EMBRACE ALL THAT
THEY ARE IN EVERY MOMENT.

REMEMBER THAT THEY ARE BRILLIANT AND
POWERFUL BEINGS THAT WILL REVOLUTIONIZE
AND CHANGE THE WORLD AROUND THEM.

**WELCOME TO UC
MERCED! YOUR JOURNEY
NOW AWAITS.**