

TRANSITIONS TIPS NEWSLETTER



WELCOME TO CONESTOGA COLLEGE!

Making the transition to college is an important and sometimes stressful experience for parents, family members and students. We know that you play a very important role in their success at college, whether it includes encouraging your Conestoga student to connect with helpful services, or chatting with them about their college experience. Even the experts say that students have the best chance for success when they feel supported by both their institution and their families and friends! We hope this information helps you in your new role!

FAMILY & FRIENDS...YOU'RE INVITED TO ORIENTATION 2011!

We're pleased to offer our Orientation program for Family & Friends of Conestoga-bound students again this fall. Family & Friends Orientation is specifically designed to assist you in supporting your student in a successful and positive transition to college. You will gain information about the College as well as insight into the adjustments your student will face. You'll have the chance to chat with College staff to answer any questions you may have!

Family and Friends Orientation day includes:

- **Morning reception and welcome session**
- **College services presentations**
- **Campus tour**
- **Lunch**
- **College information booths**

PLEASE NOTE: The Student Orientation programs are separate from Family & Friends Orientation and both take place simultaneously in separate venues. Family & Friends will be directed to their venue upon arrival in the morning and students will proceed to the Recreation Centre. Students and Family & Friends will meet up again to enjoy a free lunch at the Lunch Extravaganza.



REGISTRATION FOR FAMILY & FRIENDS ORIENTATION

Due to limited seating availability, registration for our Family & Friends Orientation is required.

Please complete the online registration form on our web site to reserve your spot.

When registering, you will need to indicate the following:

1. The date you plan to attend.
2. The number of persons attending (excluding your student as they will be participating in a separate orientation targeted to their program).

To register for the Family & Friends Orientation, please visit:

www.conestogac.on.ca/studentlife/orientation/family.jsp



AS FAMILY AND FRIENDS, TRY TO...

Support and Encourage Good Study Habits ~
Good study habits are key to succeeding at college.

Give your Student the Freedom to Succeed ~
Empower your student to make independent decisions
and to take responsibility for success.

Keep the Lines of Communication Open ~ Your
student wants to hear from you, so write, e-mail and
talk to your student and send care packages . Chat on
the phone and expect calls during stressful times, but
not all the time!

Encourage your Student to Get Involved ~
Getting involved is a great way to maximize the
student experience, to have fun and to meet new
people. Research shows that engaged students tend to
be more successful!

Feel Free to Visit ~ If your family member/friend is
living away from home, call and arrange to visit. Plan
dinner out or go on a much needed shopping spree.

Give your Student Space ~ If your family member/
friend is living at home, give them greater
freedom and time to study. `

Believe in your Student ~ Give freely of your love
and support as your student learns to become an
independent and successful adult.

TIPS FOR MAINTAINING A HEALTHY RELATIONSHIP WITH YOUR CONESTOGA STUDENT!

- Listen
- Help problem solve
- Acknowledge and communicate feelings
- Express your opinion non-judgmentally
- Point out consequences of behavior
- Be supportive
- Strive for mutual respect
- Let go a little
- Deal with problems calmly and openly
- Recognize that mistakes are part of learning

ADVICE FOR FAMILY & FRIENDS DIRECTLY FROM OUR CONESTOGA STUDENTS:

- Give positive feedback
- Encourage students to do their best and to seek help
if needed
- Be there for your student during the hard times and
offer praise during the good times



IMPORTANT SERVICES ON CAMPUS...

The following are a few of the services that students might wish to access to help them make a successful transition into College life.

Click on the service title to go to their web site.

Counselling Services:

Counselling Services is located in Room 1A101 in the Student Life Centre at Doon. Open from 8:30-4:30 Monday to Friday, they offer personal, academic, financial and career counseling for students. Students can either make an appointment by calling (519)748-5220 ext. 3360, or by dropping by the office. Counselling Services for students at the Waterloo and Guelph Campuses are located in the Campus Administration Office. For information about services at the Cambridge Campus visit the Counselling web site.

Disability Services:

Disability Services is located in Room 1A107 at the Doon Campus. They can be contacted at (519) 748-5220 ext. 3258. They offer a wide range of services and counseling to accommodate special learning requirements to integrate students with disabilities into a comfortable and rewarding educational environment. To make an appointment, drop by the office or call. For contact information at the other Conestoga Campuses visit the Disability Services web site.



Health Services:

The Health Clinic is located at Doon Campus and provides confidential, student-centered health care, counseling and education. This service is available to all students at Conestoga College. Their team includes family physicians, a chiropractor, a registered nurse and secretary. They are located in room 1A102; open Monday to Friday 8:30-4:30. To make an appointment, please call (519) 748-5220 ext. 3679.

Learning Commons:

The Learning Commons is a great place to study and to get help. The Learning Commons offers peer tutoring, peer learning groups, learning skills services, writing skills services as well a math services. They are located in room 2A103, and are open from 8:00am- 4:30pm Monday to Friday, at Doon Campus. Learning Commons services for students at the Waterloo and Guelph Campuses are located in the Campus Administration Office. For information about services at the Cambridge Campus visit the Learning Commons web site.

Financial Aid:

Financial Aid is located in the Student Client Services Building at the Doon campus, on the first floor. Financial Aid provides information on scholarships, bursaries and OSAP. Students can pick up their OSAP cheques here too.

Visit our financial assistance page on the web site for specifics on various financial support options as well as bursaries and awards available through the school. You can also follow the link right to the Ontario Student Assistance Plan (OSAP).