First Week “Freakouts”

What is Blackboard, how do I access it?

What are “office hours”?

Do I need to raise my hand to go to the bathroom?

I can’t get my book and there is homework due, I must be the only person who is so far behind.

Will I make friends, do I belong?

Financial Concerns:
- Getting jobs on campus
- Cost of materials
- Balancing work and school

How do I read/take notes in college? ...I’m not sure what to focus on in the reading and in class
Introductions

- Who are we, who are you?
- What are you hoping to take away from today, this session?
- What are your students’ biggest fears, concerns
- What are your students’ most excited about, hoping to achieve?
Goals for today

- Get to know our students
  - Who are they (broadly)?
  - What were/are their “first-week freakouts”? 
- Re-think our first week(s) of class to address the concerns we’ve heard about
Emerging Adulthood: the in-between age

- The phase of life between adolescence and adulthood (ages 18-25/29)

- Emerging adults share the five characteristics of self-focus, instability, identity explorations, feeling in-between, and a sense of possibilities.

- Emerging adulthood takes place across racial, cultural, and socioeconomic groups, although the experience of emerging adulthood varies among groups.
Liminality

Being “betwixt and between”: everything is new, unfamiliar, unsettled, and unsettling.
Who are First-Year Students at Chico State?

- 22.3% of first year students reported their academic transition was “difficult” to “very difficult”.
- 25.3% of first year students reported that their social transition to the Chico State was “difficult” to “very difficult”.
- 10% of first year students indicated they would have liked help with making friends, getting connected and/or getting involved.
- Also of concern, is a large cohort of first generation students (nearly 60% of incoming students) who may not feel like they belong in college, or on campus, and who do not have benefit of a formal support program (such as EOP, SSS, Reach etc.)
28% of 1st Generation first-year students are enrolled in a formal support program. 12% are not.
Who are First-Year Students at Chico State?

**Ethnicity**
- American Indian/Alaskan Native: 0.5%
- Asian: 5.5%
- Black/African American: 2.7%
- Hispanic/Latino: 34.2%
- Native Hawaiian/Pacific Islander: 0.2%
- White: 43.6%
- Two or More Races/Ethnicities: 5.3%
- Declined to State: 5.3%
- Nonresident Alien: 2.7%

**Gender**
- Female: 54%
- Male: 46%
Our students come from 45 nations, 31 states, and 1 U.S. territory.

97.5% of the total student population comes from California:
- 27.8% from CSU, Chico’s service area;
- 20.5% from the Sacramento Area;
- 20.5% from the San Francisco Bay Area;
- 22.1% from the Los Angeles area;
- and 16.4% from the rest of California.

The remaining 2.5% are out-of-state or international students.
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Emerging Adulthood, the First-Year Experience and student success

- Sense of Belonging and Connection
  - To each other
  - To the university (and academy)
  - To the community (campus and city)
- Identity development (reflection on identity in context of class)
- Relevance/Purpose (why am I taking this class?)
Making Connections

☐ Meeting people, getting to know classmates, working with others in class
☐ Seeing others “like” me
☐ Office hours/class conflicts

Student Stories

Q&A
Getting books on time (and how that impacted my ability to get assignments done at first)
How to find/use Blackboard (and how that impacted my ability to get assignments done at first)
Where/when to get iclicker (needed first day, didn’t know)
Homework due before I could get all materials
How do I read/take notes for this course (or any college course)?

Student Stories

Q & A
Financial Concerns

- Getting jobs on campus
- Cost of materials
- Balancing work and school

Student Stories

Q&A
Small group discussion

- Discuss what you’ve learned.
- Considering your classes and the structure of your first week, what might you (or any faculty member) do to address this particular “freakout”?

Be prepared to share out, using specific examples from the first week of class
Share out
Final Questions/ thoughts?