

New Student

ORIENTATION



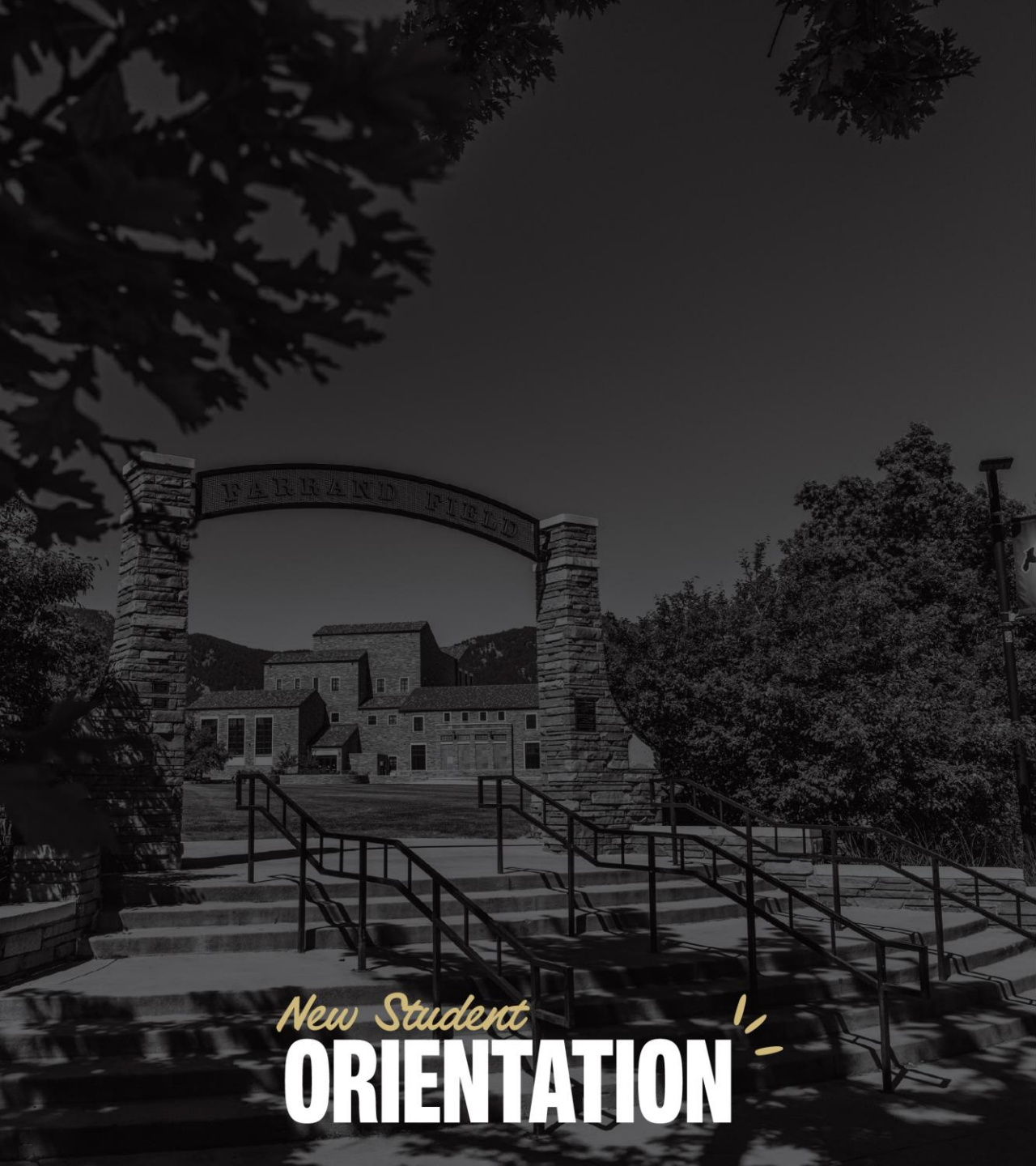
New Student & Family Programs

UNIVERSITY OF COLORADO BOULDER

Overview

- Who is New Student & Family Programs
- Transition & its impact on the student & family experience
- Expectation setting
- FERPA
- Wrap-up & questions

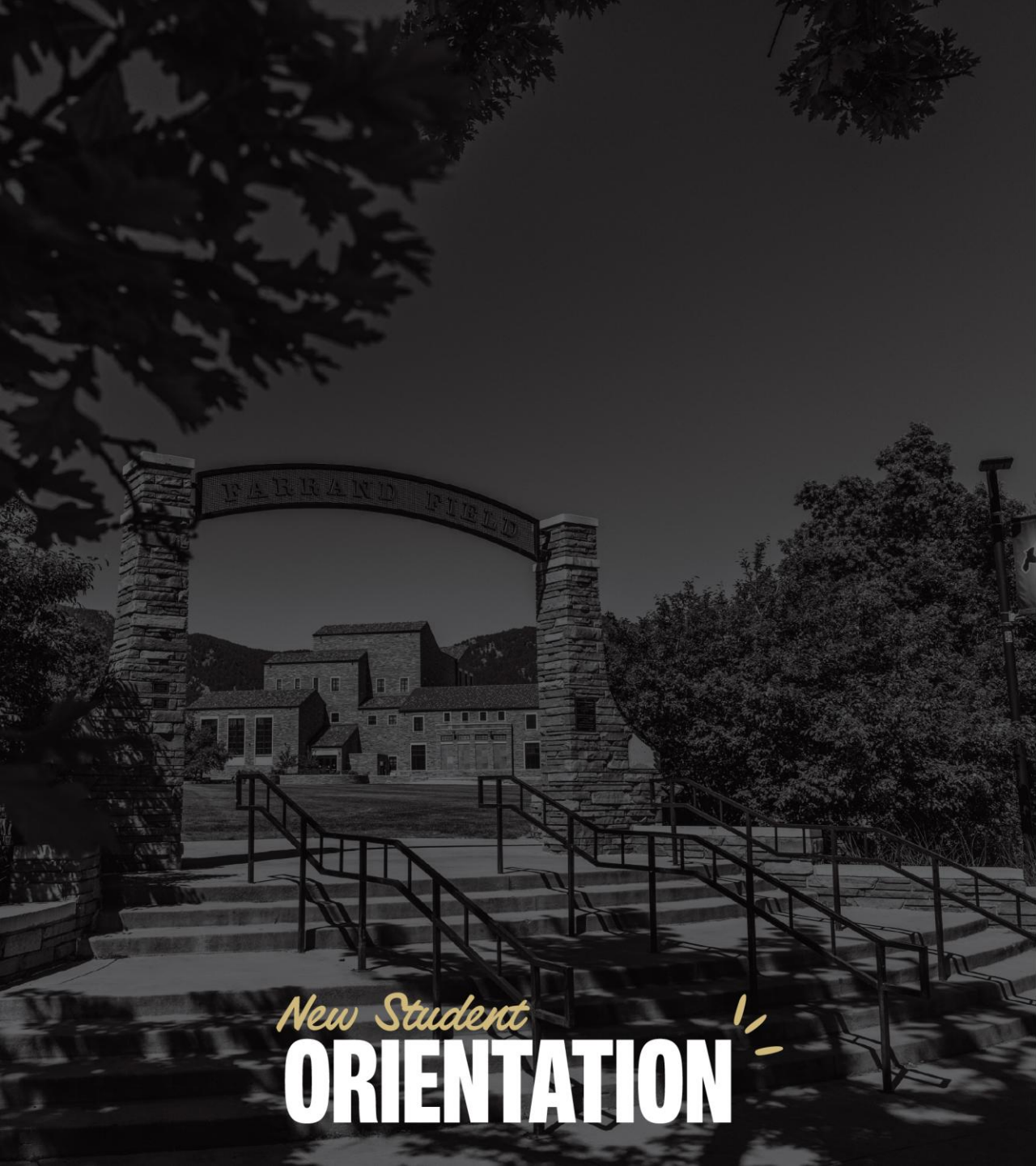




New Student
ORIENTATION

**Raise your
hand if...**

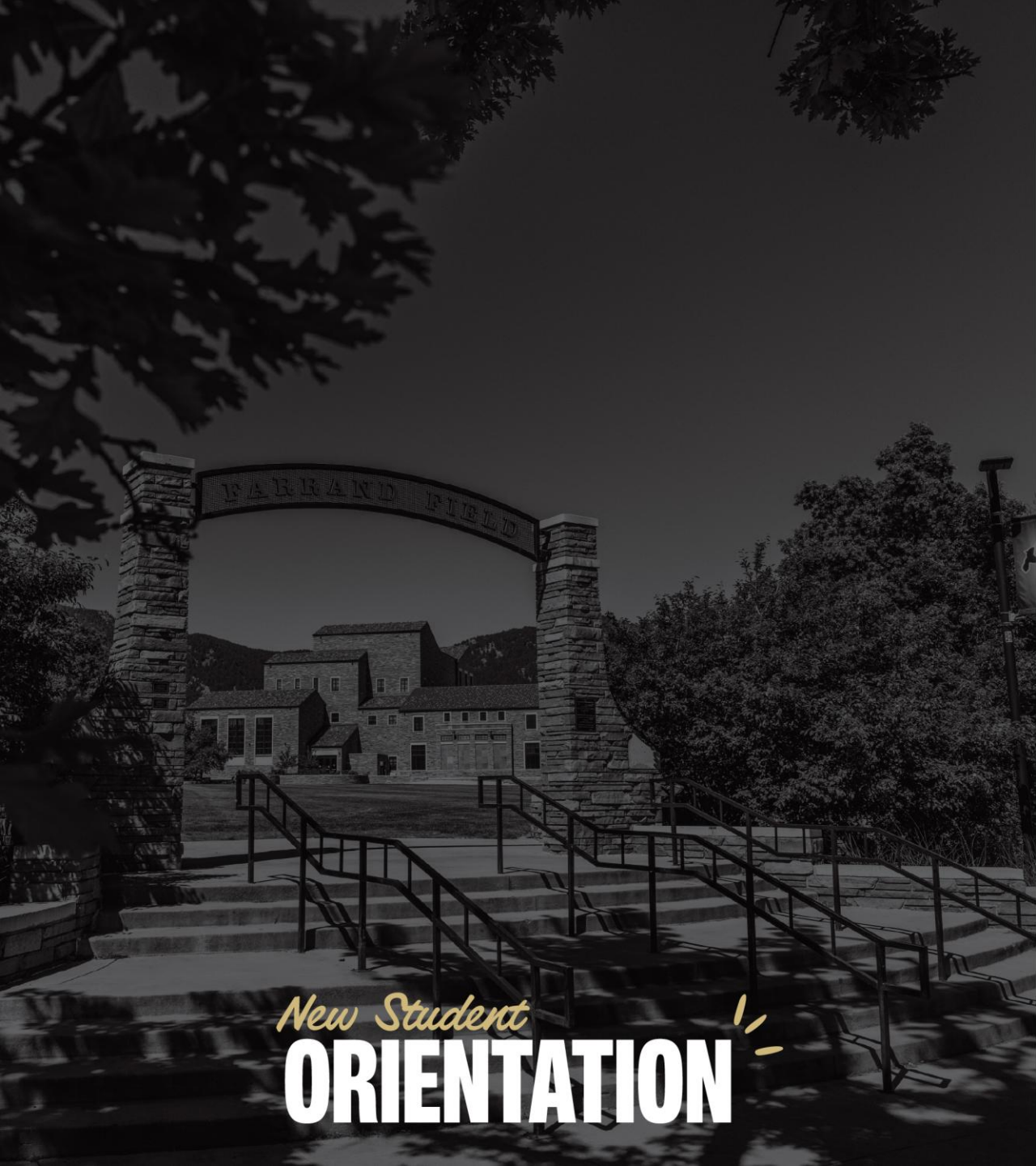
**You live in
Colorado**



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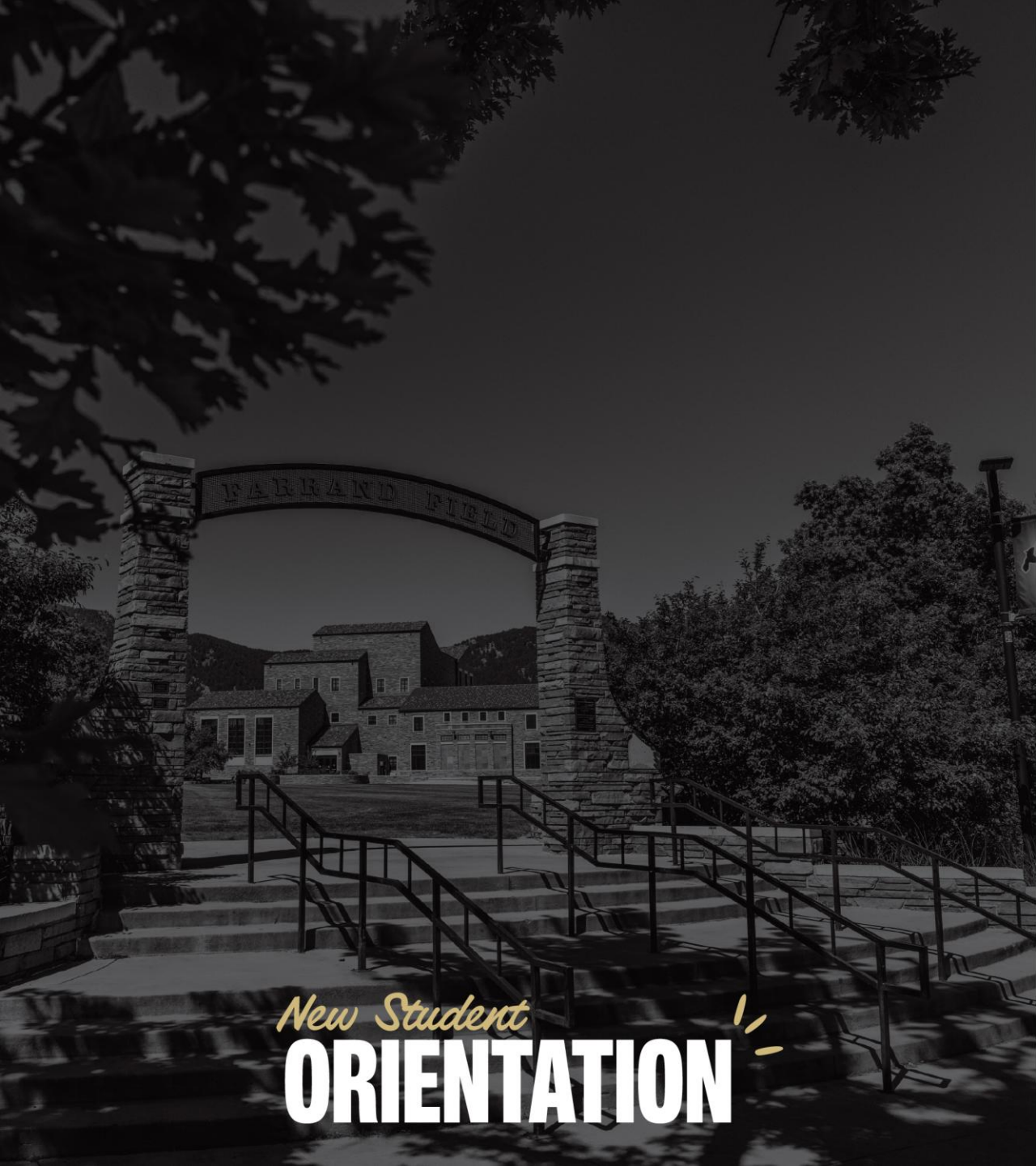
**You live
outside of
Colorado**



New Student
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Raise your hand if...

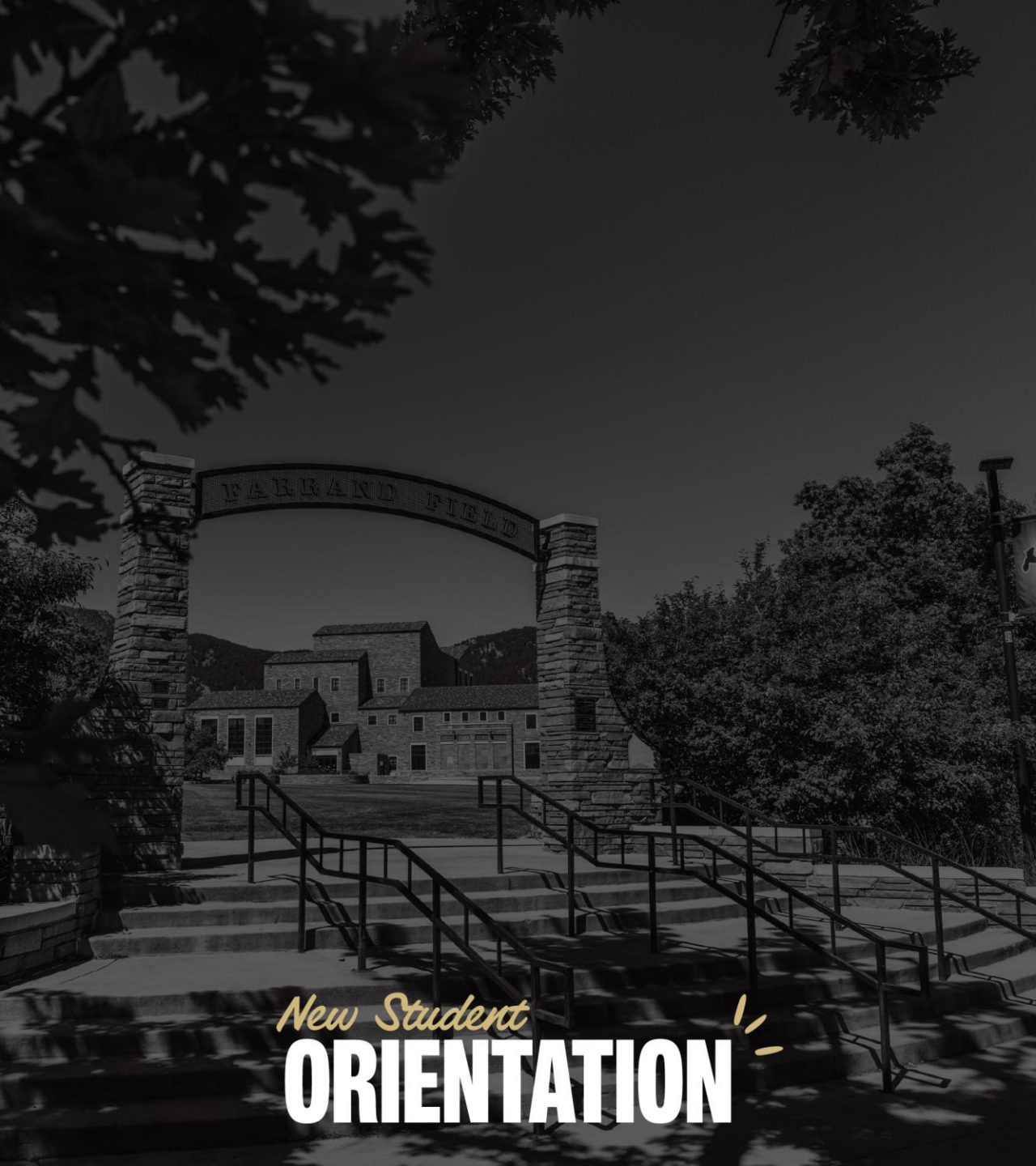
This will be your first student in college



New Student
ORIENTATION

Raise your hand if...

You have
another student
who has
attended CU



New Student
ORIENTATION

**Raise your
hand if...**

**This is your
only/last student
to leave for
college**



NEW STUDENT & FAMILY PROGRAMS



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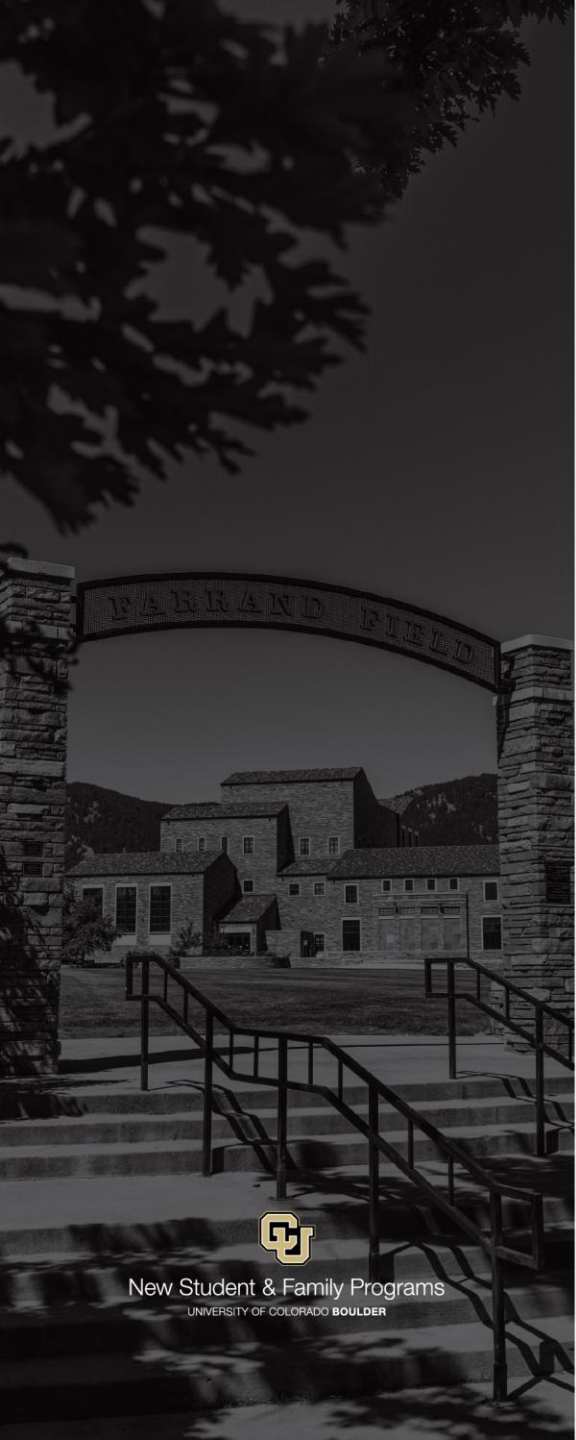
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New Student & Family Programs
UNIVERSITY OF COLORADO **BOULDER**

Family Resources

- Buff Family Resource Hub
- Have You Herd: Buff Family Video Series and Coffee Hours
- Buff Family Newsletter
- Family Fall Welcome
 - Buff Family Welcome Tents
 - CU Later
- Family Weekend
 - October 15 – 18, 2026



Our Philosophy: Families as Partners

- Imagine your student behind the wheel and yourself in the passenger seat
- Let them lead their journey
- Support and guide them in a positive way
- Encourage them to buy-in to new experiences

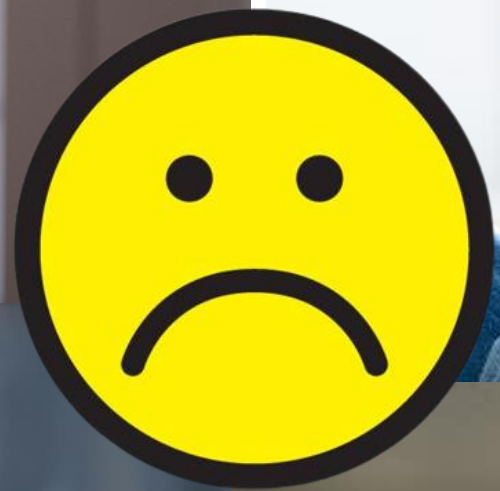


A Time of Transition & Change

- College is a new and exciting chapter!
- Things are about to change for your family – that can be a hard-hitting reality for everyone

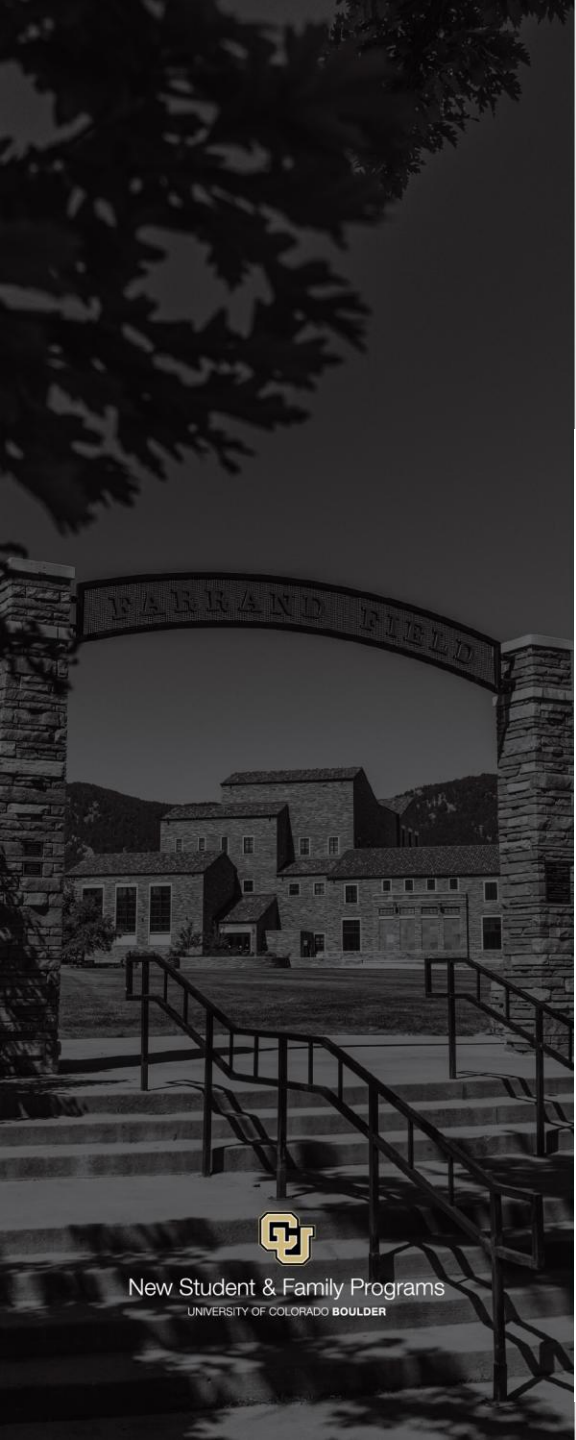




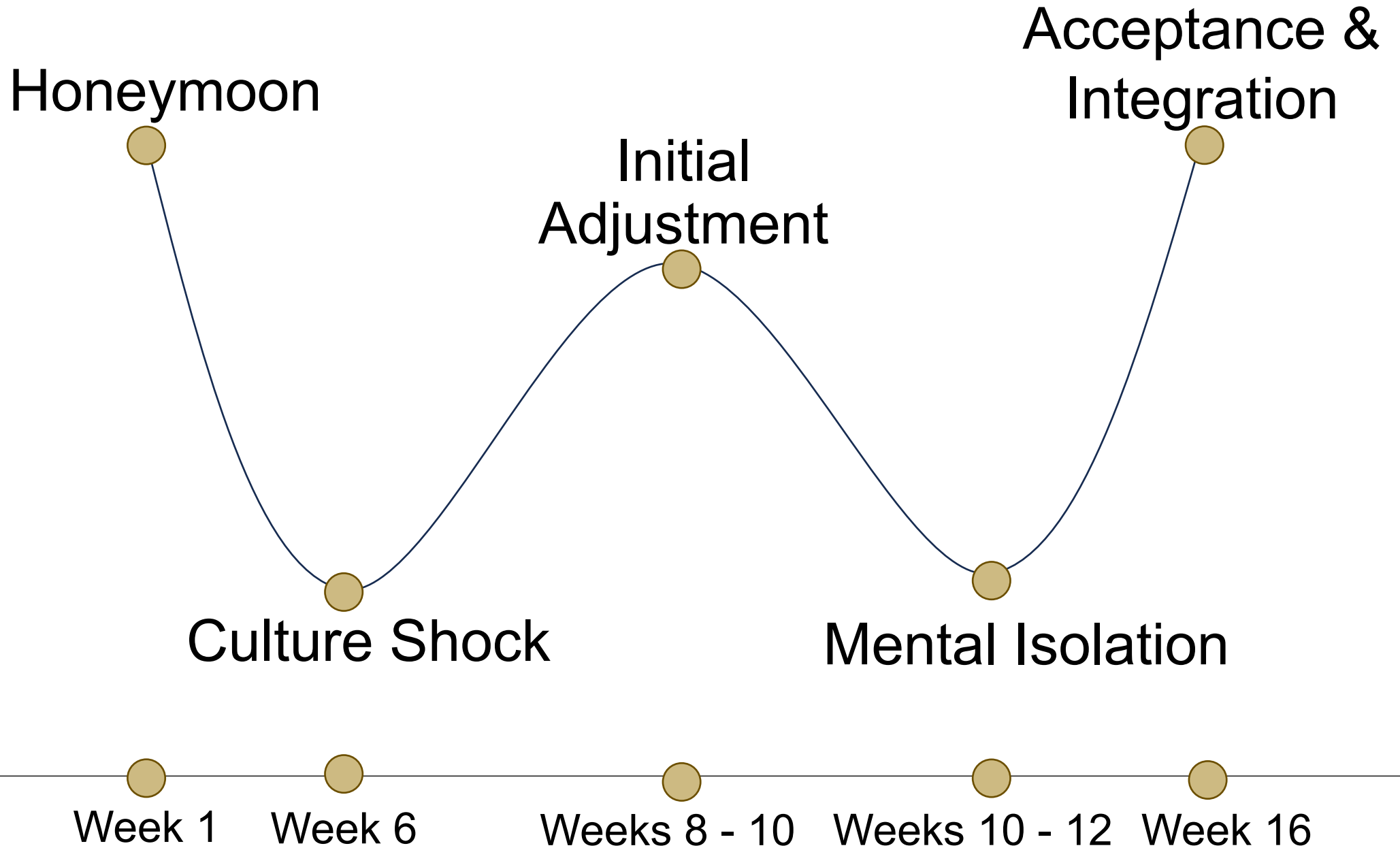


All jokes aside, the transition—for both you and your student—brings change

support-systems
involvement social
finances time-management
schedule family-dynamics values conflict
academics transportation beliefs
independence routine health cultural
identity wellness housing responsibility
study-habits diet relationships technology
extracurriculars decision-making



Zeller & Mosier W-Curve

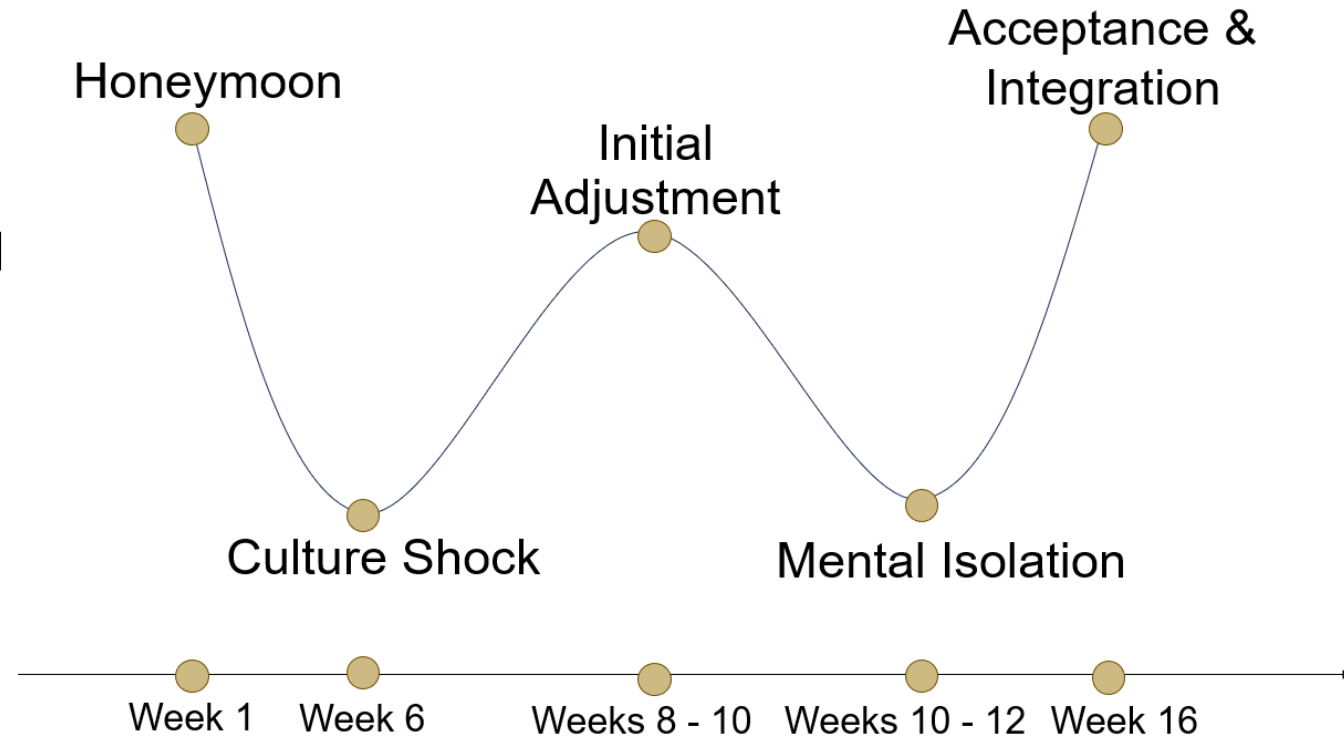


Honeymoon

Students feel: Excited, optimistic, eager nervousness

How to respond:

- Express confidence
- Let them lead, but ask how you can help them prepare
- Expect communication differences
 - Ask and listen about their new experiences
 - Encourage and celebrate little wins
- Reinforce transition takes time

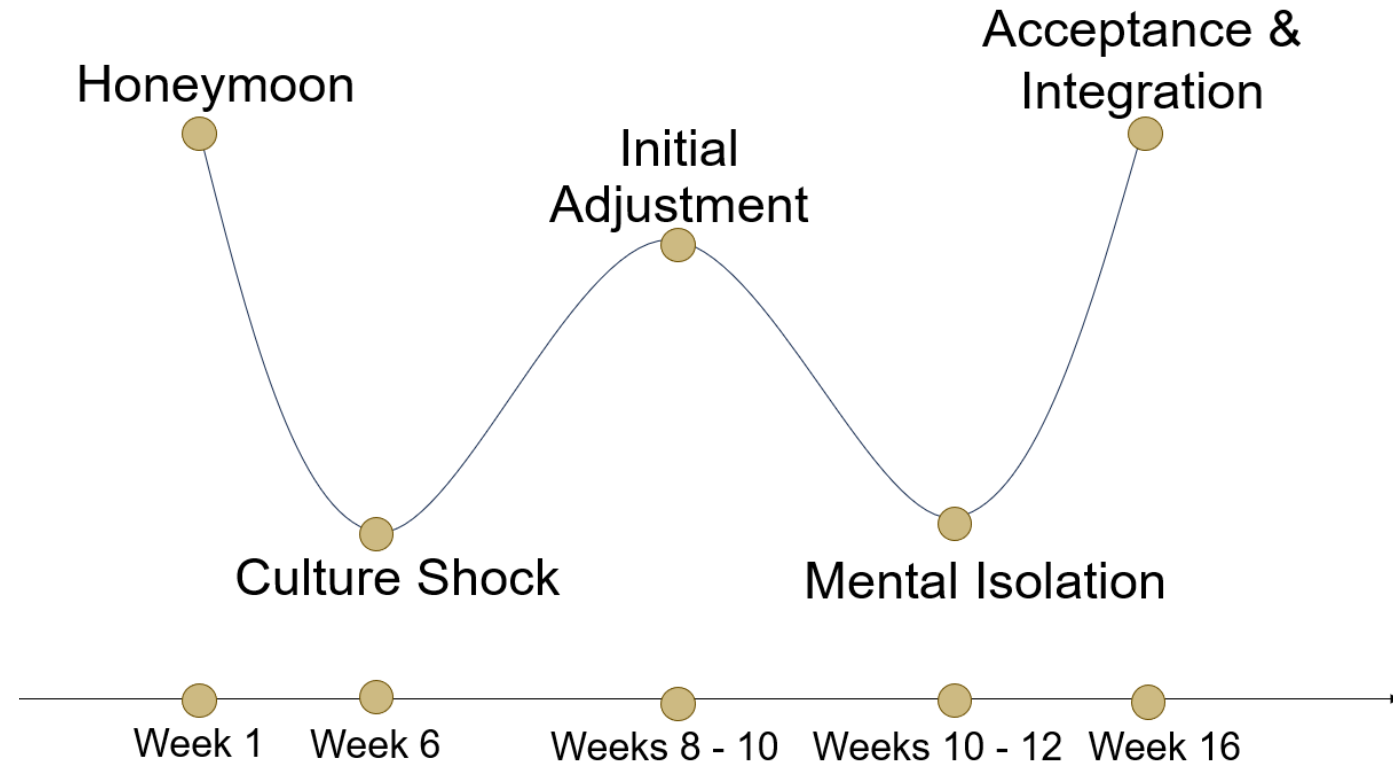


Culture Shock

Students feel: Overwhelmed, homesick, doubt

How to respond:

- Validate emotions about transition
- Encourage them to seek support
- Check in with empathy, not just curiosity
- Academic check-in
- Good time for a pick-me-up!

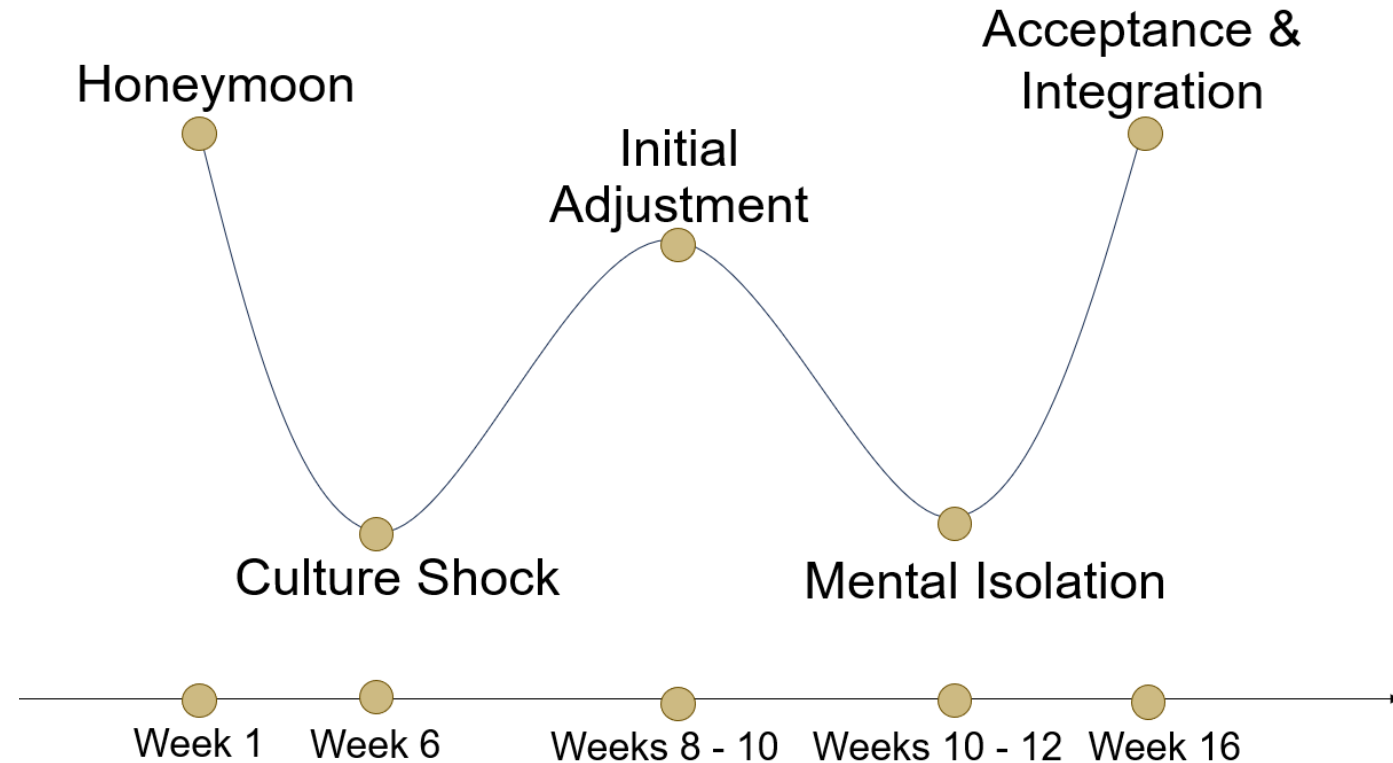


Initial Adjustment

Students feel: Finding routines, settling in, gaining confidence

How to respond:

- Celebrate progress and support growth
- Show genuine interest in their new friends, routines, etc.
- Remind them of involvement and support resources

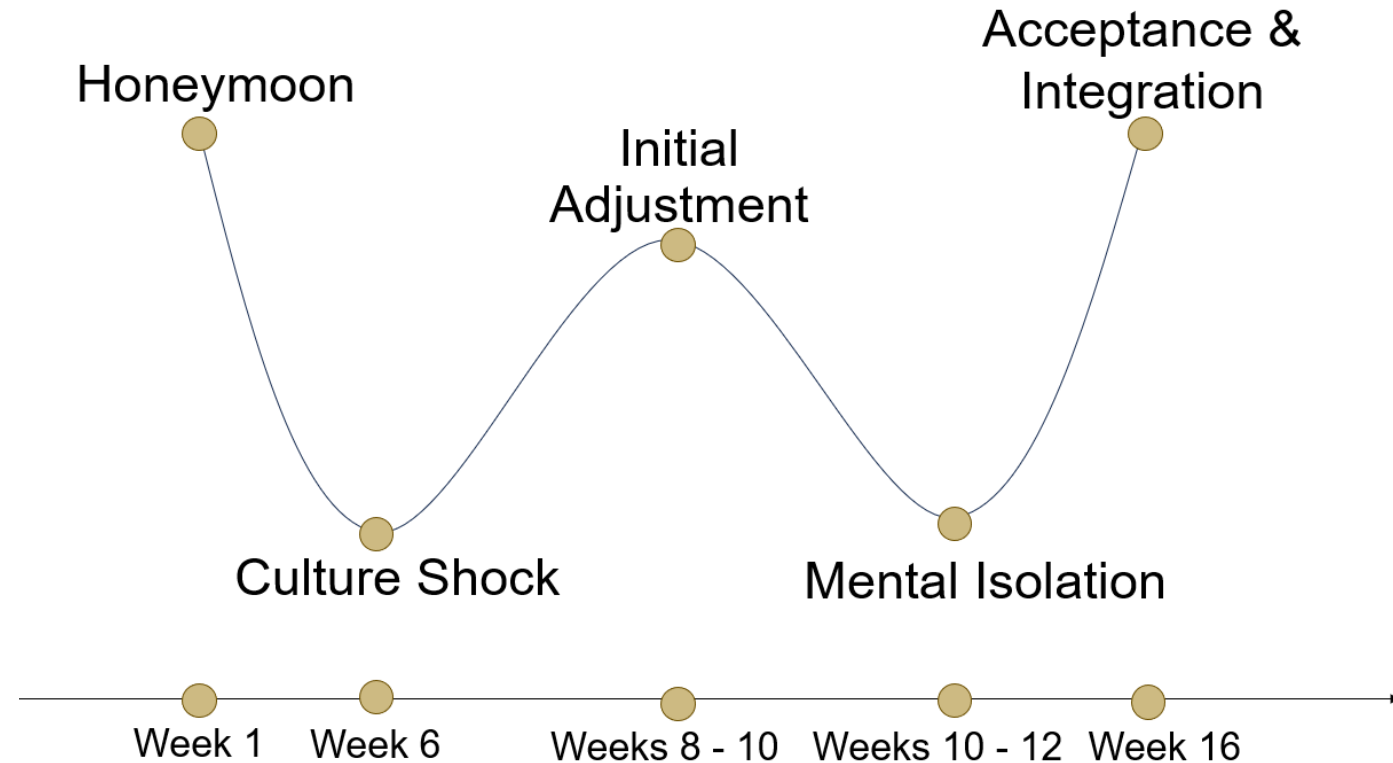


Mental Isolation

Students feel: Stress, distanced, fatigued, academic pressure

How to respond:

- Offer steady reassurance
- Encourage self-care
- Expect communication differences
 - Low-pressure outreach with support emphasis

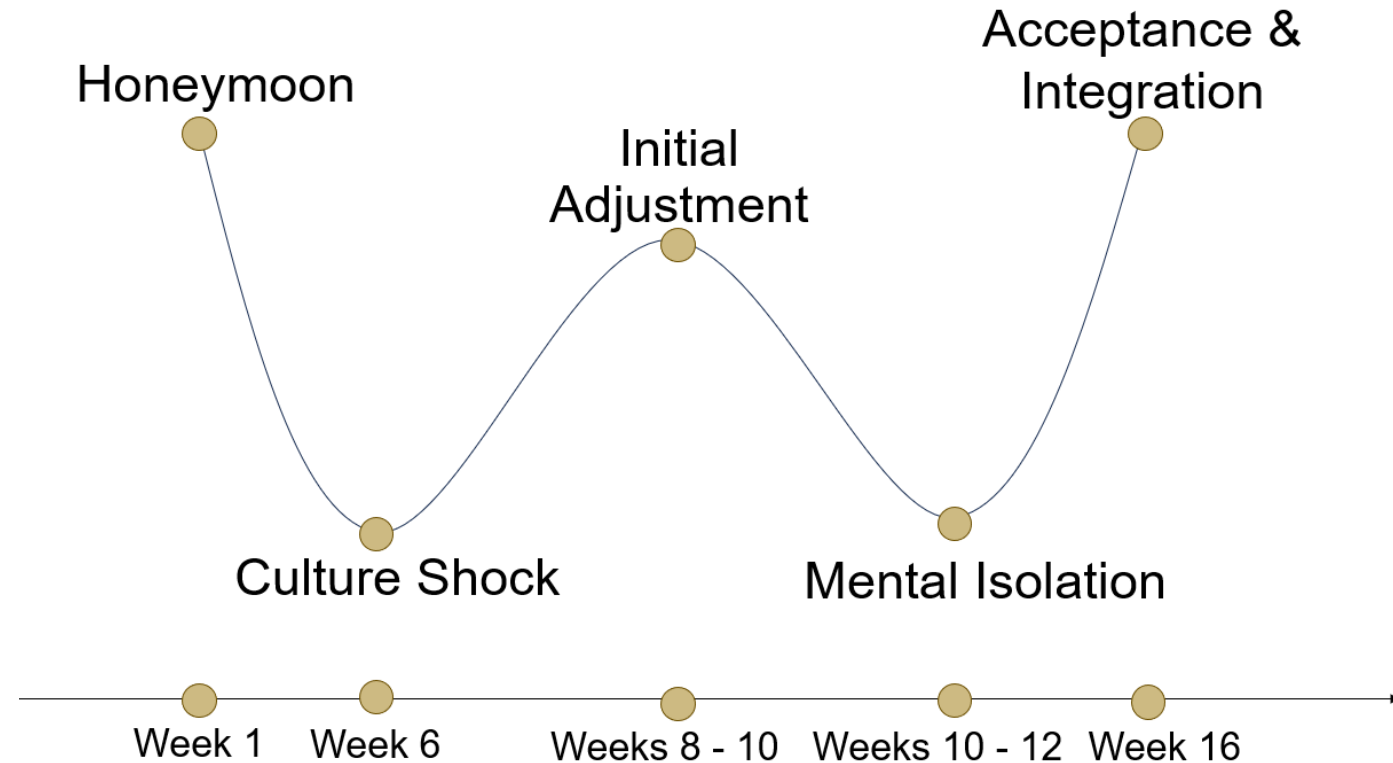


Acceptance & Integration

Students feel: Confidence, belonging, excitement

How to respond:

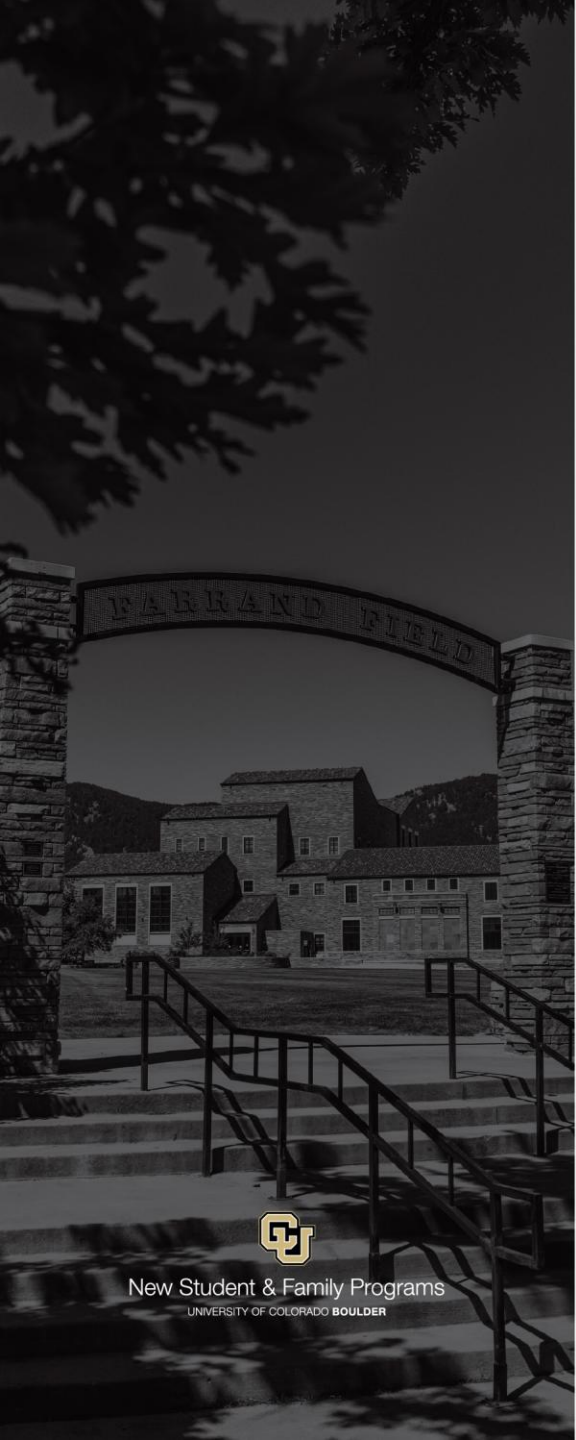
- Celebrate the accomplishment!
- Reflect & prepare for next semester



W-Curve Takeaways

- It is a predictive model, but everyone's transition is different
- Transition takes time – for you and your student!
- Utilize the model to frame conversations with your student
 - Ask questions!
 - Lead with listening ear and empathy
 - Let your student guide the way





Day in the Life of a College Student



New Student & Family Programs
UNIVERSITY OF COLORADO BOULDER

Non-negotiables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00	Sleep	Sleep	Sleep	Sleep	Sleep
7:00	Breakfast/Travel	Sleep	Breakfast/Travel	Sleep	Breakfast/Travel
8:00	Class #1	Breakfast/Travel	Class #1	Breakfast/Travel	Class #1
9:00		Class #4		Class #4	
10:00	Class #2	Class #4	Class #2	Class #4	Class #2
11:00	Class #2		Class #2		Class #2
12:00	Lunch		Lunch		Lunch
1:00	Class #3	Lunch	Class #3	Lunch	Class #3
2:00		Class #5		Class #5	
3:00		Class #5		Class #5	
4:00					
5:00					
6:00	Dinner	Dinner	Dinner	Dinner	Dinner
7:00					
8:00					
9:00					
10:00					
11:00					
12:00	Sleep	Sleep	Sleep	Sleep	Sleep

- 12-15 credit hours
 - 4 – 5, 3 -credit hour classes per semester
 - Lab, Recitation, Office Hours

College Student Living

- Students are responsible for managing 60-70% of their time independently
 - Unlike high school, the college schedule provides freedom and flexibility.
 - It is a benefit that must be treated with care – because there is choice in how they spend their time.
 - For the first time, they are in control of their time





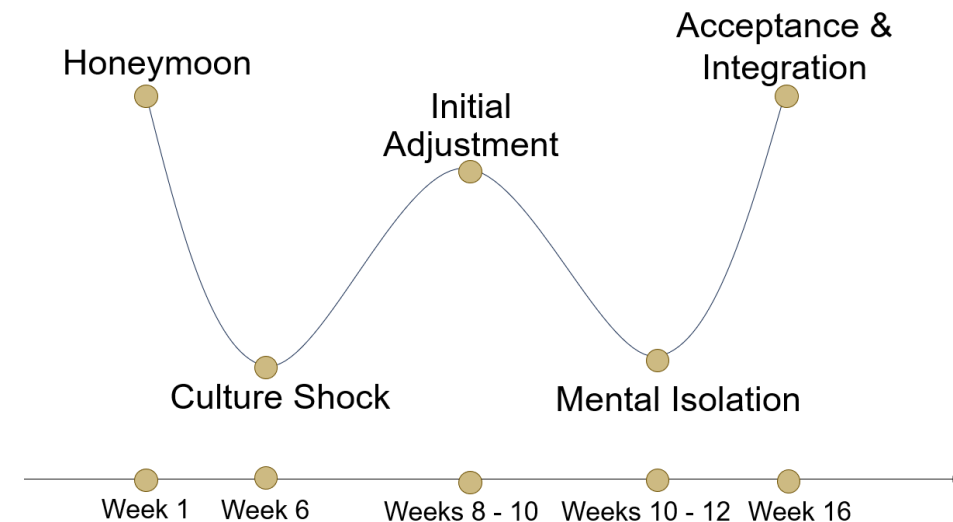
• Options:

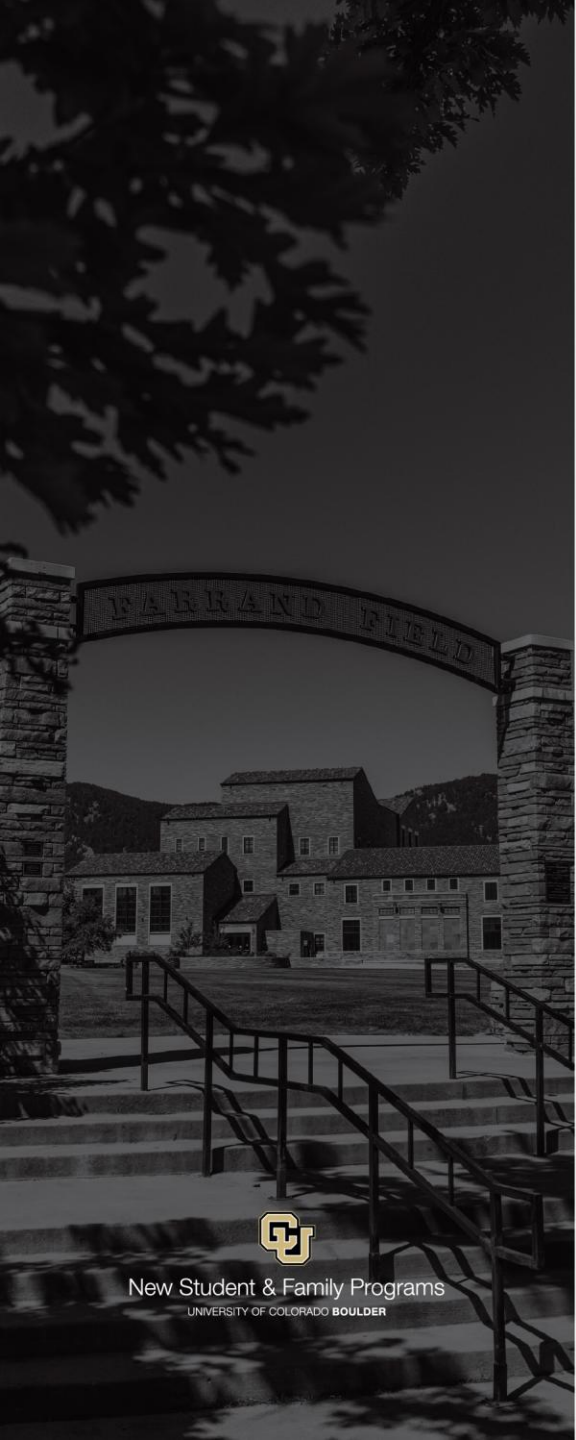
- Library – study/homework
- Work – on or off campus
- Club meeting/involvement
- Grab a coffee/snack
- Gym
- Nap/phone/Netflix
- Hang out with friends
- Personal hobby
- Laundry/cleaning/grocery shopping

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00	Sleep	Sleep	Sleep	Sleep	Sleep
7:00	Breakfast/Travel	Sleep	Breakfast/Travel	Sleep	Breakfast/Travel
8:00	Class #1	Breakfast/Travel	Class #1	Breakfast/Travel	Class #1
9:00	Travel + Study	Class #4	Travel + Study	Class #4	Travel + Study
10:00	Class #2		Class #2		Class #2
11:00	Lunch	Travel + Study	Lunch	Travel + Study	Lunch
12:00		Lunch		Lunch	
1:00	Class #3	Lunch	Class #3	Lunch	Class #3
2:00	Professor Office Hour	Class #5	Campus Job	Class #5	Campus Job
3:00	Campus Job		Campus Job		Campus Job
4:00	Campus Job	Campus Job	Campus Job	Professor Office Hour	Campus Job
5:00	Free Time/Involvement	Free Time/Involvement	Free Time/Involvement	Free Time/Involvement	Free Time/Involvement
6:00	Dinner	Dinner	Dinner	Dinner	Dinner
7:00	Physical Movement	Physical Movement	Physical Movement	Physical Movement	Physical Movement
8:00	Personal Hygiene/ Free Time	Personal Hygiene/ Free Time	Personal Hygiene/ Free Time	Personal Hygiene/ Free Time	Personal Hygiene/ Free Time
9:00	Study	Study	Study	Study	Study
10:00					
11:00	Sleep	Sleep	Sleep	Sleep	Sleep
12:00					

College Student Living

- As your student navigates building their routine. They may...
 - Mismanage their time
 - Get their priorities mixed up
 - Overcommit before learning their limits
- W-Curve – Culture Shock is where the need for a routine sets in
- As they learn, reflect with them
- Expectation setting: Plan now, correct later!





Expectations

Academic, Personal Life, Communication



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Expectation Setting:

Academics

- Grades/GPA
 - What GPA does your student hope to earn?
 - What action steps do they have in place to achieve this goal?
- Time management
 - How does your student currently manage their time?
 - What tools do they currently use to stay on track? What can they add?
- Academic Autonomy
 - How do they plan to hold themselves accountable for academic goals?
 - How much do they expect to share about their academics with family?



Expectation Setting:

Planning their Day & Life Skills

- How much do they plan to study
- What are some “non-negotiables” in their day?
- Financial
 - How much are they spending? How is that being funded?
 - Do they plan on getting a job?
- Do they know how to...
 - Do their laundry
 - Pick up their prescriptions
 - Access their bank account
 - Manage their money

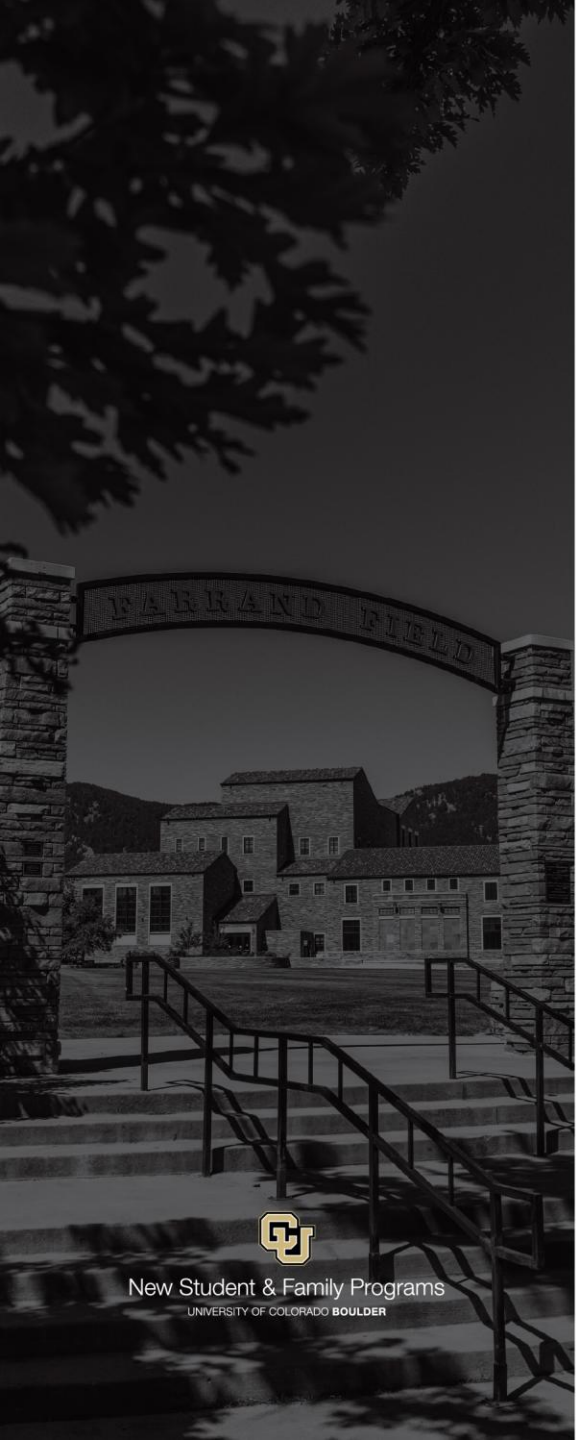


Expectation Setting

Communication & Visits

- How often do you expect to communicate with your student?
- What is “communication” to you?
 - Call? Text?
- How long of not hearing from your student make you panic?
- Do you expect your student to come home outside of university closings?
- Do you intend to visit your student?





FERPA



New Student & Family Programs
UNIVERSITY OF COLORADO BOULDER

FERPA

- Family Educational Rights and Privacy
 - A federal law that protects the privacy of student education records
 - Gives your student the right to inspect and request corrections to their own education records
 - Protects your student from the release of personal information in their education records without written consent, except in specific situations
- FERPA applies even if your student is a minor and even if you are paying the bill
- Goes into effect on the first day of classes of their first semester



FERPA – Directory Information

What information can be shared?

- *Name*
- *Hometown*
- *Campus email*
- *Attendance dates*
- *Previous institutions*
- *School/college*
- *Classification*
(*sophomore, graduate student, etc*)
- *Major(s)/ minor(s)*
- *Honors and awards*
- *Degree status*
- *Enrollment status*
- *Student employment status*
- *Athletic participation*
- *Photos/videos taken by the university*



FERPA – Protected Information

What information is protected?

- *GPA and grades*
- *Degree progress*
- *Academic standing*
- *Holds*
- *Class schedule*
- *Transcript request*
- *Advising records*
- *Financial aid*
- *Bills/payments*
- *Tuition classification*
- *Tax records (including yours)*



FERPA – How Can I Find Out How My Student is Doing Then?

- Ask them
- Guest access
 - Give online access to view select components of a student's education record
 - Does not give access to discuss records with anyone on campus
- FERPA Consent to Release
 - Allows an authorized person to contact the university on a student's behalf and discuss their academic and/or financial records



FERPA Consent to Release

[Find](#) | [View All](#)

First  1 of 1  Last

Authorized Third Party - Individual

Authorized Third Party - Organization

First Name **Jane**

Status **Active**

Delete

Last Name **Doe**

Authorization Phrase **The buffalo only roams at dusk**

Expiration Date Never Expires

All Education Records

Academic Record Only

Financial Record Only

**Guest Access &
Consent to
Release
Information**



FERPA – Other Access

- Authorized Payer
 - Access to view and pay a student's tuition bill
- Medical Records
 - Created after using campus Medical Services and/or Counseling and Psychiatric Services
 - Student can grant authorization to release health information and authorization to verbally disclose health information
- You can always provide information, even if you can't receive specific information in return



FERPA – Full Privacy

- Electing full privacy means we will not...
 - Verify prior attendance or degrees, including to potential employers
 - Include student in campus directories
 - List student in university announcements regarding honors or awards, nor in commencement materials
- Students who elect full privacy can still set up FERPA Consent to release



Final Advice

- Encourage students to celebrate small wins
- In times of difficulty
 - Help students reflect on how they've gotten through past difficulties
 - Try to help find resources and maybe brainstorm talking points or questions to ask
 - Reach out to us if you don't know where to point them for help
- Plan together now to avoid stress and conflict later



Important Dates to Know:

- First day of Classes
 - Thursday, August 20th
- Labor Day
 - Monday, September 7th
- Midterm Reading Day
 - Thursday, October 8th
- Fall Break (Thanksgiving week)
 - Monday, November 23rd – Friday, November 27th
- Winter Break
 - Friday, December 12th, 2026 – Thursday, January 7th, 2027

What's Next?

- **5:00 – 5:30** – Safety and Wellness Presentation
 - UMC, Glenn Miller Ballroom
- **5:30 – 6:15pm** - Family & Guest Social
 - Refreshments, giveaways, and conversation with campus partners
 - UMC, 235
- **6:30pm** - Dinner on own
 - We recommend checking out Pearl Street!

Day 2

- **8:25 – 8:35am** - Welcome back
 - UMC, Glenn Miller Ballroom



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