

---

---

# UCSC | OAKES COLLEGE FAMILY ADVISING GUIDE<sup>1</sup>

## Academic Advising Contact Information & Appointment Scheduling:

Email: [oakesadvising@ucsc.edu](mailto:oakesadvising@ucsc.edu), Phone: (831) 459-2558

Web Site: <http://oakes.ucsc.edu/advising/index.html>

---

---

### OAKES COLLEGE'S GOALS FOR FIRST-YEAR STUDENTS:

- Meet quarterly with a college adviser
  - Research options for a major, explore interests through courses, and understand degree requirements
  - Connect with faculty by attending office hours
  - Form study groups with peers for at least one class
  - Use campus resources (e.g., writing center, cultural centers, leadership workshops, counseling services)
  - Try something out of their comfort zone (i.e., try a new class, sport, activity, etc.).
  - Meet new friends and have fun!
- 
- 

### SUPPORTING YOUR STUDENT IN THE FIRST TEN WEEKS

Week	What Students Might Be Experiencing	How to Support Students
1	Students are adjusting to a new environment with new people, and may feel excited and nervous.	Reassure students, and encourage them to attend classes, social activities, and advising.
2	Students are receiving assignments from all classes and learning how to create and manage their own schedules.	Ask students if they have a system for tracking assignments and due dates. Remind students that tutoring is an option, especially early on!
3	The quarter is busy and time management is important. Some students may worry about their work, about making friends, or feel homesick.	Ask students if they are putting 10 hours of work a week per class. Remind your student that their concerns are normal and to seek help. They are not alone!
4-5	Students have midterm exams, which require a good amount of preparation. Students may feel tired, stressed, or overwhelmed.	Ask students if they need help with studying, managing their time, or relaxing. Encourage students to visit tutoring, study sessions, and office hours.
6-7	Students are enrolling (selecting classes) for Winter Quarter and starting to consider options for a major.	Remind students to seek advising well before their enrollment time to get feedback about their courses and potential majors.
8	Students will continue to have assignments and need to study, even during the holidays.	Allow students to complete their work, particularly if they are home (or visiting) and need or want to work.
9-10	The end of the quarter and final exams are approaching. Students have to figure out a plan for finals (e.g., sleep, study time, tutoring, etc.).	Encourage attendance at tutoring sessions. Talk with students to see how they are doing. Give reassurance, support, and encouragement!

**College is an exciting time with many changes for the entire family. Use these strategies and create your own for your family. If your student is struggling and you are not sure how to help, contact Oakes College for help!**

---

<sup>1</sup> Thank you to Porter & Kresge Colleges for sharing their Handout and to students of the Culture and Achievement Collaborative for their insights.