

# Support Pack Orientation

Presented by Waino Wahtera Center for Student Success



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# Introductions



**Laura Bulleit,**  
*Interim Dean of Student*



**Kellie Raffaelli,**  
*Associate Dean of Student*



**Anna McClatchy,**  
*Director of Waino  
Wahtera Center for  
Student Success*



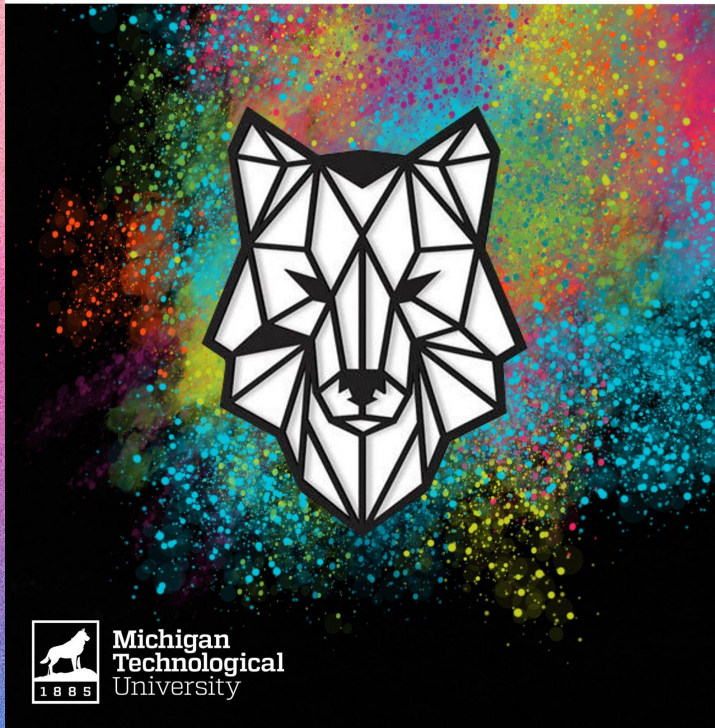
**Dawn Corwin,**  
*Assistant Director of  
Orientation*

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# Orientation 2023

## COLOR YOUR COURSE



Highlights of this week:

- Meeting with their Department and Advisors
- Panels from various academic departments around campus
- Meet and greets with various Student Organizations
- Guest speakers and performers



# September Important Dates

- **Saturday, August 26- September 2, Welcome Week**
- **Monday, August 28-Classes begin**
- **Monday, September 4- NO classes**
- **Friday, September 8- 12:00 p.m. Recess for K-Day**
- **Saturday, September 16- 11:00 a.m. Parade of Nations and Multicultural Food Festival**
- **Tuesday, September 19- 2:00 p.m. - 4:00 p.m. Recess for Career Fair**
- **Sunday, September 24- September 30 Homecoming Week**
- **Friday, September 29- Saturday September 30, Support Pack Weekend**



# First Few Weeks Opportunities and Challenges

- Great time to set expectations regarding academics, communication and money.
- Encourage them attend orientation programming that will provide them with a lot of valuable information for now and in the future.
- Introduction to academics and extracurriculars. Check in with them to see how classes are going. Ask them if they are interested in any of the 250 organizations on campus.
- Ask them what opportunity have they used to meet other students in their major, in their halls, and classes.



# September: Challenges, Opportunities and resources

- There are a lot of new distractions in September.
  - Self-management systems are critical; sleep, time management, physical well-being, etc.
- The change between high school and college becomes very real.
  - It's a great time to set up a learning center appointment, including success coaching. Our learning centers are great for everyone!
- Career Services events including Career Fair.
  - Encourage them to go even if they are not seriously interested in a internship or employment just yet. It's great practice.



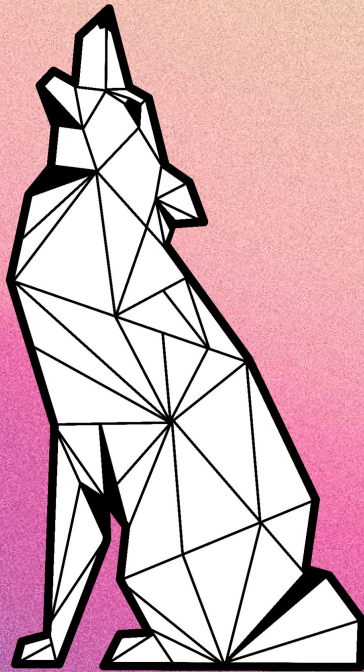
# Homesickness

## **How to help your freshman who is homesick.**

- Encourage them to get involved. Res. Hall meetings, RSO, Meeting people in their classes, or SDC.
- Time to get familiar with their unfamiliar surroundings. Go walk campus, go to Prince's Point
- Get off social media for a while.
- Talk to people even if its uncomfortable
- Find their constant (Waking at the same time, eating at the same, going to bed at the same time)
- Call home when you need to
- Reach out to others on campus.
- In the desperate times offer briery/rewards.
- Remind them of times when they were strangers with their HS best friends.
- Encourage them to seek out campus experts.



# Dean of Students & Waino Wahtera Center for Student Success



- Orientation and Transition programs
- Success Coaches
- Success Staff
- Student Disability Services
- ExSEL program
- Midterm Outreach
- General Assistance
- Extended absences
- Contact us at [success@mtu.edu](mailto:success@mtu.edu)



# October Important Dates

- **Monday, October 16- Midterm grades available**
- **Wednesday, October 18 - Sunday, October 22 - October Recess**
- **Sunday, October 22- Spring/Summer Registration Begins**
- **Saturday, October 28- Make a Difference Day**



# October: Challenges, Opportunities and Resources

- First exams have come and gone.
- Group work/large assignments to become more demanding.
- Relationships at home can change.
- “Honeymoon” stage with roommates/hallmates is ending.
- May start to question fit of their major.



# Self-Advocating/ Stressed out

**October you will start to notice that the stress of college will pick up. Homework, exams, group projects, roommate concerns. Here are some tips to help your Husky get through them.**

## **Ten things to say to your Husky when they are stressed out**

1. I love you!
2. Take a deep breath
3. I am really proud of you
4. This is not your whole story
5. How you feel in this moment is not how you're going to feel forever. You are not stuck here for the rest of your life.
6. Remember how you've gotten through tough times before.
7. Just do the next thing on your list
8. Is there anything I can do to help you?
9. I am here for you.
10. How about some ice cream?

## **Teaching your Husky to Self Advocate**

- What could make it better?
- Is it worth it?
- How can you say that in the best possible way?
- Do you have a back up plan?
- Can you see how brave you are?



# Center for Student Mental Health and Well-Being

- You know your Husky the best if you are concerned about them you can report concerns in a couple way.
- Don't wait too long for things to change. If within a week or two they are not going to classes or they are just staying in their room. Reach out to RA or Dean of Students office.
- If you have concerns about your child, you can refer them to our office. If your student is unwilling to contact our office and you are concerned about their safety or well-being, use the [Report a Concern](#) tool to report your concerns.
- If it is an emergency involving physical harm or a threat to life, call Public Safety at 906-487-2216 or dial 911 (if you are out of the area, dial 866-411-0018 to reach Negaunee Central Dispatch).
- In cases of psychological emergencies during business hours, call either Mental Health Services at 906-487-2538 or Public Safety. Before or after business hours, contact Public Safety directly.



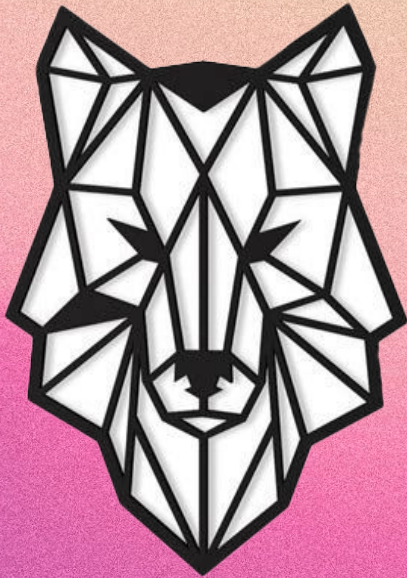
# Setting Expectations

How to set expectations without soul crushing expectations of perfection or being glory bound. Instead tell them:

- I expect you to work diligently and to take advantage of opportunities that life has given you.
- I expect you to fail but that when you do you will pick yourself up and try again, because success is about stringing together more good days than bad and the only way to do that is plowing through and learn from the bad.
- I expect you will prize goodness above greatness and that you will be kind & thoughtful to all people.
- In that vein I expect your philanthropic muscle even when you don't think you have the resource to do so.
- I expect you to learn for the sake of knowledge, to play for the sake of joy, to give of your time & money for the sake of others and to do it to meet your own expectations and no one else's.
- To love and to be loved is my greatest expectation for you, and my greatest hope.



# November: Important Dates



- Friday, November 3, Last day to drop a full semester course with a W
- November, 12 Spring and Summer registration ends
- Friday, November, 17 @10 p.m. Thanksgiving Recess Starts
- Sunday, November 26 Thanksgiving Recess ends

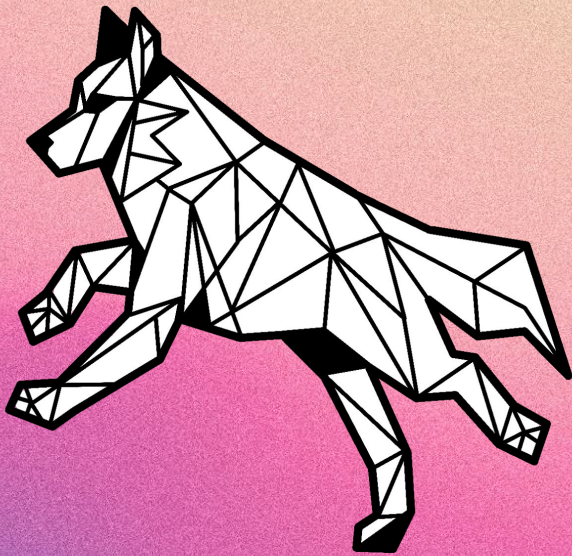


# November: challenges, opportunities and resource

- “Fall back” means less daylight.
- The realization that big papers/projects are do soon.
- Registration means they can adjust credit load, courses for spring.
- SA 1000: Exploring Majors at Michigan Tech is a great option for some students in spring.
- There are typically still learning center appointments available.



# Things to Think about

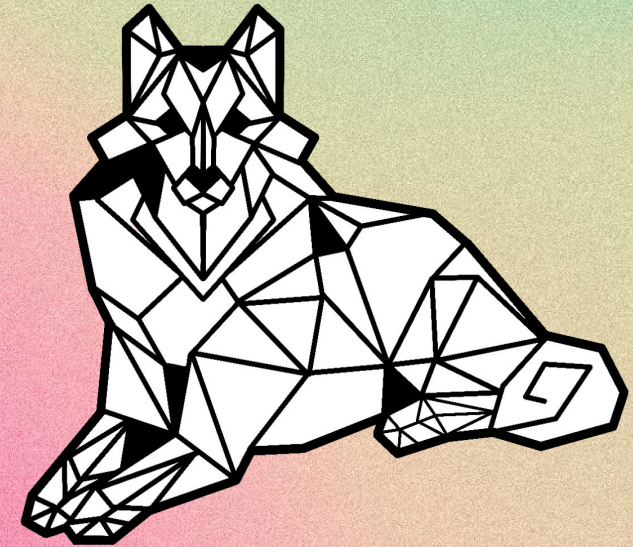


- Don't compare your Husky's experience to others. (They are Coloring their own Course)
- Life's a marathon, not a sprint.
- Prioritize mental health yours and your Huskies.
- Trust your gut.
- Let go of your plans.
- Be proud of your Husky
- Don't spend money on nice things for dorms or apartments.
- If your Huskies' first semester or year at college isn't what you envisioned it will be OKAY!



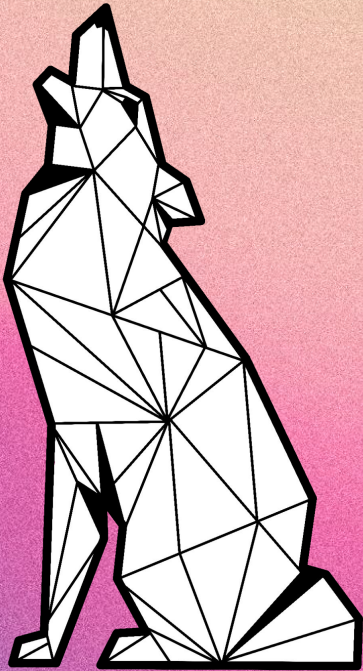
# Career Services

- Career planning
- Job seeking strategies
  - Resume building
  - Interviewing Sessions
- Opportunity-seeking events (full-time jobs, co-ops, internships)
- Networking





# December Important Dates



- Friday, December 8 - Last day of class
- Monday, December 11- Friday, December 15  
-Finals Week
- Monday December 18- January 7, 2024  
Winter Recess
- Tuesday, December 19- Final Grades  
Available



# December: challenges, opportunities and resources

- Classes may not have gone how they (or you) wanted them to.
- The weather has changed.
- Relationships at home or school.
- Coming back from break is can be tough.
- Offices are open the week prior to classes starting



Questions????  
Contact information:

[deanofstudents@mtu.edu](mailto:deanofstudents@mtu.edu) or  
[Success@mtu.edu](mailto:Success@mtu.edu)