



**The ASPIRA Association
Academic Advisors Professional Development Program**

Course Title: College Transition Process
Course Number: AAT – 110

Course Description:



After completion of this course Academic Advisors will learn how to prepare students once accepted to college or other post-secondary institutions for the next steps (travel, dorms, books, etc.), and provide advisement about in-college support systems and groups.

Course Duration: 1 hour

Course Outline:

| Goal | Learning Objectives | Learning Activities | Learning Resources |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| After completion of this course Academic Advisors will be able to identify resources on how-to prepare students to make the transition to college life. | Academic advisors will learn how-to take advantage of a college visit and how to help students identify college-housing options and how to best develop an environment that will help them cope with being away from home. | Advisors will learn how to plan a college visit and provide students with resources to learn about campus life. Using a search engine, the advisor will look for college housing options available in the surrounding areas of | How to plan a college visit Campus Life Dorms : learn about housing options Use a search engine such as Google to perform the search. |

| | | | |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | the schools to be attended by their students. Use the search string: dorms+”name of the university” | |
| | Advisors will learn the basics of going to college logistics. | You will need to learn about how to provide students and parents with travel tips such as finding directions, selection of the most economic travel options, among others. Visit the websites on the Learning resources section to experience some of the on-line available resources. | <p>Travel tips – The College Board</p> <p>Google Maps Use Google maps to learn how to find addresses as well as driving directions.</p> <p>Yahoo Travel, Orbitz or Travelocity search for hotels, airline tickets and other travel needs.</p> |
| | | When going to college students will need guidance on what to take to their dorms. Explore the web site to learn about some packing tips. | Going to College – What to shop and pack – The College Board - Students received their acceptance letters and send their deposits. Now all they have to do is enjoy summer and take it easy, right? Nope. They’ve got some packing to do |
| | | Going to college needs some financial planning to be done by parents and students. Parents and students needs to be aware of college related living expenses. | Living expenses projections per major metropolitan areas |
| | Academic advisors will recognize common college-life related health issues and resources for students and parents on how to cope with these issues. | Advisors will learn about college-life health issues such as: vaccines against prevalent college illness, mental health issues; nutrition, how to stay healthy, and | <p>College Health Guide</p> <p>Adjusting to (and Enjoying) College Life</p> <p>How to get mental health help resources</p> |

| | | | |
|--|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | others. Explore the web based resources presented in the learning resources section. Prepare a list for your students of common college-life health issues and recommendations on how to best cope with them. | on-campus Mental health issues of concern for college students |
| | Academic advisors will advise students on options on how-to to acquire their college text books. | Academic advisors should help students learn about options for buying college books. Among the options are: college books stores, off-campus books stores, on-line books stores, buying used books instead of new books. Explore sample on-line books stores selling new and used books. | On-line books stores <ul style="list-style-type: none"> • All bookstores.com • College books.com • Amazon.com |
| | Academic Advisors will master the basics of on-campus student support services. | Advisors will develop a list of the post-secondary educational institutions in their geographic areas and identify available student support services for each one of them. This list should be available for students as reference when needing support services while attending college. | College Search – College Board Use a search engine such as Google to perform the search. |
| | Advisors will be able to identify and recommend students to join student organizations. | The advisor will perform a search for student organizations in region college and universities. Using a metasearch engine with the search strings “student organizations”+name of college; (i.e. “student organizations”+”new | Association of College and University Clubs Use a search engine such as Google to perform the search. Use the search string: college student organizations |

| | | | |
|--|--|------------------------------------------------------------------------------------------------------------------------------------------|--|
| | | york university") develop a list of student organizations available in the schools planned to attend by your students. | |
|--|--|------------------------------------------------------------------------------------------------------------------------------------------|--|

Evaluation:

The above learning activities hard copies will become part of the Advisor training program evaluation portfolio.