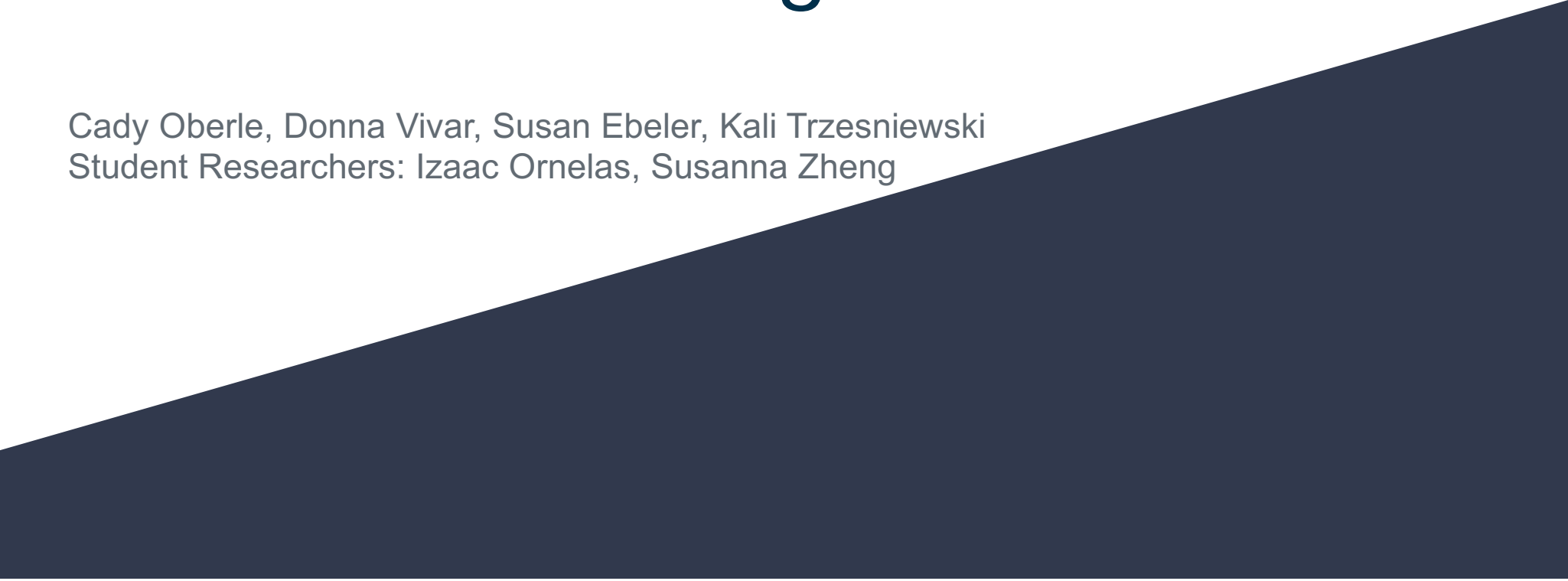


Supporting UC Davis Students' Transition to College

Cady Oberle, Donna Vivar, Susan Ebeler, Kali Trzesniewski
Student Researchers: Izaac Ornelas, Susanna Zheng

A dark blue diagonal gradient bar that starts from the bottom left and extends towards the top right, covering the lower half of the slide.

Supporting UC Davis Students' Transition to College

Cady Oberle, Donna Vivar, Susan Ebeler, Kali Trzesniewski
Student Researchers: Izaac Ornelas, Susanna Zheng

It's a Party—a Data Party!!!
We'll share some of our results with
you so you can help us interpret them

Supporting UC Davis Students' Transition to College

Cady Oberle, Donna Vivar, Susan Ebeler, Kali Trzesniewski
Student Researchers: Izaac Ornelas, Susanna Zheng

It's a Party—a Data Party!!!
We'll share some of our results with
you so you can help us interpret them

Tiffany Johnson and Meryl Motika, CEE

First...

- Think about an experience you've had where you went through a transition.
 - What did it feel like?
 - What did you do to adjust?
 - Jot down some key words that describe some of those thoughts and feelings.



Background

- “Many students face significant challenges during the transition to college, increasing their risk of dropping out and undermining their future financial security, health, and contributions to society”
- “...college students benefit when they understand that challenges in the transition to college are common and improvable...early struggles need not portend a permanent lack of belonging or potential.”



Yeager et al., PNAS, 2016

Our goals

Develop approaches to help students better **understand** social and emotional struggles they will face, **normalize** these struggles, and help students **gain skills to overcome** their feelings of social and academic isolation.

By talking with current students and collecting feedback from incoming students, we will generate ideas and approaches for supporting students' transition to UC Davis.

What we've done so far...

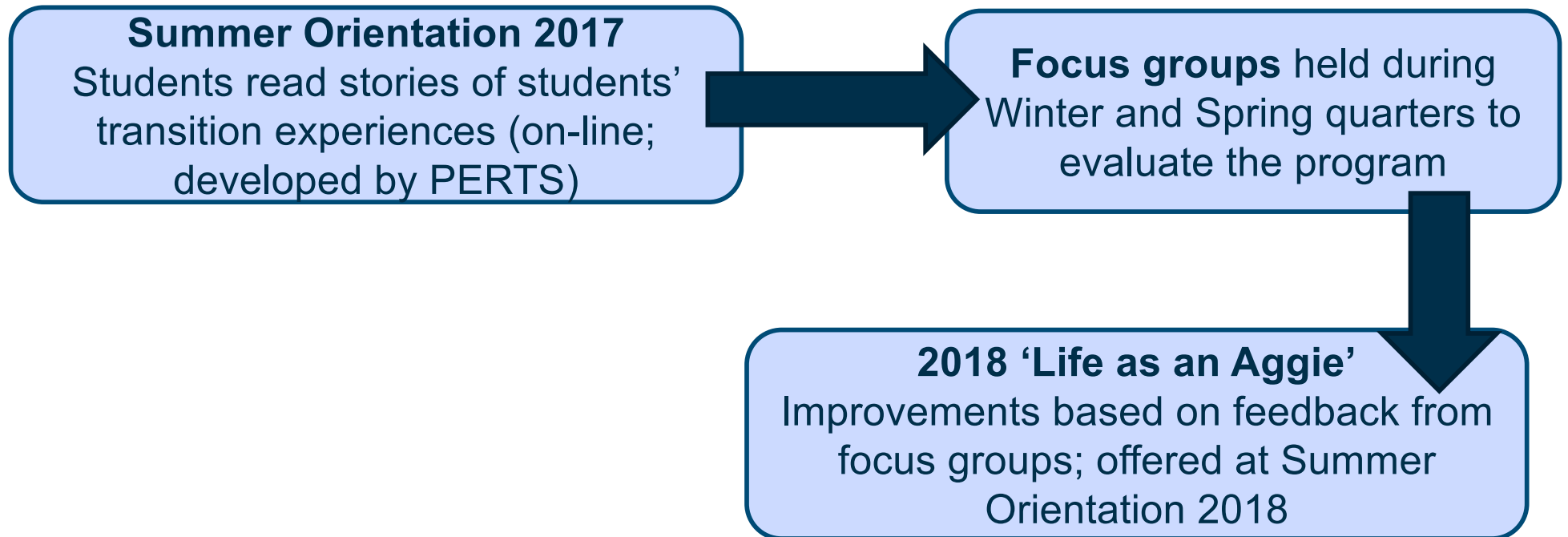
Summer Orientation 2017

Students read stories of students' transition experiences (on-line; developed by PERTS)

I was so excited about coming to college. But sometimes I also worried I might be different from other students. And when I got to campus, sometimes it felt like everyone else was right at home, but I wasn't sure if I fit in. At some point, I realized that almost everyone comes to college unsure whether they fit in or not. It's ironic—everybody comes to college and feels they are different from everybody else when, really, in at least some ways we are all pretty similar. Since I realized that, my experience at college has been almost one-hundred percent positive.

—Junior, African American female

What we've done so far...



What we've done so far...

2018 'Life as an Aggie' Activity

Improvements based on feedback from focus groups; offered at Summer Orientation 2018

SHOW VIDEO HERE



What we've done so far...

2018 'Life as an Aggie' Activity*

Improvements based on feedback from focus groups; offered at Summer Orientation 2018

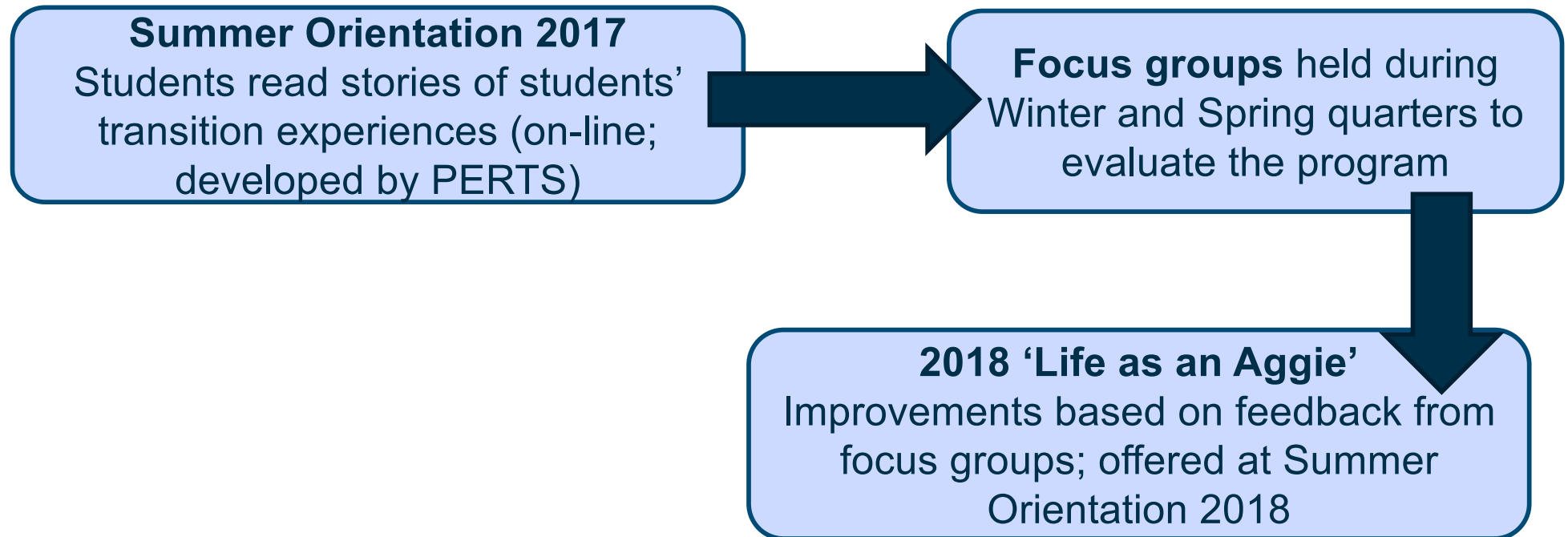


*Half of freshmen attending orientation watched the video and reflected on their transition experiences; and Half participated in a live panel with general information about UC Davis student experiences and student driven Q&A

Using what we've learned...

- 1. We asked students about how much they feel they can change their sense of belonging at UC Davis.**
 - How do responses to the two activities differ?
 - Why do you think the responses may differ?
- 2. We asked students how much they thought they would fit in academically and socially (a) when they arrived in the fall, and (b) after the end of their second year.**
 - Is there anything surprising to you in these results?
 - What are some reasons why the belonging videos might have made students feel like they belong less when they arrive at campus in the fall?
 - Do you think this initial decrease in belonging is a good or bad thing?
- 3. How might the results from (1) and (2) relate to each other?**
- 4. Based on these results, consider how you might support students throughout their transition. Write down your thoughts and we'll come back to this later.**

Using what we've learned...



Using what we've learned...

More focus group information

1. **We asked current students about their thoughts and feelings about their transition to UC Davis.**
 - Are there any themes that stand out to you? Are any of these themes surprising to you?
 - Are there things your advising office currently does to support students having these feeling?

Using what we've learned...

More focus group information

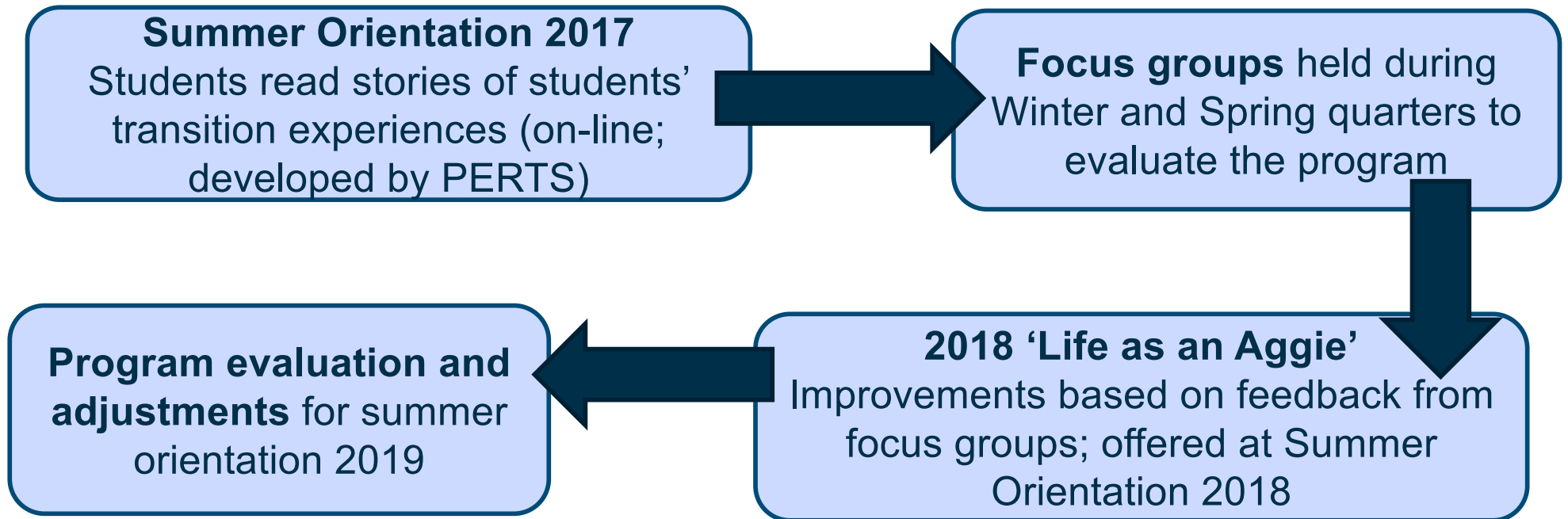
1. **We asked current students about their thoughts and feelings about their transition to UC Davis.**
 - Are there any themes that stand out to you? Are any of these themes surprising to you?
 - Are there things your advising office currently does to support students having these feeling?
2. **We asked current students about how they overcame the feelings of being unsure about whether they belonged at UC Davis.**
 - Are there any themes that stand out to you? Are any of these themes surprising to you?
 - Do any of these themes match the things you are currently doing to support students who are unsure of whether they belong?

Action Plan

- Can you think of things you can do or learn about to support students throughout their transition to UC Davis and enhance their sense of belonging?
 - At Orientation?
 - During advising appointments?
 - Other?
- Write out your **Action Plan**
- We want to learn from your ideas—share with the group



What's next...

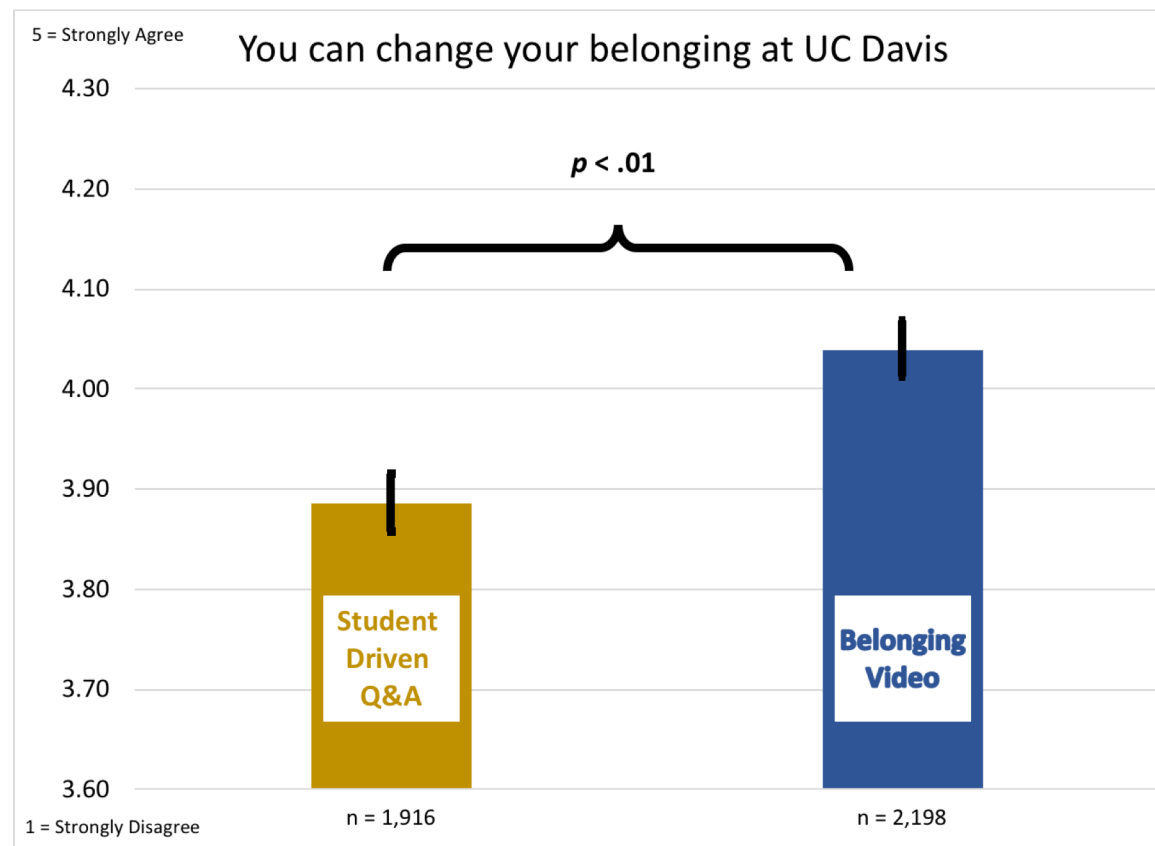


Supporting UC Davis Students' Transition to College

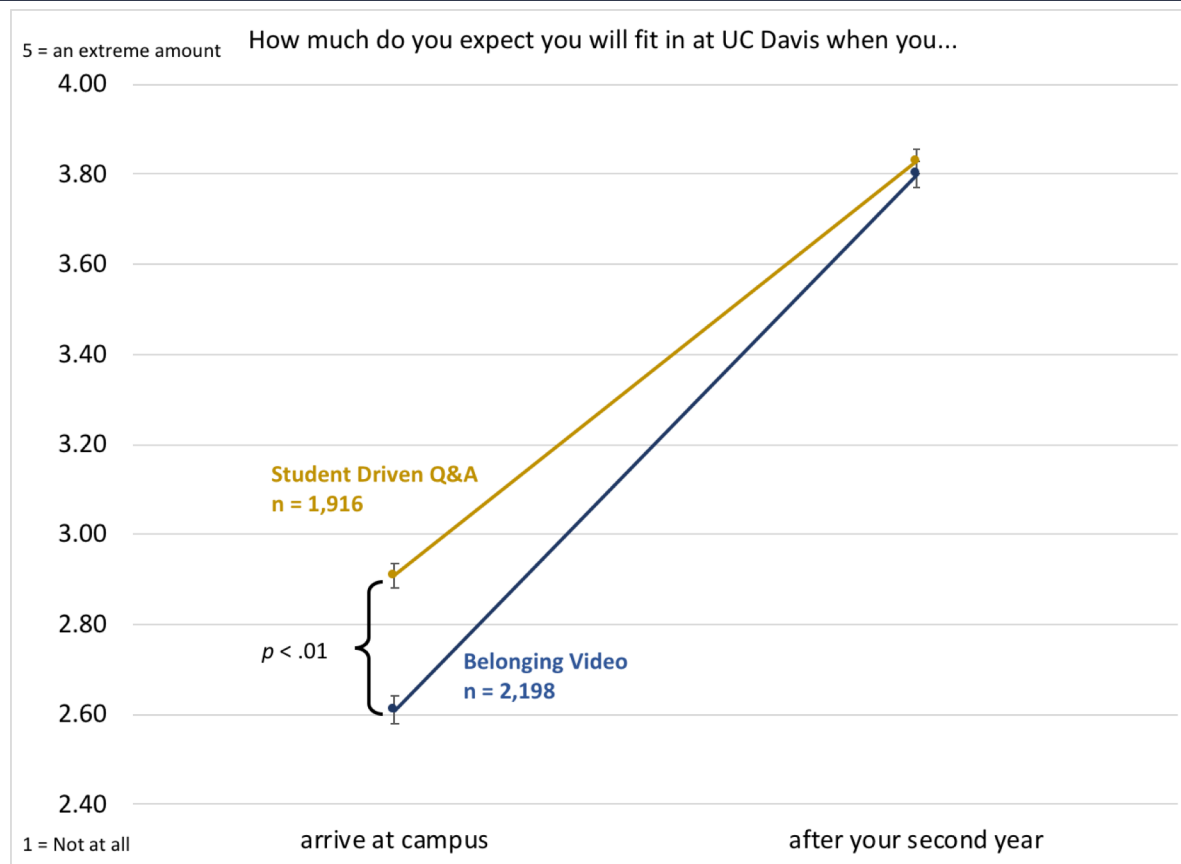
THANK YOU!!
Questions and Discussion



You can change your belonging at UC Davis...



How much do you expect you will fit in at UC Davis when you...



Thoughts and feelings about transition to UC Davis



How did you overcome feelings of being unsure about whether they belonged at UC Davis

