



# Empowering Success: Expectations, Autonomy & Growth

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*This presentation will be available on our website ([etown.edu/orientation](http://etown.edu/orientation)).*

Scan this QR code for closed captioning:



# Shared Outcomes

- Students and families will develop an understanding of the opportunities and responsibilities of life outside the classroom at Elizabethtown College
- Students and families formulate a plan to address key questions with each other
- Students will create their own definition of student success and determine what they need to create their story

# Mission and Values



**Elizabethtown College Mission:** Educate for Service

**Elizabethtown College Values:** Peace, Non-violence, Human Dignity and Social Justice

The **mission** of the **Student Life Division** is to foster an engaging, supportive, and culturally vibrant living and learning environment where each student feels they belong.

# Creating your Story

- Who are you?
- Why are you here?
- What do you want to become?
- How do you define success?

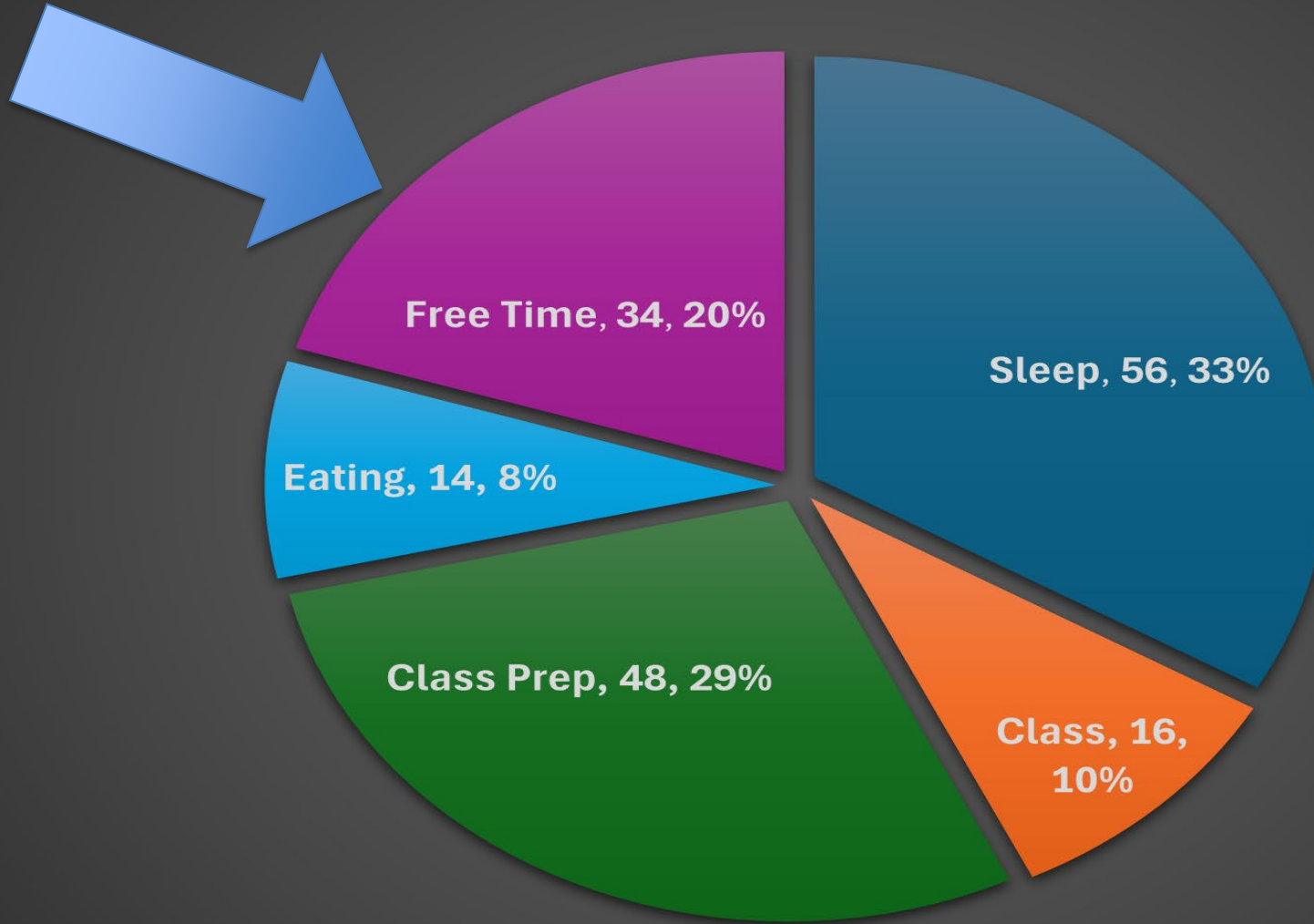


 -PURPOSE

# Responsibility and Choices

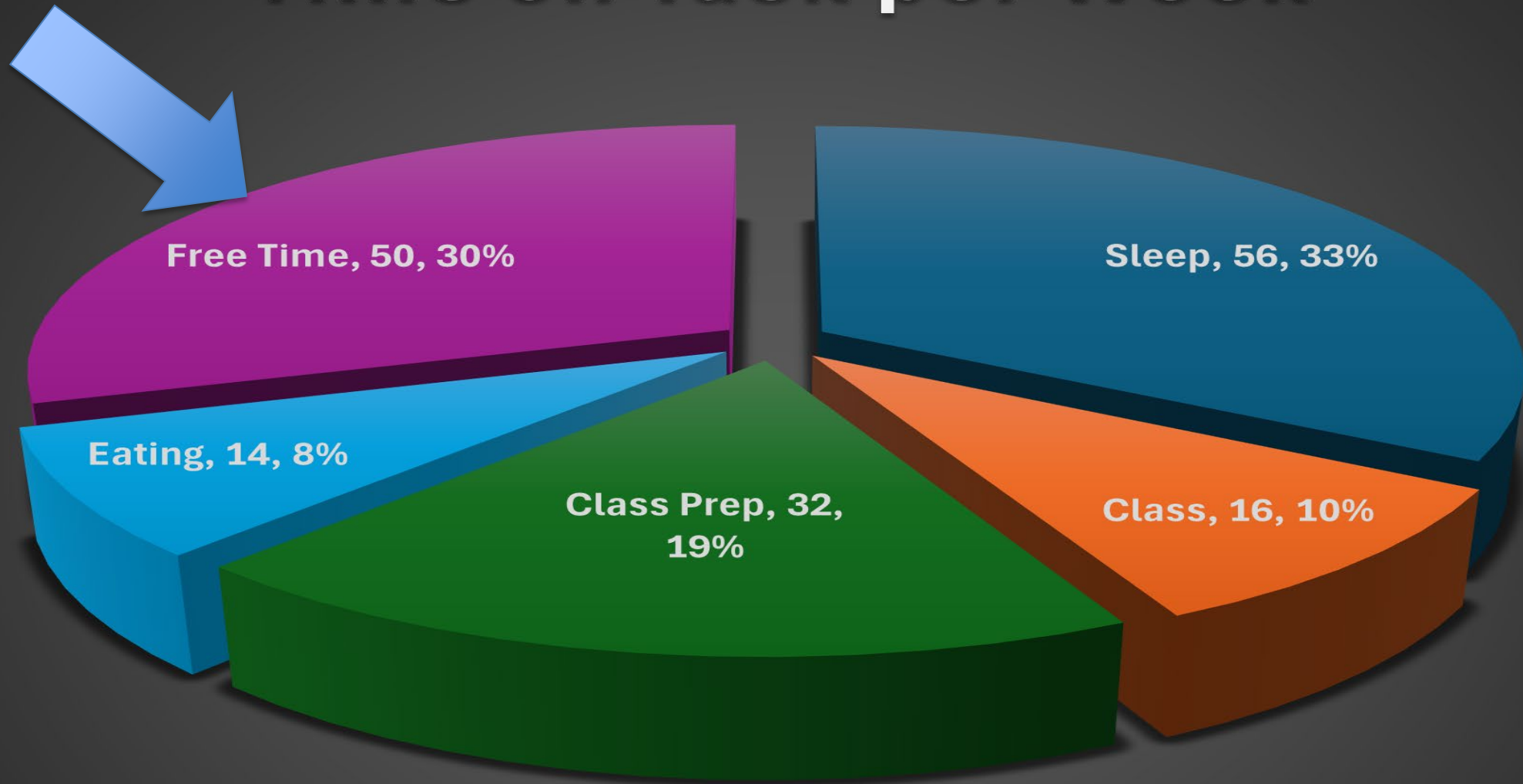
Everything you do outside of the classroom impacts your academic success. Everything is interconnected.

# Time On Task Per Week



■ Sleep ■ Class ■ Class Prep ■ Eating ■ Free Time

# Time on Task per Week

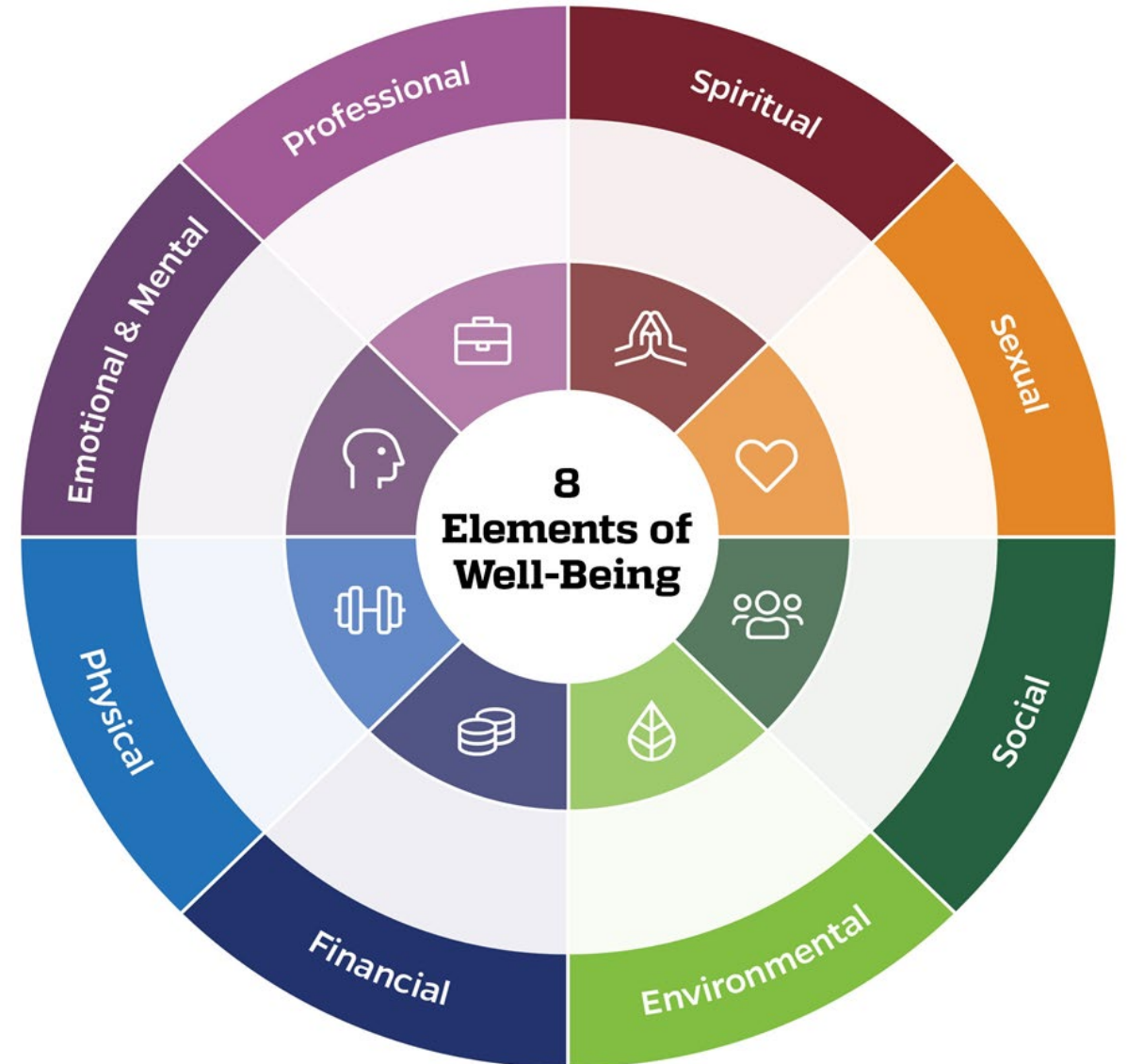


■ Sleep ■ Class ■ Class Prep ■ Eating ■ Free Time



# CHOICES

- **Students** - you have already been making many of these choices
- The environment in which you're making these choices is changing
- **Families** – you won't be involved in all these decisions – and that's ok!!



*-Johns Hopkins University – Student Well-Being*



# Social Development

# Alcohol and Other Drugs

- Making *informed* decisions
  - Knowing your values: personal, family, religious, etc.
  - College Values
    - Policies and procedures related to alcohol and other drug use
- Develop confidence in your decisions
- Take responsibility for your actions

# Interpersonal Relationships

- Healthy relationships and realistic expectations of others
- Roommate relationships
  - Your roommate does not have to be your best friend
- Learning to handle conflict
  - Just because someone \_\_\_\_\_ doesn't mean they're \_\_\_\_\_.
- Be someone who includes, not excludes
- It is natural to flock to what you know

# Sexual Behavior

# Sexual Behavior

Decision whether to engage in sexual activity (of any kind)  
can be impacted by:

- Effects of alcohol
- Pressure
- Spirituality
- Health and Safety Issues

Develop confidence in your decisions

There's a difference between healthy sexual behavior and sexual misconduct.

# Consent



- Affirmative Consent - knowing, voluntary and mutual decision among all participants to engage in sexual activity.
- Words or actions - as long as words or actions give clear permission and communicate willingness
- Silence is not consent
- Given without incapacitation, coercion, force, intimidation or threat of harm

## CONSENT IS...

Freely given  
Reversible  
Informed  
Enthusiastic  
Specific



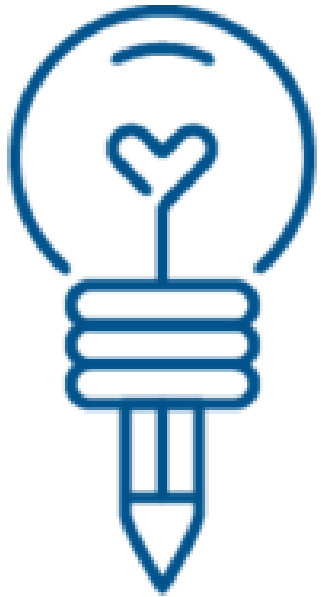
# **Mental and Physical Wellbeing**

- Many resources to support mental and emotional health
- Approximately 25% of our students have accessed Counseling Services
- Work with all different types of students
  - Students having history of diagnosis/treatment
  - Students needing someone to process with
- Open, caring, culturally intelligent counselors - confidential environment
- **You are responsible for your wellbeing.** We are here to support you on your journey.

# Physical Wellbeing

- Physical wellbeing is not just physical fitness
- What are your goals for your physical wellbeing?
- Penn Medicine – Elizabethtown College Medical Center
- How will you advocate for yourself?
- If you have a history of diagnosis and treatment, have you formulated a plan to continue while you are here?
- Bowers Center and RecWell - focused on holistic *wellbeing*

# Campus Involvement



# Etown Blue Print

- Wellbeing and Connectedness
- Civility and Curiosity
- Leadership and Service
- Equity and Diversity

**Belonging** is at the core.



# Blue Print

- Extra- and Co- curricular record
- Blue Print Awards - certificates by domain and the Blue Jay Blue Print Award
- The experience we provide, regardless of participation in the formal program
- More than 90 clubs/organizations recognized by Student Assembly

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9

10

11

12

13

14

15

creativITEA  
Week: Spring  
Door Decor  
The Well



ResHall  
Recipes\*  
6PM & 6:30PM



Crafts &  
Conversations  
4PM, Birdcage

Making Change  
in Your  
Community  
Session 4:  
Elections as an  
Organization\*  
Tool  
10AM-4PM  
Bower's Center  
Field House

2nd Annual  
Social Justice  
Fair  
10AM-4PM  
Bower's Center  
Field House

Relay for Life  
3PM-3AM  
Thompson Gym

RecWell Adventure  
Explorations:  
Hiking and  
Rappelling Trip\*



Phalanx Spring  
Show  
2PM | KAV

16

17

18

19

20

21

22

45TH Annual  
Student Award  
Ceremony  
6PM  
Gibble  
Auditorium

Campus Queens  
Drag Show  
10AM-4PM  
KAV

Blue Jays Flock  
Together -  
Raffles and  
Prizes!  
5-7PM  
Bower's Center



Mx Etown  
7PM  
Leffler Chapel



49TH Annual  
TGIS  
Full Schedule  
Below!



23

24

25

26

27

28

29

12

Catholic Mass  
1PM,  
Historic Church

Campus Worship  
5:30PM,  
Performance  
Room

13

Intramural  
Badminton &  
Cornhole Leagues  
and Golf  
Tournament Sign-  
ups Start



14

Massages and  
Midterms  
4 - 7 PM,  
Bowers Center  
Relaxation  
Room



15

Crafts &  
Conversations  
4PM, Birdcage

16

Black Is: The  
Blackness Project  
with Gene Thomas  
6-8PM  
Gibble Auditorium

Senior  
Transitions\*  
6-8PM  
Bowers Center  
Hosted by Career  
Development  
Center

17

From Equity Talk  
to Equity Walk  
11:30AM-2PM  
Hoover 110

Accepted  
Students

19

Catholic Mass  
1PM,  
Historic Church

Campus Worship  
5:30PM,  
Performance  
Room

20

Nutrition Week: Nutrition  
Tabling,  
Blue Jay Bites starts  
11 AM - 1 PM, BSC  
3 - 5 PM, Bowers Center  
Lower Lounge



From Storytelling to  
Stagecraft: Creative  
Master Starleisha  
Gilchrist, 7 PM, Bowers  
Writers House

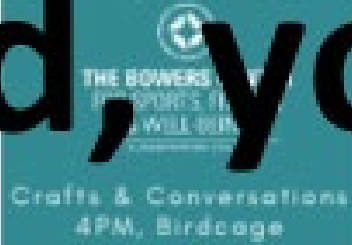
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Nutrition Week:  
Taco Tuesday  
Demo 4 - 5 PM,  
Bowers Center  
Lower Lounge



22

Nutrition Week: Infused  
Water Drop-In Demo  
3 - 5 PM, Demo Kitchen



Crafts & Conversations  
4PM, Birdcage

23

Nutrition Week:  
ResHall Recipes  
6 PM & 6:30 PM,  
\*Registration Required



An Evening Reading  
of World of Wonders  
7:30 PM, High Library

24

Nutrition Week:  
Last day for Blue Jay  
Bites submission,  
#BlueJayBites on  
EtownRecWell  
Instagram



Mario Ka  
Tournam  
8 PM, KA



27

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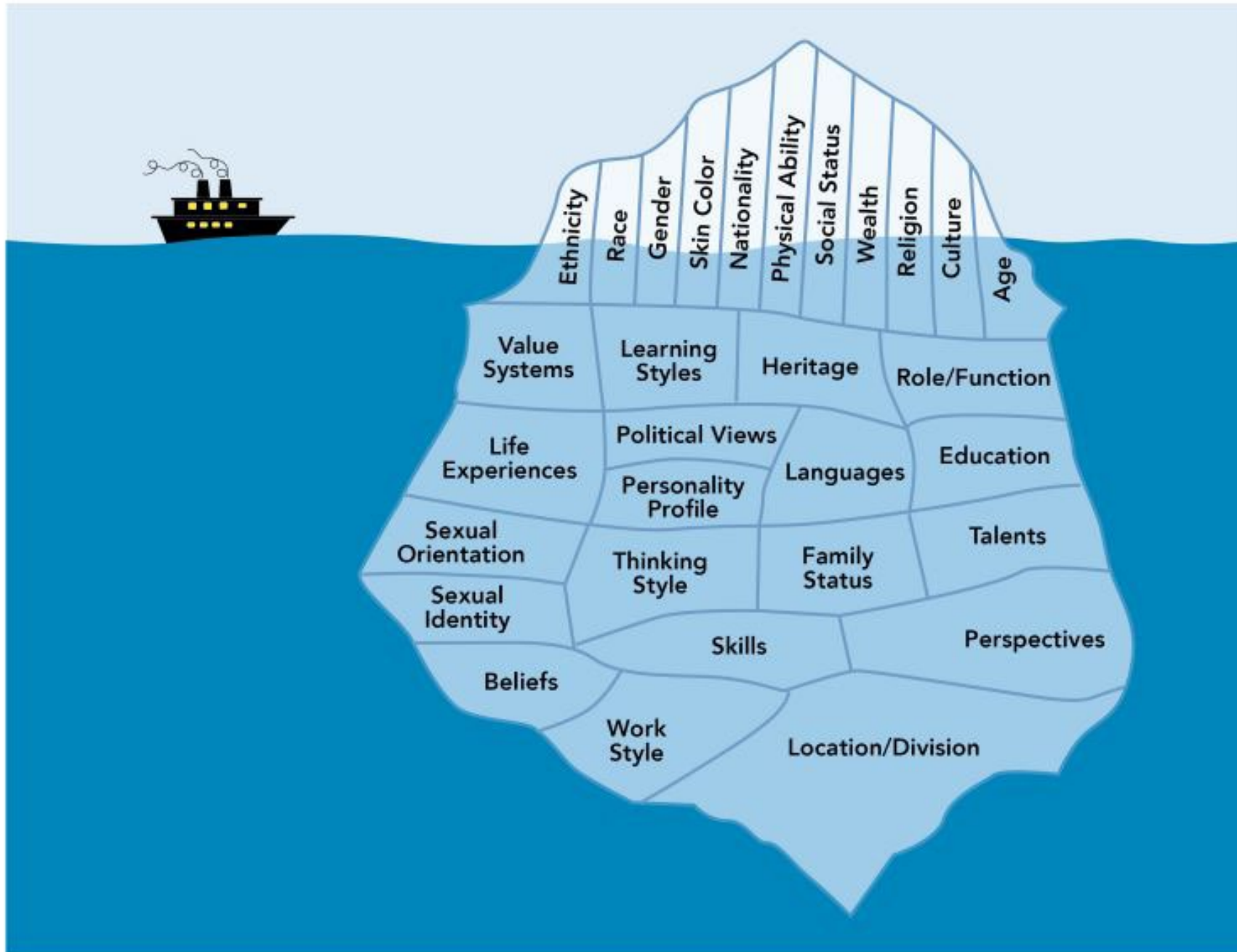
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**If you're bored, you're boring!**

# Connectedness and Learning in Community



# Connectedness and Learning in Community

- People coming from different backgrounds, countries, states and hometowns
- Different ethnicity, sexuality, race, religion, intellectual and physical ability, socioeconomic capacity, gender identity
- Some differences are seen but most are unseen
- Sometimes there's conflict



# Connectedness and Learning in Community



- Listen and see
- Be open to new people, new experiences
- With rights come responsibilities
- Get uncomfortable
- Celebrate difference
- Each of you has your own story
- Each person experiences Etown differently and some have unique barriers

Office of Diversity, Equity and Belonging supports students with historically marginalized identities, educates the community about and celebrates identity, and addresses structural inequity.

- Programs to build affinity
- Programs to celebrate identity
- Educational Programs
- Affinity Clubs and Orgs
- Intercultural Board
- Policies and procedures
- Bias incident response team

We are Etown because of you!

# **Academic Choices**

- Skills, interests and majors will change
- 18 yr old may not have a rock-solid life plan
- Academic performance may change between high school and college
- Make meaning of classroom experiences

# Academics – Full Time Job

- Avg. 16 hrs / week in the classroom
- 32 hrs. / week studying
- 8 – 5 for academics each day leaves plenty of time for fun (remember...choice-time!)

# **Family Involvement and Expectations**

**Prepare the child for the path,  
not the path for the child. - Kahlil Gibran**

# Family Expectation Setting

- If there's something you want your student to know, **now** is the time
- Don't assume they know
- It is ok to have expectations
- You may struggle if you're seeking to control



- If we haven't heard directly from your student and you've called or emailed...

-or-

- If we hear from your family and we haven't heard directly from you...

-or-

- If we are informed about something from social media and not directly from you...

*...We will reach out directly and timely to **the student.***

# What's Actually Happening

- Venting
- Advice seeking
- Avoiding conflict
- They weren't told/I didn't know\*

\*The information is 99.9% in an email or on the website



# Independence

- Students will learn and grow from the choices they make
- Students WILL make mistakes!
- So will families
- Allow students to take responsibility (and credit!) for their actions
- Use of technology...are you promoting independence?
- Communicate expectations
- **Fight the urge to fix**

Use our adapted conversation guide to help with communication, being proactive, and boundary setting



# Between Now and August

- Open communication and expectation management.
- Think about who you are right now.
- What do you want from this experience?
- What is shaping your idea of the College experience? (we are not Vegas!)
- Set your goals
- Don't let **ANYTHING** get in your way!