

Anticipating Freshmen Fears And What Institutions Of Higher Education Can Expect: Recommendations For Transitions From High School

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Background Information

- Genesis of study
- Lucier, Kelci
- Development of 18 statements
- Q-method/z-Scores

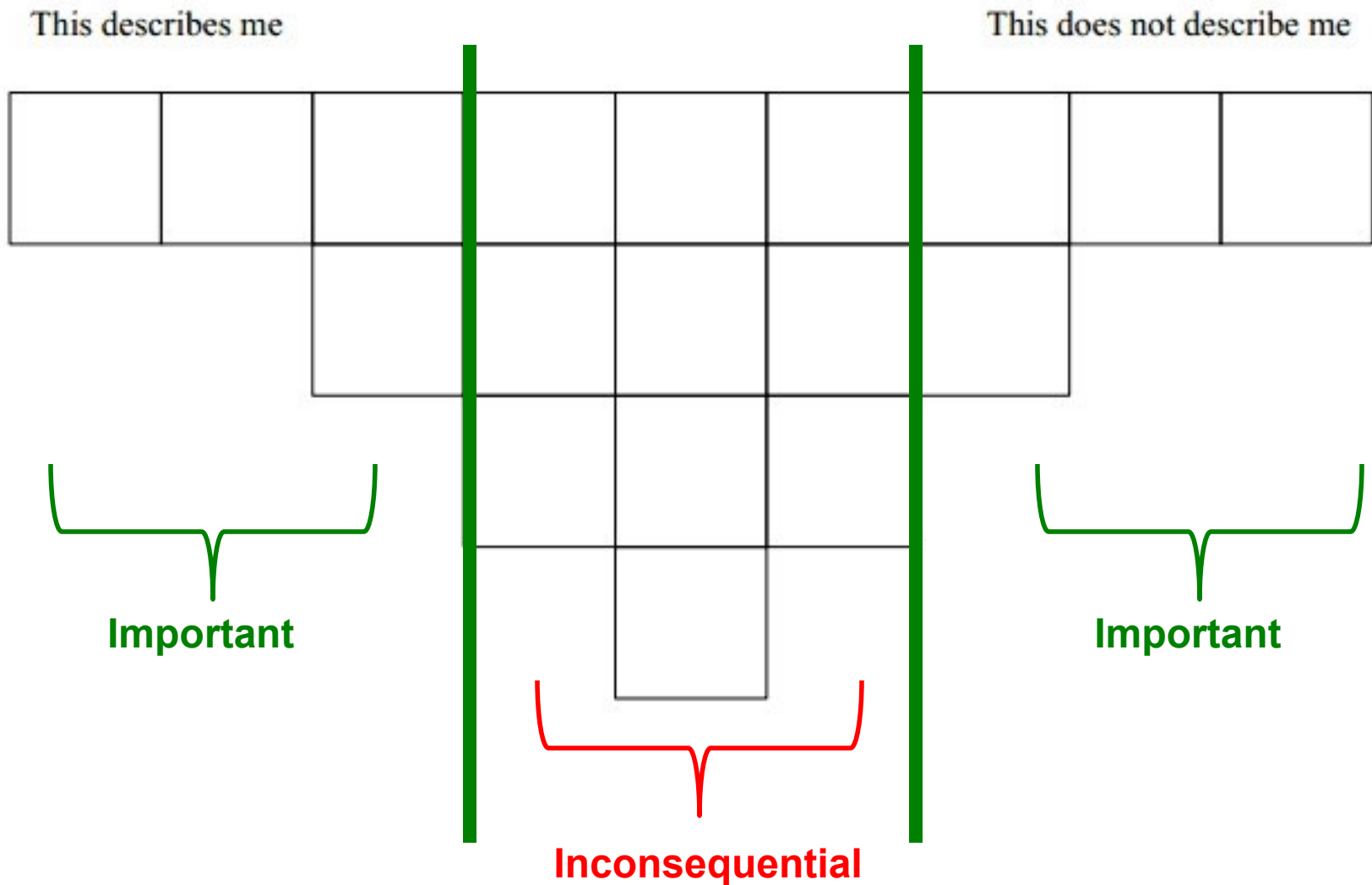
Statements

1. I'm concerned that there will be too much stress for me to handle.
2. I'm worried about not knowing anyone at college.
3. I'm worried about achieving passing grades.
4. I'm intimidated about taking classes with professors.
5. I'm afraid that I will be overwhelmed with all that I will have to do.
6. Maintaining my health and continuing to workout is important to me.
7. I'm concerned that I will not be able to manage everything on my own.
8. I'm afraid I will be homesick.
9. I'm worried that I might not be in the right major for me.

Statements (Cont.)

10. I' m worried about the disconnect I will have between my hometown and what I usually do there.
11. I will find it difficult meeting new people.
12. I' m worried about getting along with my roommate.
13. I' m concerned about gaining weight.
14. I will find it difficult to make friends.
15. I' m concerned about doing my own laundry.
16. I was admitted to college by mistake.
17. I' m worried that I won' t have enough spending money.
18. I' m worried about my safety on campus.

Q-method Grid



Overall z-Score Results (mean=49.11; sd=22.74). This does **NOT** describe me.

1. I'm intimidated about taking classes with professors. (2.19)
2. I'm afraid I will be homesick. (1.62)
3. I'm worried that I might not be in the right major for me. (1.22)
4. I'm worried about not knowing anyone in college. (0.83)

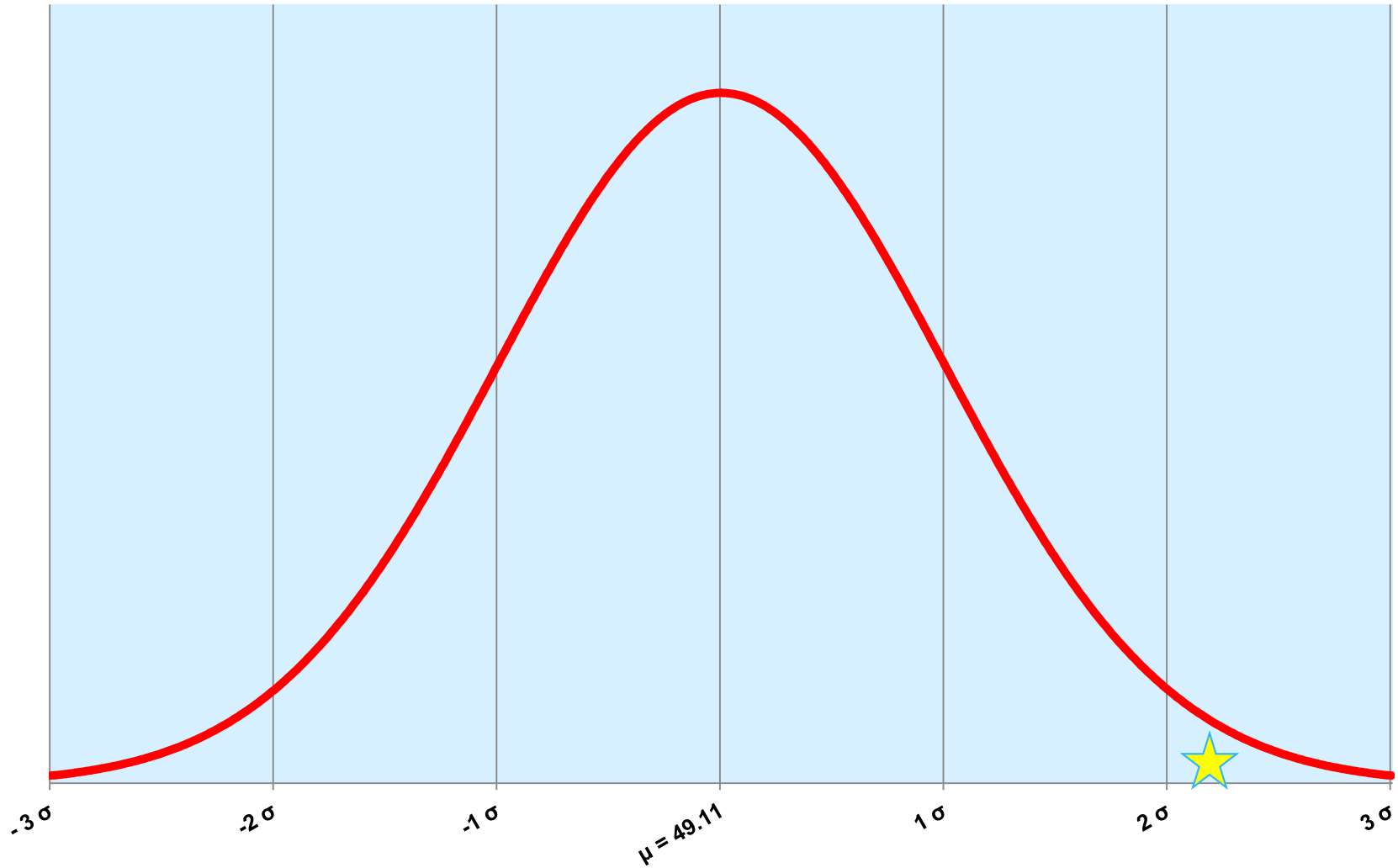
z-Score Results (mean=49.11; sd=22.74)

(This does NOT describe me.)

1. I' m intimidated about taking classes with professors. (2.19)

Interpretation: Not scared about the role of professor. Why?

I'm intimidated about taking classes with professors. (2.19)



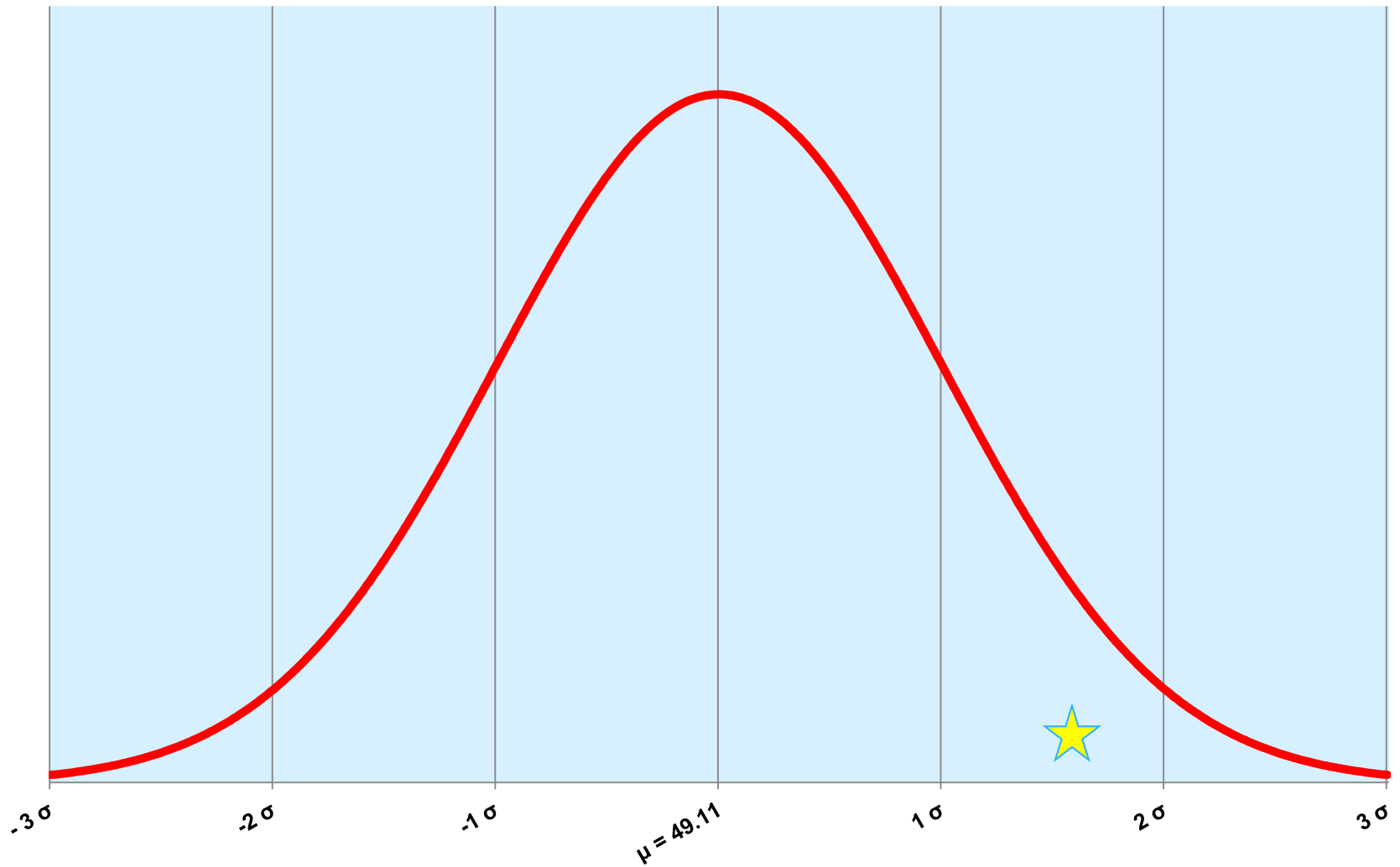
z-Score Results (mean=49.11; sd=22.74)

(This does NOT describe me.)

2. I' m afraid I will be homesick. (1.62)

Interpretation: Many students are from the area.

I'm afraid I will be homesick. (1.62)



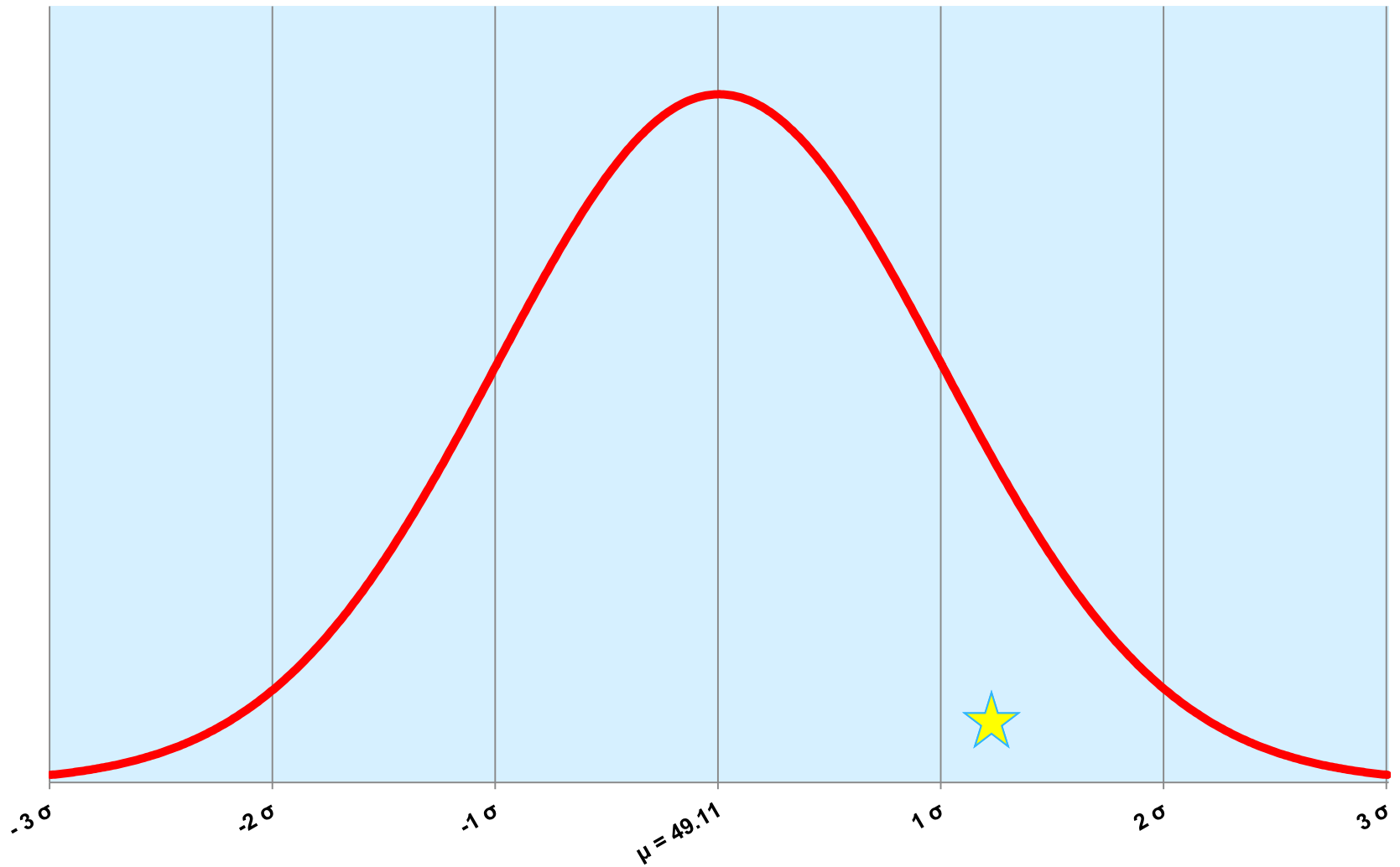
z-Score Results (mean=49.11; sd=22.74)

(This does **NOT** describe me.)

3. I'm worried that I might not be in the right major for me.
(1.22)

Interpretation: Confident about what major they are entering.

I'm worried that I might not be in the right major for me. (1.22)



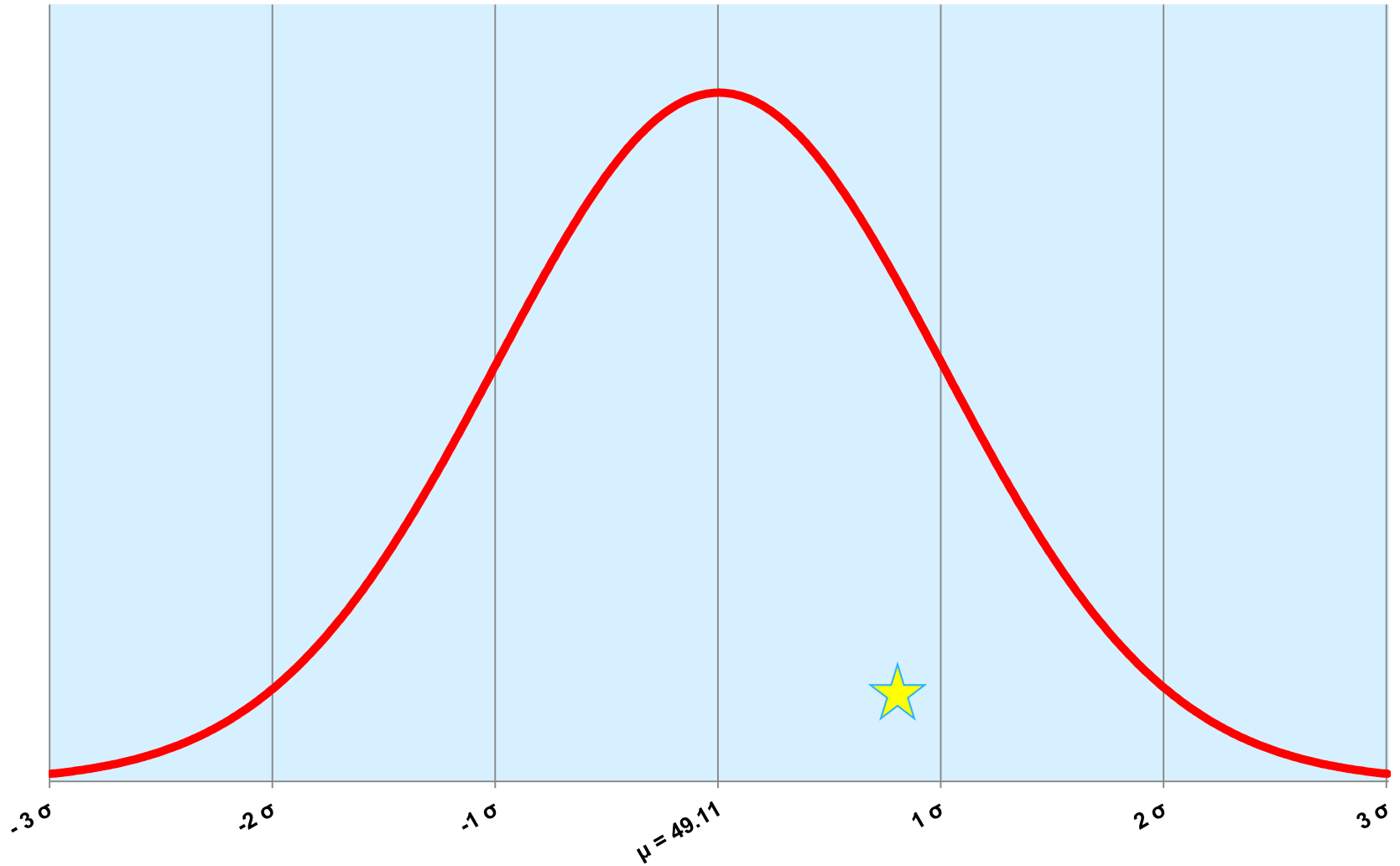
z-Score Results (mean=49.11; sd=22.74)

(This does NOT describe me.)

4. I' m worried about not knowing anyone in college. (0.83)

Interpretation: Very good social and personal skills.

I'm worried about not knowing anyone in college. (0.83)



Overall z-Score Results (mean=49.11; sd=43.94) This DOES describe me.

1. I'm concerned that there will be too much stress for me to handle. (2.39)
2. I'm afraid that I will be overwhelmed with all that I have to do. (1.84)
3. Maintaining my health and continuing to workout is important to me. (1.45)
4. I'm worried about achieving passing grades. (1.37)

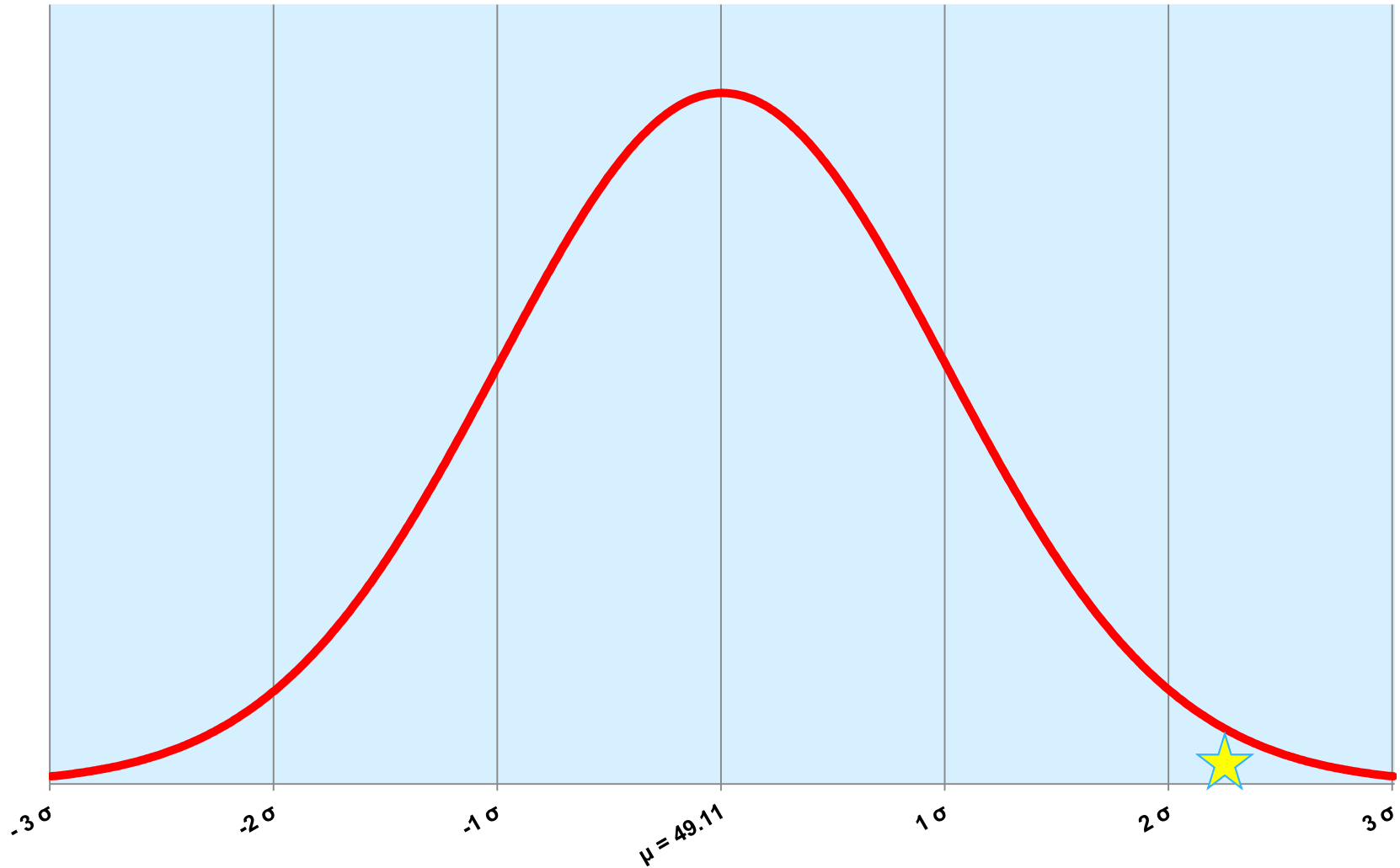
z-Score Results (mean=49.11; sd=43.94)

(This DOES describe me.)

1. I'm concerned that there will be too much stress for me to handle. (2.39)

Interpretation: the theme of “stress.”

I'm concerned that there will be too much stress for me to handle. (2.39)



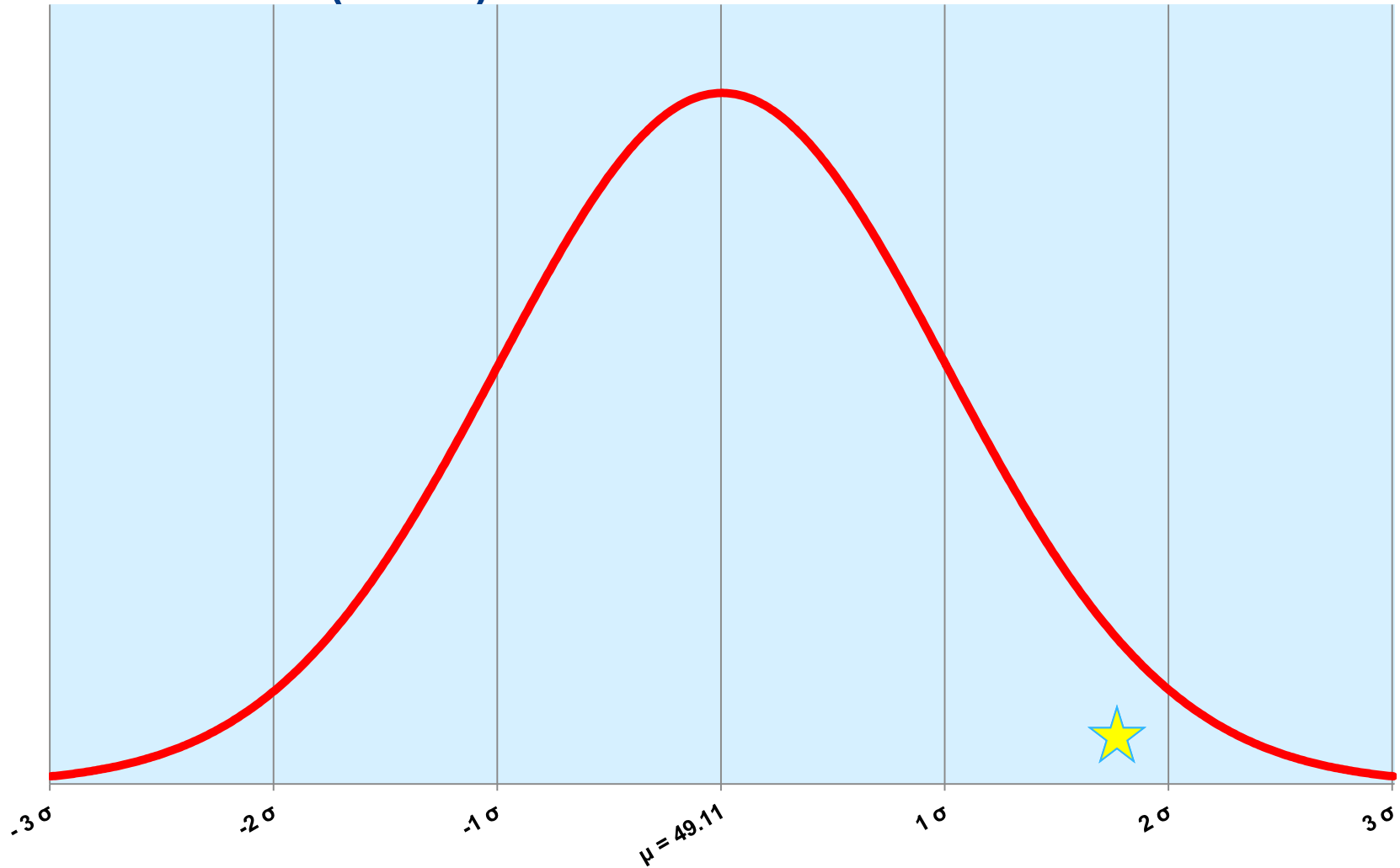
z-Score Results (mean=49.11; sd=43.94)

(This DOES describe me.)

2. I'm afraid that I will be overwhelmed with all that I have to do. (1.84)

Interpretation: the theme of “stress.”

I'm afraid that I will be overwhelmed with all that I have to do. (1.84)



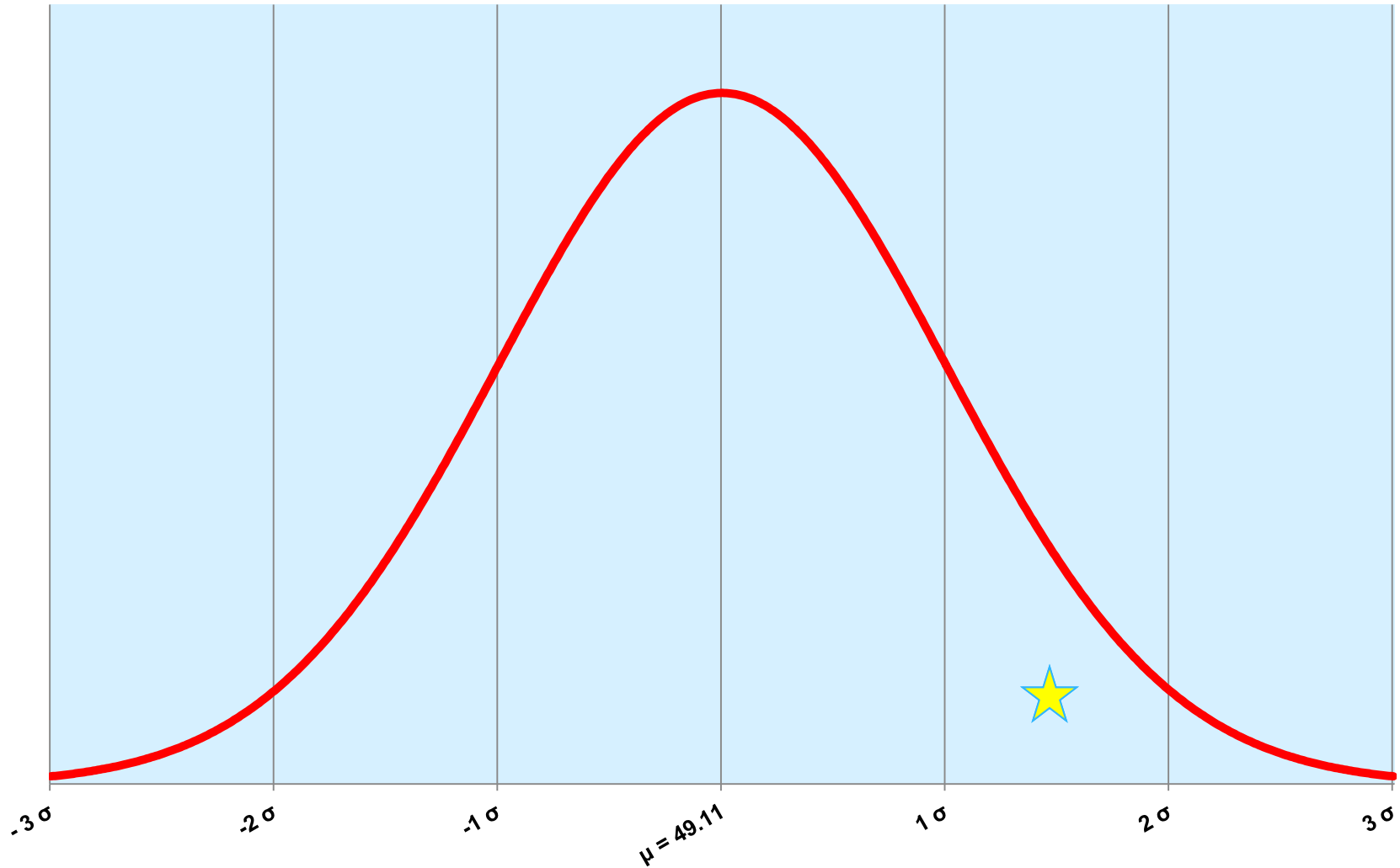
z-Score Results (mean=49.11; sd=43.94)

(This DOES describe me.)

3. Maintaining my health and continuing to workout is important to me. (1.45)

Interpretation: many students are concerned with being as healthy as possible. Many workout often. Maintaining health is that physical consciousness that is pervasive.

Maintaining my health and continuing to workout is important to me. (1.45)



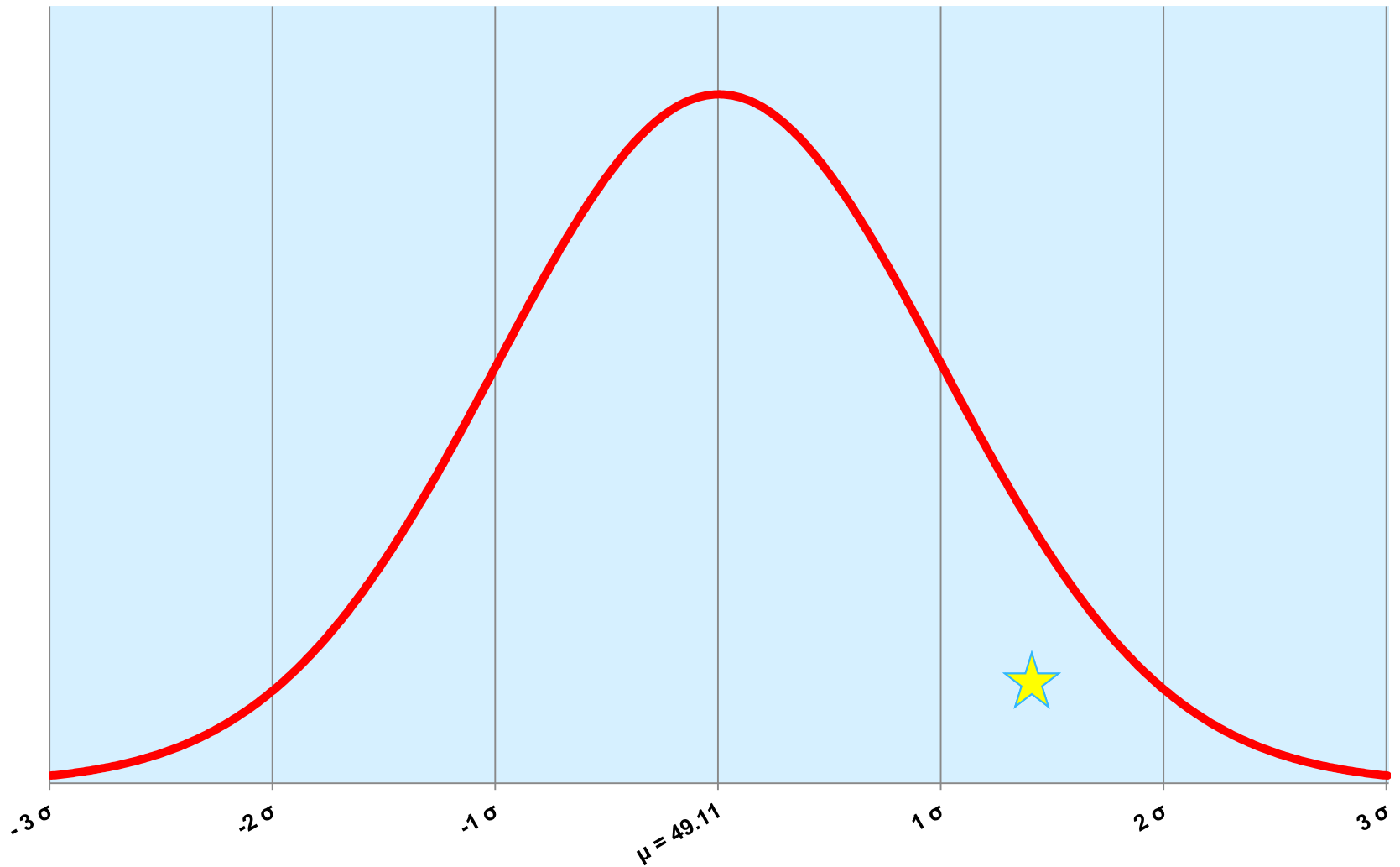
z-Score Results (mean=49.11; sd=43.94)

(This DOES describe me.)

4. I' m worried about achieving passing grades. (1.37)

Interpretation: the theme of “stress.”

I'm worried about achieving passing grades. (1.37)



Analysis For What Does Sound Like Me

- Three out of the top four statements deal with:
- The words, “stress,” “overwhelmed,” and “worried” are present.

Niccolò Machiavelli's (1469-1532) The Prince.

“It must be considered that there is nothing more difficult to carry out, nor more doubtful of success, nor more dangerous to handle, than to initiate a new order of things.”

Interpretation: transition.

Transition (Defined)

- Movement, passage, or change from one position, state, stage, subject, concept, etc., to another; change. (Agnes, 2008, p. 1521)
- Change. (Dictionary.com, n.d., ¶ 1)
- The process of change that may require substantial preparation, planning and adjustment. (Johnson, 2003, p. 1)

Transition Gaps (Defined)

- **Minor Transition Gaps**

- Moving from one educational situation to another, but with known fears

- **Major Transition Gaps**

- Moving from one educational situation to another, but with unknown fears

Minor Transition Gap

- Moving from 8th grade to 9th grade, and high school
- Moving from undergrad (bachelor's degree) to graduate school (master's degree)
- “Minor” because of the known fears

Major Transition Gap

- Moving from high school (high school diploma) to an undergraduate college (bachelor's degree) setting
- “Major” because of the unknown fears

Known And Unknown Fears

- Known fears: Weather is getting bad, we know what to expect driving home.

Past experience with writing a research paper.

- Unknown fears: Getting behind the wheel of a car for the very first time (learner's permit).

Ok writer in high school, how will the “new” professor grade my paper?

Types of Stress

- Too much stress: paralysis
- Too little stress: apathy
- “Right” amount of stress: productive stress

Reflection

Meeting Students Where they Are

Today's Millennials:

K-12 Emphasis has been on *EFFORT*

Less Independent

Have not been involved in their own decision making

Prefer Highly Structured Environments

With this, comes *anxiety*

(DeBard, 2004)

Recommendations

- DISARMING their Fears (Appreciative Advising Model)
- Social Belonging (Walton & Cohen)
- Utilizing Upperclassmen (Peer Mentors, Dept. Meetings)
- “Checking In” (Midterm survey)

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Thoughts?
Comments?
