

## INTERACTING WITH YOUR SCHOLAR

**Personal Meetings – Try to work these in while you get to know your Scholar and have fun together!**

**Remember that these meetings are to be in a visible, public location.**

- When you meet for the first time do a personal ice breaker or two
- Try to find something unique about him/her that you can relate to
- Begin the process of learning your Scholar's personal story
- Establish boundaries of communication
- Share contact information and best way/times to communicate. Be in contact by text, email or phone
- Talk about your college location and major and the good, bad and ugly of your college experience
- Share what you would do differently (if anything) if you could do college or career over.
- Discuss the lessons you learned along the way and how they made you stronger
- Share the pros and cons of the major you chose, how you became interested in your career choice and how college prepared you for it
- Talk about the work you do, your professional and personal growth
- Connect your Scholar with internship or professional opportunities
- Do a fun activity together

### Conversations by text, phone, email

Most students feel like they are the only one feeling lost and overwhelmed the first few weeks of college and at other times along the way. As a result, don't get discouraged if there is a period when you are hearing less and less from your Scholar. This may mean your Scholar may not know how to seek help and is trying to deal with a challenge on his/her own. Continue to reach out & stress that you are there to support. Additionally, encourage them in organization, concentration, social interaction, etc.

1. Provide encouragement!
2. Send your Scholar a story, article, YouTube to help relieve stress the first few weeks of the semester.
3. Stress the importance of the Scholar's Bi-monthly Report and regular communication with the Academic Manager about their academic progress, campus resources such as syllabi, free study labs, free tutoring, study groups, and use of a planner, study habits and study skills, financial obligations/needs, and personal social/family concerns.



4. Keep pressing on to know your Scholar better.
5. Help keep the end in view. Talk about their short- and long-term goals.
6. Ask your student periodically to visualize themselves walking across the stage at graduation and imagine what that might feel like.
7. Inquire early in the semester about end-of-semester assignments, and brainstorm ways to finish strong.
8. Keep checking in during the semester, and especially during mid-terms and finals to encourage your Scholar
9. Use holiday breaks to visit with your Scholar in person and to do something fun!