

Supporting Students (Living on their own)

Shelley Arroyo, IU Columbus
Kristi Samples, Ivy Tech



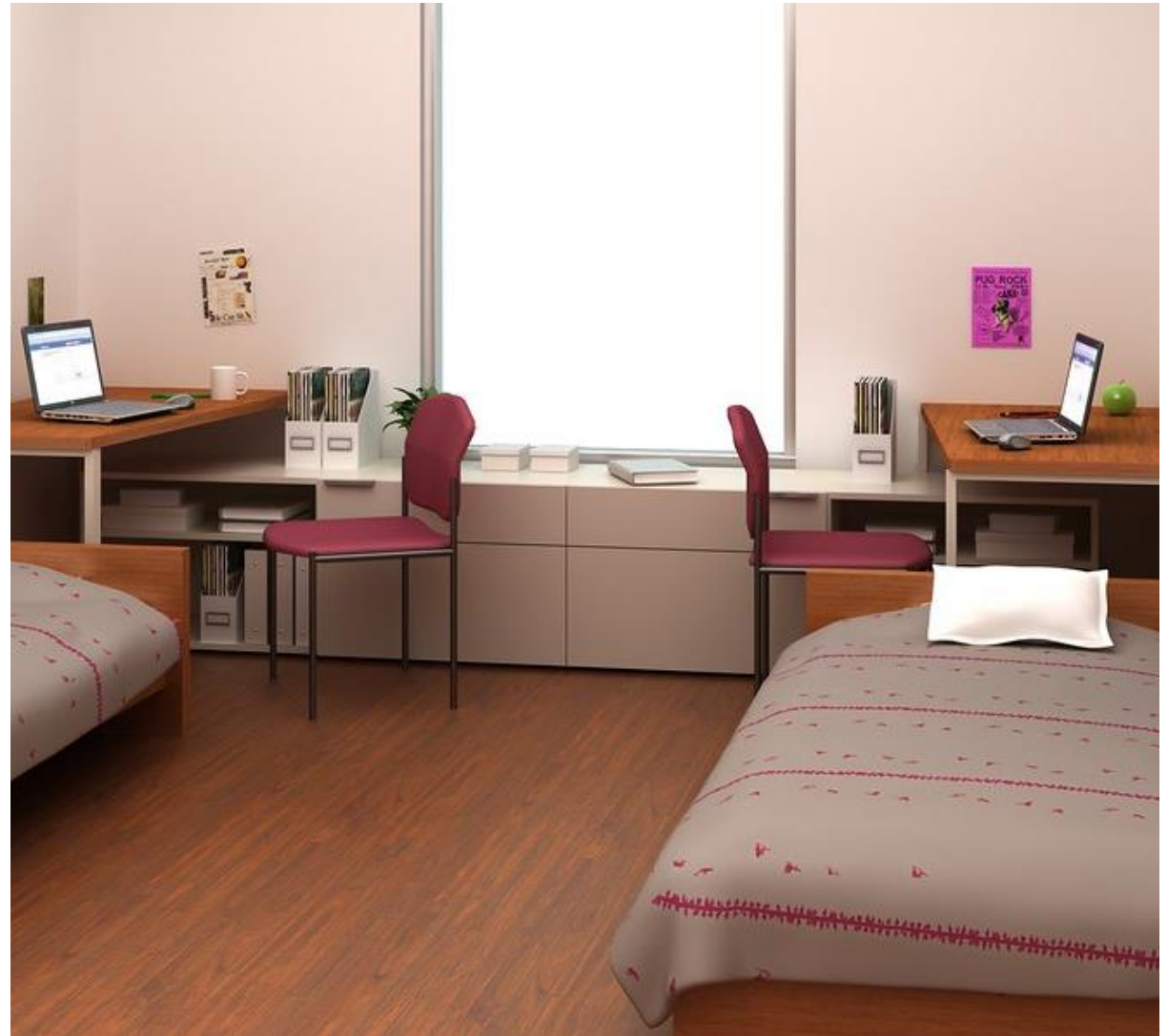
Agenda

Introduction

How to support

Student Panel

Final tips & takeaways



[This Photo](#) by Unknown Author is licensed under [CCCBY](#)



Introduction


Most are living away from home for the first time (but not all)

Huge transition for most (especially first year)

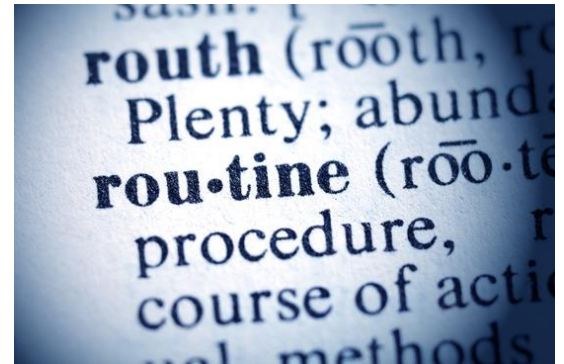
Setting a new routine is critical

Mental health: may show up in different ways

*Not all students have homes to go back to; this is their new home



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Student Living on their own

- Cyber Academy @ MUTC

- 11 month accelerated associate program
- Face-to-face classes 4x per week
- Only Ivy Tech program that offers on-site student housing
- Wide Demographic
 - *18-35yr olds; civilian & military, co-ed*
- DOD Military Training Base
 - *Austere environment, isolated, basic living*



Cyber Academy

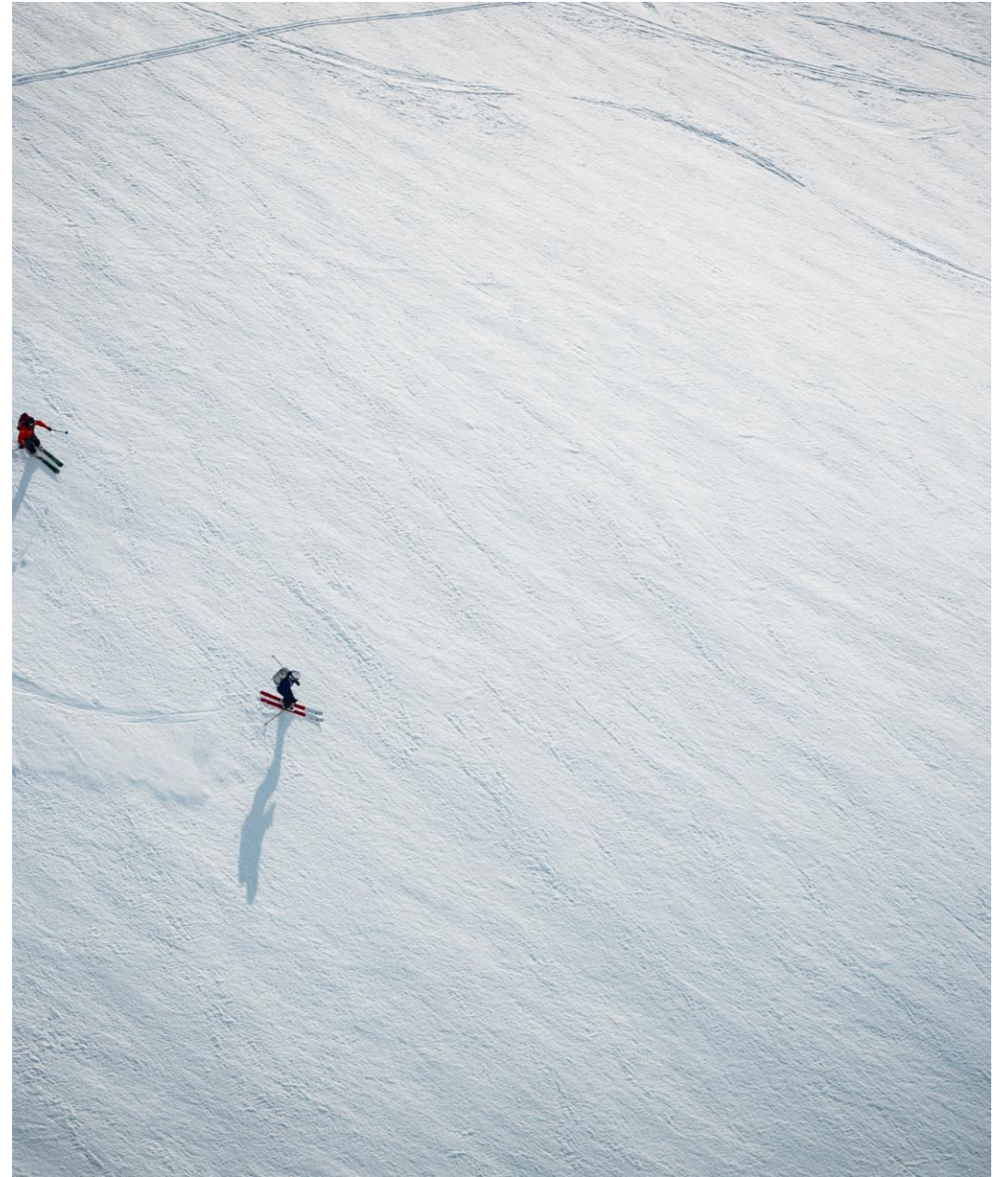


- Diverse Population requires effective communication
 - *Landlord (state of IN)*
 - *Resident Manager (civilian)*
 - *DOD/National Guard (operators of base)*
 - *Ivy Tech Faculty/Staff*
- Time Management
 - *Rigorous coueload*
 - *No parental oversight*
 - *No convenient meal plans/restaurants on base*
 - *Adulthood: how do I manage to cook, clean, do laundry, and attend class?!*



How to offer support

CONFIDENCE-BUILDING
STRATEGIES



Strategies to Support (specific to Cyber Academy)

- FEED THEM
- Cohort Model
- Quarterly meetings w/ National Guard to bridge communication
- Invite Mental Health Professionals in to speak
- Engage students
 - *Food, outings, field trips, cohort mixers, extra curricular activities outside of classroom that are student led*



Support is KEY

- Listen
- Be empathetic
- Offer options
- Offer resources
- Help build their confidence in this area





Student Panel

5-6 STUDENTS JOINING US TODAY!





Sample Questions

- How has your transition been?
- How did you make friends?
- Have you gotten a good routine in place?





Final tips & takeaways

Power of communication

Helping students set boundaries

Routines are critical for success

Don't make assumptions

LISTEN!!





Thank you

Thank you to our students for
sharing their stories!