



2021 School Counselors' Virtual Conference

How K12 AND COLLEGE PARTNERSHIPS LEAD TO STUDENT RESILIENCY AND SUCCESS

JENNIFER MCDONALD

Session Time: 1:00 p.m.



Jennifer McDonald



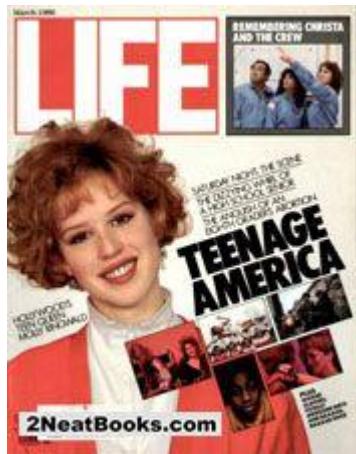
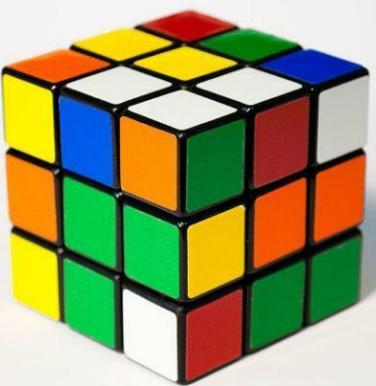
Jennifer McDonald, is the senior director of Outreach and Recruitment at Central New Mexico College, overseeing recruitment, dual credit, new student orientation and kids' camps. She has a bachelor's degree in journalism and a master's degree in business. Her career includes work as a journalist, K12 and higher education.



SESSION AGENDA

- Knowing our why when things get tough
- What do resilient students do
- How we can help each other to support the student's journey

LET'S GO BACK TO THE 1980S







What does it mean to be resilient?



Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; **it's a skill that kids develop as they grow.**

Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. **They are curious, brave, and trusting of their instincts.** They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently. – Katie Hurley, LCSW <https://www.psycom.net/build-resilience-children>

Hurdles Students Can Expect to Face

Time

Students only spend about 15 hours/week in class, but need to spend at least that amount of time outside class/week. Students need to be active in their pursuit of an education.

Study Skills

Students need to go beyond just reading the textbook to find creative ways to engage with the information. Break up studying into manageable tasks.

Financial

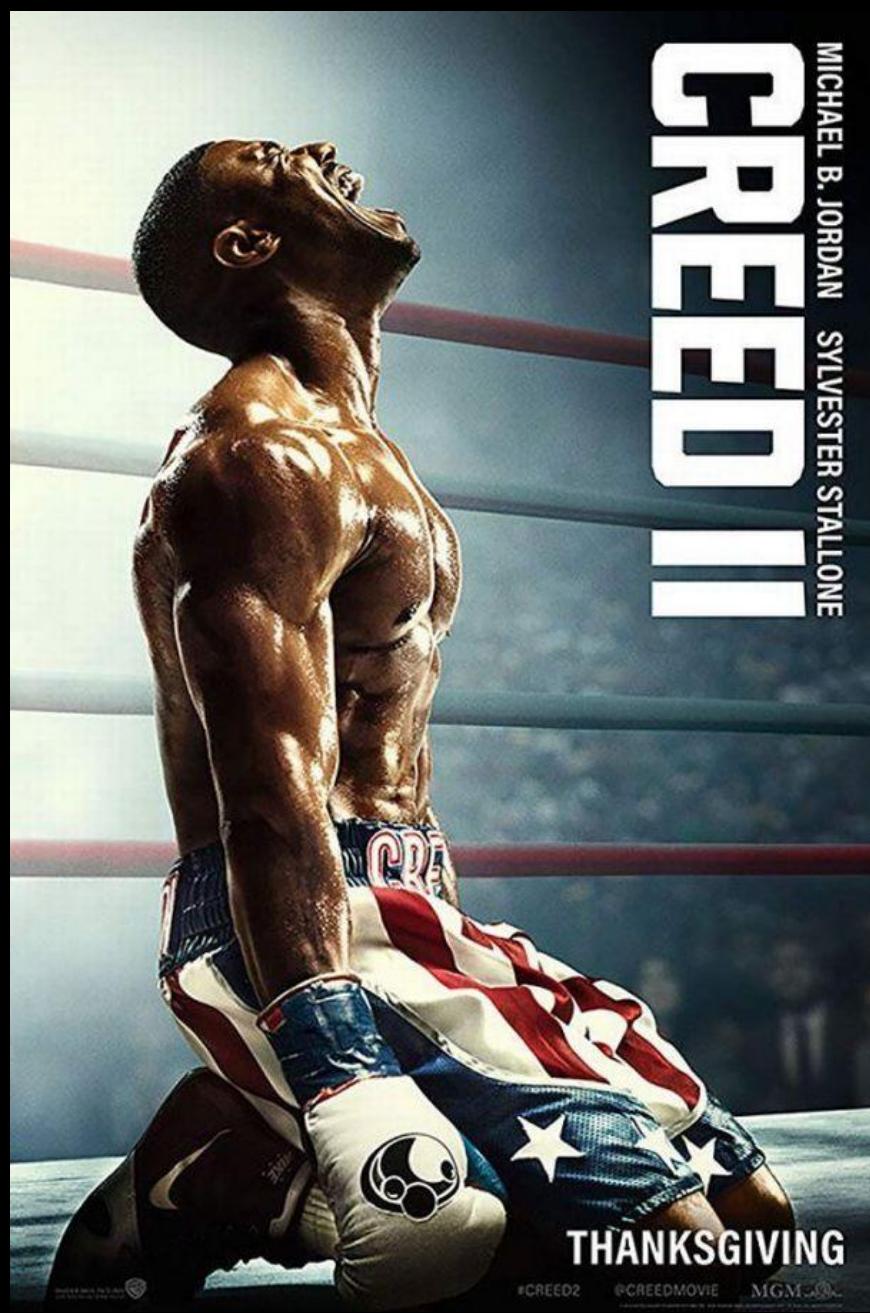
Students might have unexpected costs and not know how to pay for those costs.

Major

Students may feel pressure to pick a major right away.

Resiliency is a Hero's Journey





Supporting the Student's Journey

How do we work together to support the student on their hero's journey

Growth Mindset

01

Make growth mindset a philosophy rather than a short term focus on one test, one class, etc. Let students fail. Hold them to their deadlines.

Build on Students' Strengths

03

How can we teach students to use their strengths to build up their weaknesses? Do we spend enough time celebrating successes when they happen?

Failure Toolkit

02

Teachers, counselors, principals know how to help students who fail. Can we put it into a toolkit that the student can fall back on when they face another hurdle?

Teach Students to Ask for Help

04

Teach them to keep asking until they get an answer.



Gates Foundation Research

Success for Our Students: How High Schools and Colleges Can Share Responsibility for the Students They Serve

<http://k12education.gatesfoundation.org/blog/success-students-high-schools-colleges-can-share-responsibility-students-serve/>



Dual Credit

Students develop a college-going identity and successful habits through a college experience. College success classes teaches students to manage their own learning. (FYEX)



Transition Courses

Transition classes that help 12th graders who test below college-level readiness. Replaced developmental at college level.



Co-requisite Support

Support for first-year college students who would have normally started in developmental courses.



First Steps

Local College Resources

Find out what your local college has to offer. Free tutoring of high school as well as dual credit work; open computer labs; open libraries; college days; college tours.

Invite College Leaders to Your School

Invite college advisors, recruiters, faculty, foundation leaders to your school to see your work and introduce your students.



Expand Professional Development

Collaborate with your college peers on professional development to develop an understanding of the entire student journey.

Expand Your Network

As you identify issues create a network of college and industry contacts that you can reach out to for help.

Where to Start



Dual Credit Rep



Recruiters



www.cnm.edu/dualcredit



www.cnm.edu/outreach



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Thank You!
Feel free to contact me.