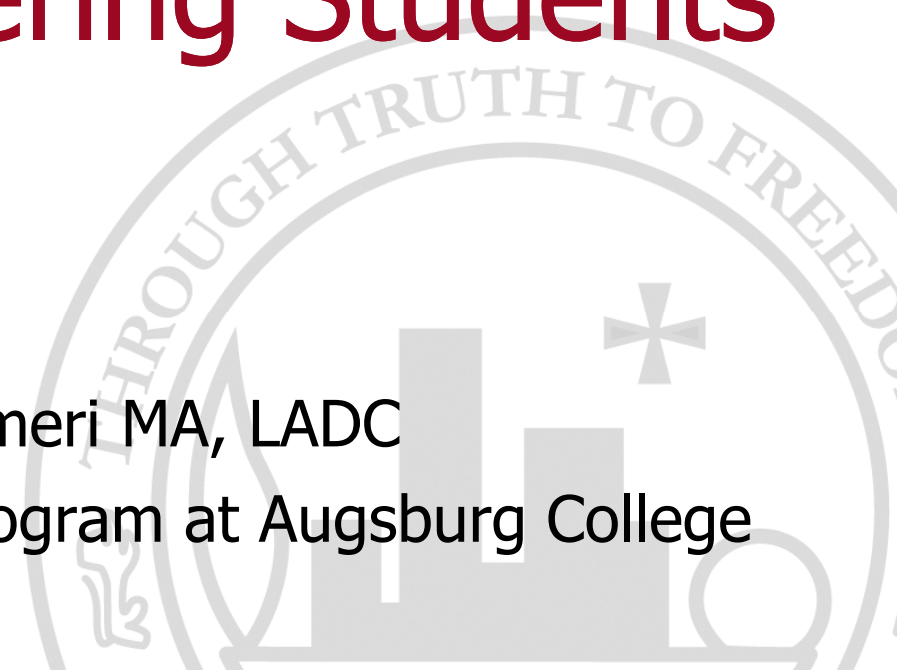




# High School Transition: Needs of Recovering Students

Patrice Salmeri MA, LADC  
Director of the StepUP<sup>®</sup> Program at Augsburg College



The transition process for students in recovery planning for post secondary education needs to be a careful thought out strategy to better prepare students for the changes and differences between high school and college.

# High School vs. College

## High School

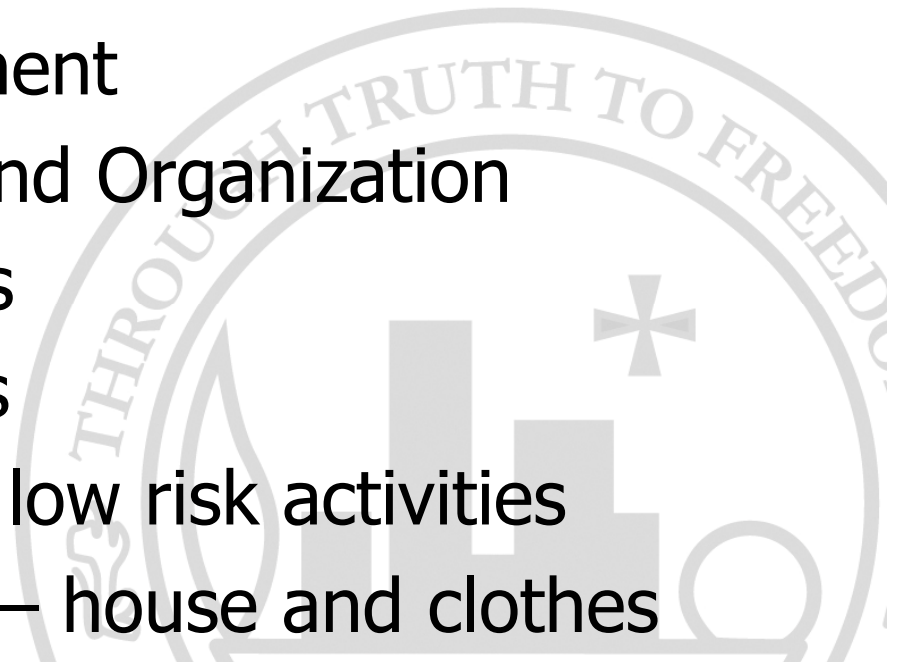
- 30 hours/ week in class
- Classes are arranged for you
- Teachers monitor class attendance
- Time structured by others
- High School is mandatory and free
- You need money for extras
- Study time outside of class is minimal

## College

- 12 to 16 hours/ week in class
- Arrange your own schedule
- Professors make not take attendance
- You manage your own time
- College is voluntary and expensive
- You need money for basics
- Study 2-3 hours for each hour of class

# General Transition Skills

- Personal Hygiene
- Financial Management Basics
- Know Personal Medical Information
- Medication Management
- Time Management and Organization
- Basic Computer Skills
- Communication Skills
- Distinguish high and low risk activities
- Basic Cleaning Skills – house and clothes



## Recovery Skills

- Willingness to go to any lengths for recovery
- Ability to locate and attend new meetings
- Ability to secure a new sponsor if need be
- Accountability of self and others
- Continue working the 12-steps
- Participate in sober fun

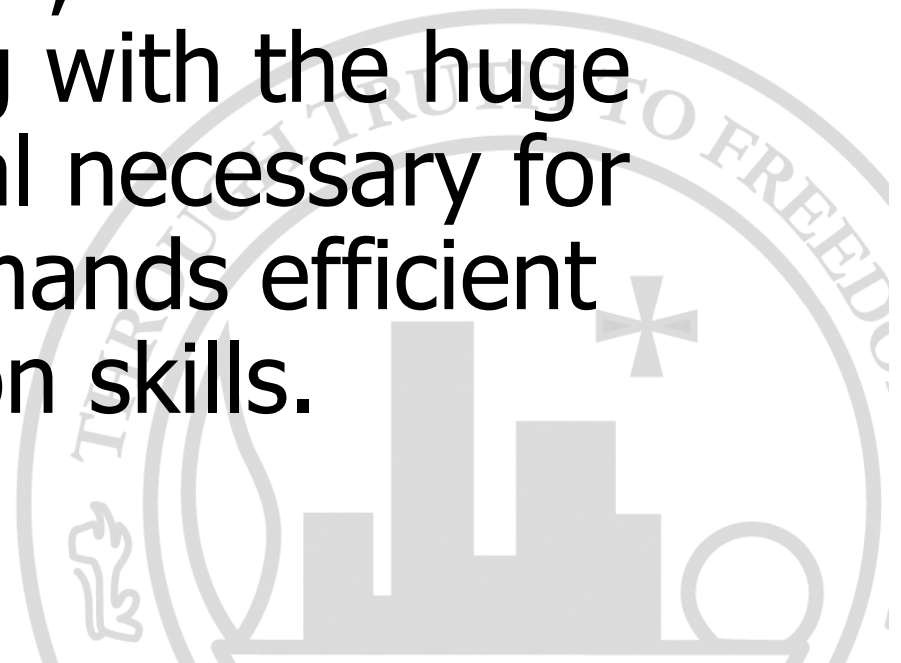


# Academic Tasks

- Organize time
- Use time efficiently
- Go to class
- Get extra assistance if needed
- Use quiet study area
- Get appropriate amount of sleep
- Do assigned homework
- Organize longer term assignments

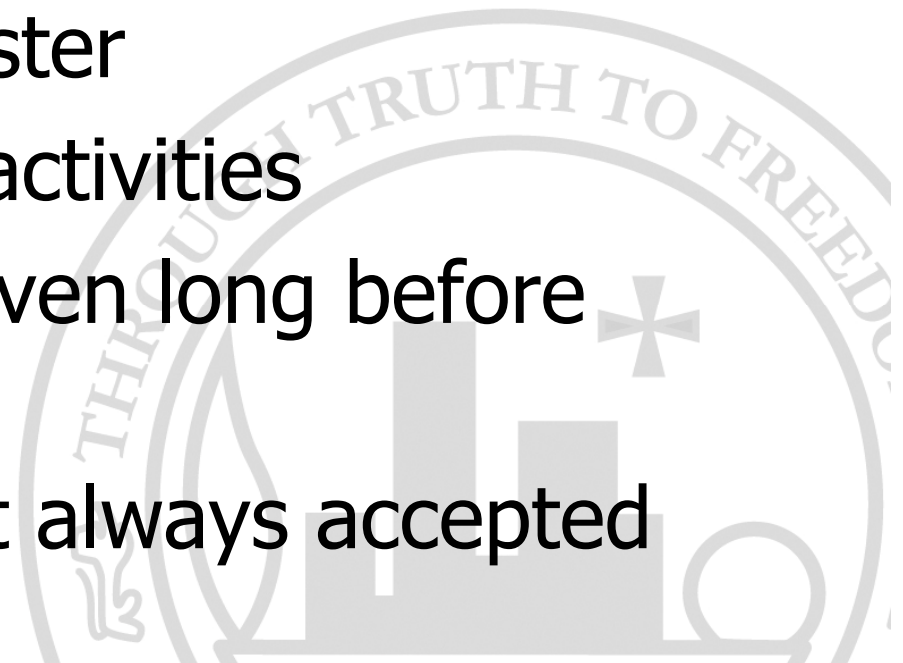
## Organizational Skills

In order for material to be learned and remembered, it must be organized. Dealing with the huge amount of material necessary for college study demands efficient organization skills.



## Using a Daily Planner

- An Essential Tool for Success
- Time management
- Map out entire semester
- Color code different activities
- Assignments often given long before they are due
- Late assignments not always accepted



# Educational Needs Assessment for 152 High School Students in Recovery

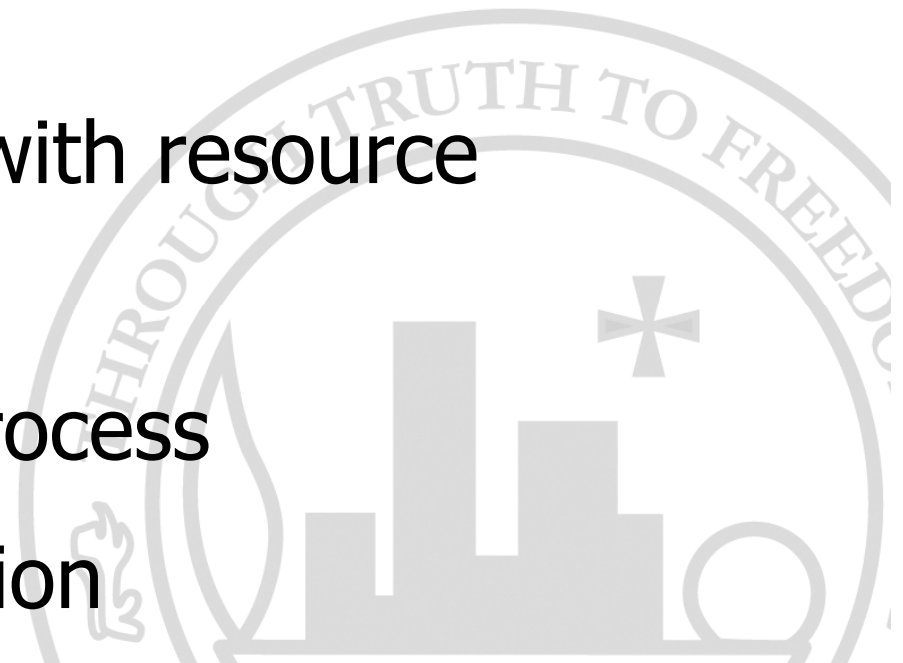


## Of Students at 8 Minnesota Recovery High Schools:

- 9.8% had taken an ACT Prep Course
- 9.9% had taken the ACT or SAT
- 2.6% had written a college application essay
- 1.3% had completed FAFSA Applications
- 76% had never attended a College Fair

## Student needs determined by survey:

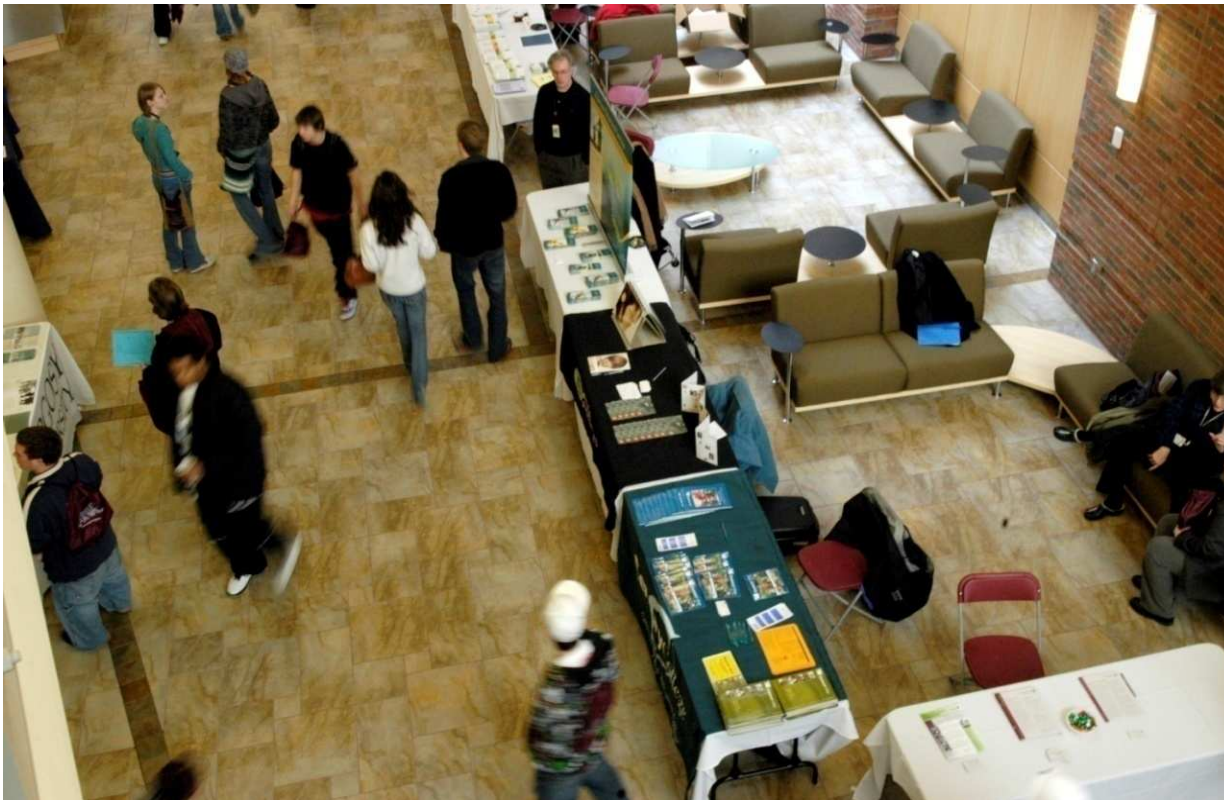
- Expose students to post-secondary educational options
- Provide assistance with resource acquisition
- Aid in application process
- Support in preparation



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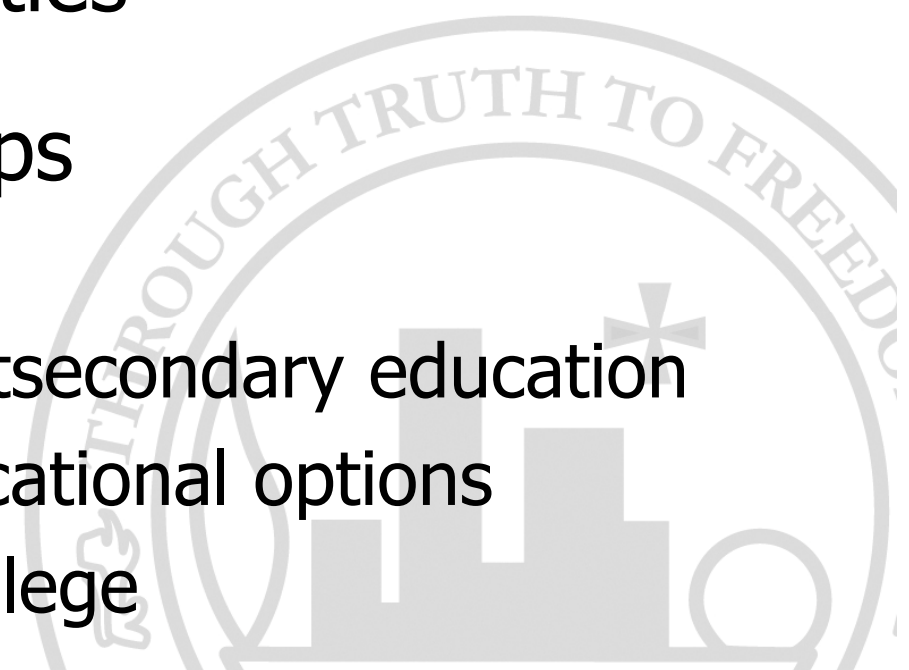
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program

# Plan to Attend 2009 Education Fair



## Education Fair

- Exhibitor booths included technical and vocational schools, two and four year colleges and universities
- Educational workshops
  - College readiness
  - How to pay for postsecondary education
  - Postsecondary educational options
  - Staying sober in college



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program



## The StepUP Program Mission

- **Affirms Augsburg College's commitment to a high quality liberal arts education for students of diverse backgrounds, experiences, and preparation.**
- **Provides students in recovery with ongoing study and living skills that support them in their academic progress towards a degree.**
- **Supports students in their commitment to recovery.**

## The StepUP Program Philosophy

- **Recognizes and encourages a student's individual worth, skills and abilities while helping them to discover positive relationships.**
- **Students learn to live within a 12-Step abstinence based recovery program.**
- **Staff work to provide a nurturing, inviting environment of support and encouragement so students can progress toward a degree, improve self-esteem and interdependency, and become greater self-advocates.**

## Program Components

- **Substance-free housing accommodations**
- **Advocacy with faculty and staff**
- **Weekly individual meetings with a licensed alcohol and drug counselor**
- **Referrals to other campus services for academic skill development**
- **Leadership Development**
- **Service Opportunities**
- **Extracurricular team-building and community activities, e.g. camping, retreats, holiday dinners**

# Fostering Academic Achievement

Academic and personal successes are closely linked in the StepUP Program. Building an environment that structures and supports the student's ability to be successful in social, educational, and occupational pursuits is foundational. To aid in this development the StepUP Program staff connects program participants with on-campus resources for academic skills support.

## **Maintaining Daily Recovery and Enhancing Personal Development**

The StepUP Program supports and celebrates recovery in community as a normal part of the recovering student's personal growth.

Students join in mutual support for the purpose of ensuring long term recovery and attainment of personal mastery and maturity.

The StepUP Program residential community provides students the opportunity to practice living skills, group decision-making and interpersonal communication.

# ACT Preparation Courses

## Available Resources

University of Minnesota-

<http://cehd.umn.edu/Pubs/PartnersWork/Davenport.html>

ACT Online Prep- <http://www.act.org/aap/pdf/preparing.pdf>

ACT Online Prep- <http://www.actstudent.org/testprep/index.html>

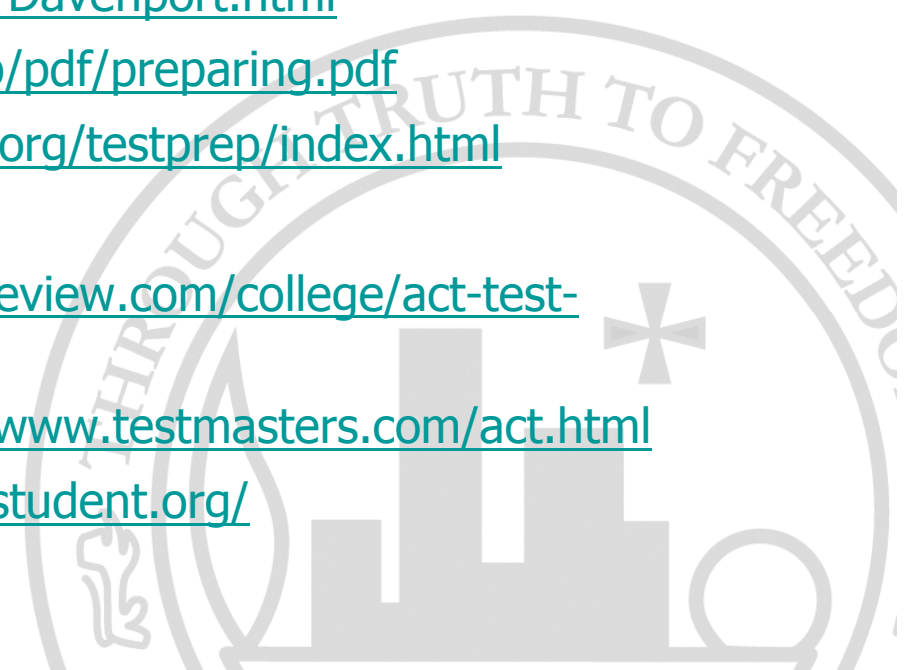
Kaplan- <http://www.kaptest.com/act>

Princeton Review- <http://www.princetonreview.com/college/act-test-preparation.aspx?uidbadge=%07>

Test Masters Course Registration- <http://www.testmasters.com/act.html>

ACT Registration, online: <http://www.actstudent.org/>

Register by phone: 319-337-1270



# Access to complete ACT or SAT exam

## Available Resources

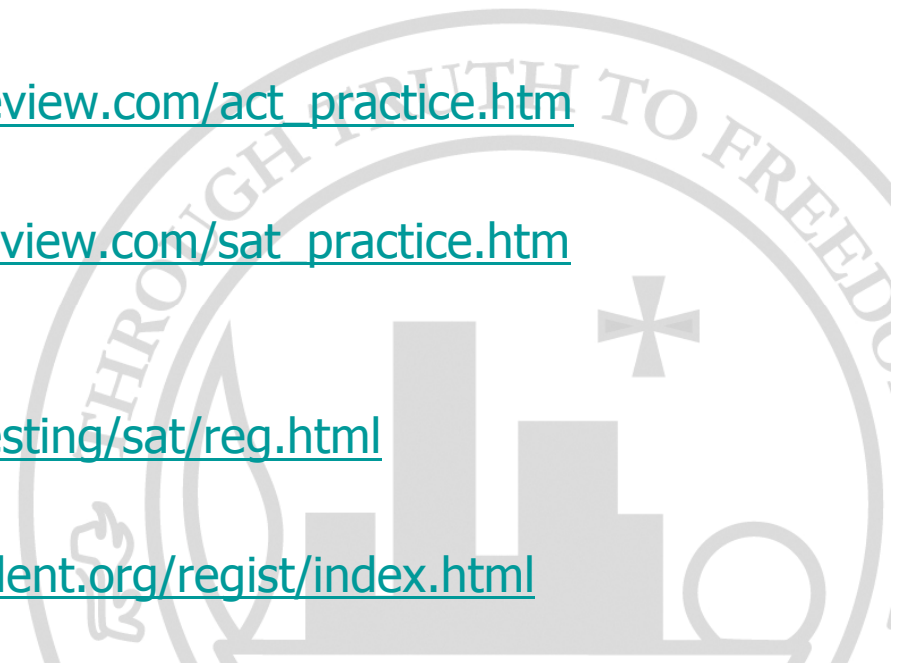
ACT Test center locator: <http://www.actstudent.org/regist/centers.html>

ACT practice test- [http://www.testprepreview.com/act\\_practice.htm](http://www.testprepreview.com/act_practice.htm)

SAT practice test- [http://www.testprepreview.com/sat\\_practice.htm](http://www.testprepreview.com/sat_practice.htm)

Online registration for SAT-  
<http://www.collegeboard.com/student/testing/sat/reg.html>

Registration for ACT- <http://www.actstudent.org/regist/index.html>



# College Application Essay Writing Assistance

## Available Resources

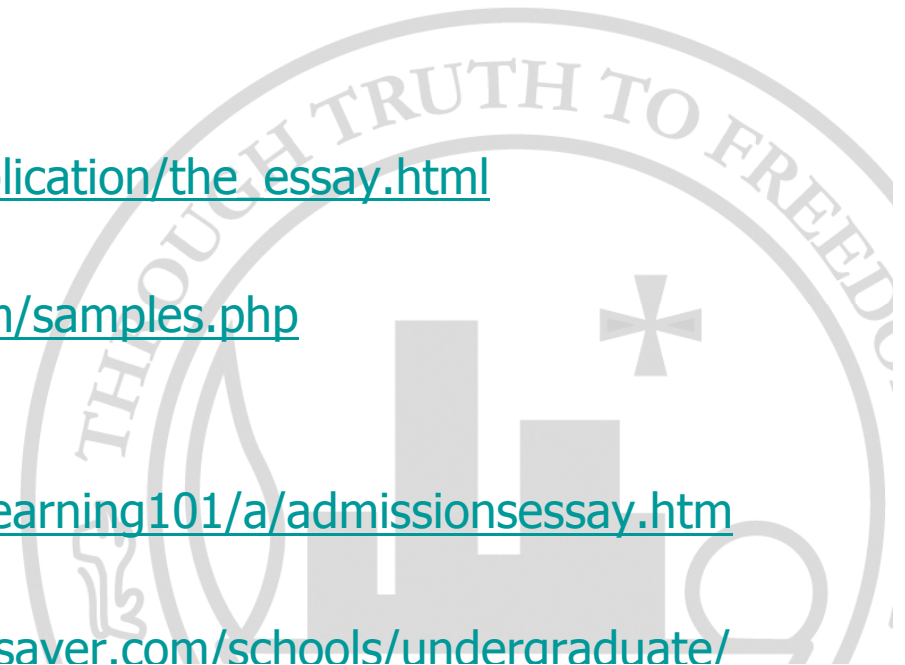
How to write a college essay- <http://www.collegeboard.com/student/apply/essay-skills/>

Tips on writing an essay-  
[http://www.collegeview.com/articles/CV/application/the\\_essay.html](http://www.collegeview.com/articles/CV/application/the_essay.html)

Sample essays- <http://www.essaycapital.com/samples.php>

Tips on writing an essay-  
<http://distancelearn.about.com/od/distancelearning101/a/admissionsessay.htm>

Sample Essays by school- <http://www.gradesaver.com/schools/undergraduate/>



# FAFSA Application Assistance

## Available Resources

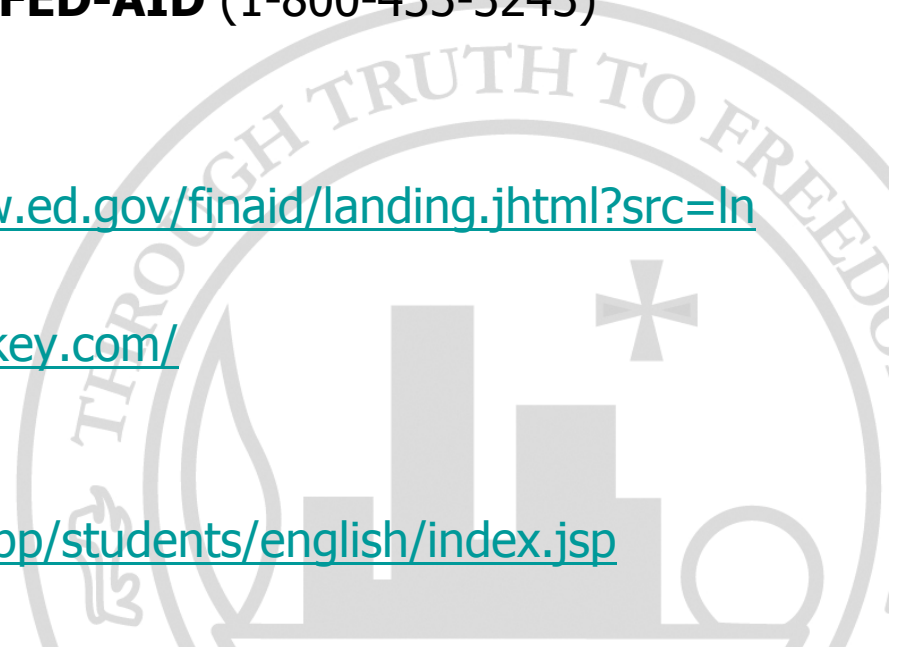
Official FAFSA page- [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)

FAFSA Official phone number: **1-800-4-FED-AID** (1-800-433-3243)  
TTY **1-800-730-8913**

US Department of Education- <http://www.ed.gov/finaid/landing.jhtml?src=ln>

FAFSA assistance- <http://www.fafsamonkey.com/>

General information on the FAFSA-  
<http://studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp>



# College Fair Access

## Available Resources

The StepUP Program Education Fair- [www.augsburg.edu/stepup](http://www.augsburg.edu/stepup)

MN College Fairs- [http://www.mn-acac.org/?s=fairs\\_fairs](http://www.mn-acac.org/?s=fairs_fairs)

Check Your State College Fairs





# Application Process

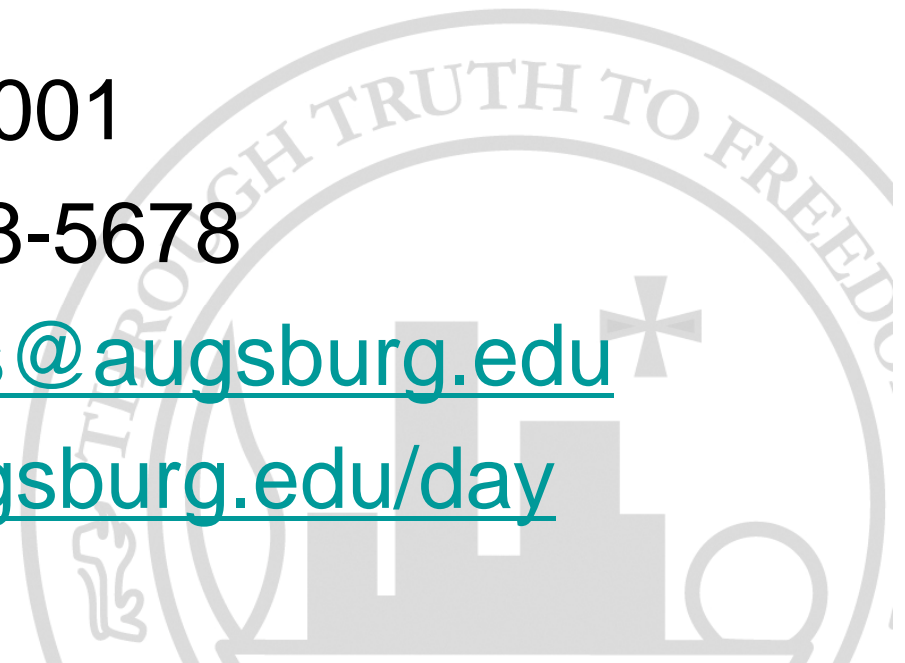
Augsburg College Office of Undergraduate  
Admissions

Direct: 612-330-1001

Toll Free: 800-788-5678

email. [admissions@augsborg.edu](mailto:admissions@augsborg.edu)

website. [www.augsburg.edu/day](http://www.augsburg.edu/day)



# Independent Living Skills

## Available Resources

Time management:

[http://www.mindtools.com/pages/article/newHTE\\_00.htm](http://www.mindtools.com/pages/article/newHTE_00.htm)

- Time Management website- <http://www.time-management-guide.com/student-time-management.html>
- Study Guides and Strategies- <http://www.studygs.net/timman.htm>

Creating a budget: Free 30 day demo:

[http://www.simpleplanning.com/Financial%20Calculators/BudgetPlanner.html?gclid=CMq\\_j5aBxZQCFQllsgodylssTQ](http://www.simpleplanning.com/Financial%20Calculators/BudgetPlanner.html?gclid=CMq_j5aBxZQCFQllsgodylssTQ)

Finding an apartment: <http://www.apartmentsearch.com/>

• Star Tribune:

[http://www.startribune.com/homes/rent/?location\\_refer=Homes%3A+Rent%3AleftRail](http://www.startribune.com/homes/rent/?location_refer=Homes%3A+Rent%3AleftRail)

# Interview Skills

## Available Resources

How to Interview - <http://www.howtointerview.com/>

Interview tips -

<http://jobsearch.about.com/od/interviewsnetworking/a/wininterview.htm>

Monster.com - <http://career-advice.monster.com/interview-tips/home.aspx>

How to Interview booklet (PDF) -

<http://www.capital.edu/Resources/Files/career-planning/HowToInterview2005.pdf>



- Educational Recovery Resources:

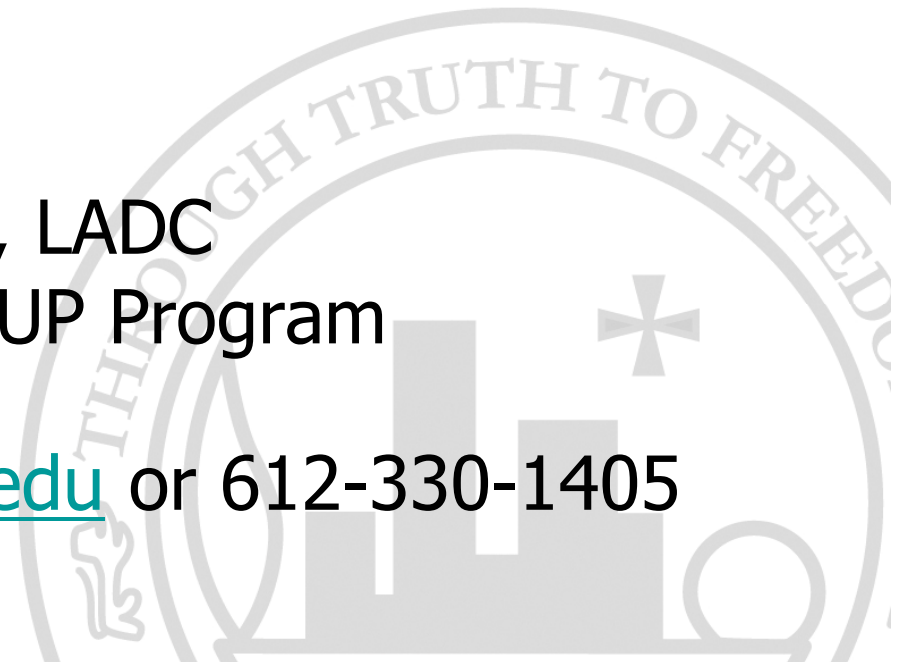
- [www.augsburg.edu/stepup](http://www.augsburg.edu/stepup)

- [www.recoveryschools.org](http://www.recoveryschools.org)

- Contact:

- Patrice Salmeri, MA, LADC  
Director of the StepUP Program

[salmeri@augsborg.edu](mailto:salmeri@augsborg.edu) or 612-330-1405



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# Questions and Comments

