



# How can I help my college student?

*A parent's guide on how to maximize your high school student's college experience*

## **Understand and Abide by FERPA**

The Federal Education Records Privacy Act (FERPA) is the federal law designed to protect the privacy and confidentiality of students' education records. Once your high school student is a student at Clackamas Community College, he or she is covered under FERPA and college personnel cannot release student information to parents or guardians without signed permission from the student. Students may release information by submitting a FERPA form online at [www.clackamas.edu/acc/register](http://www.clackamas.edu/acc/register). Paper copies are available during advising appointments with the high school advisor or in Roger Rook Hall. For more information about FERPA, please visit [www.clackamas.edu/about-us/accreditation-and-policies/student-rights](http://www.clackamas.edu/about-us/accreditation-and-policies/student-rights).

## **Encourage Self-Advocacy and Independence**

If your student is struggling with something, encourage them to reach out for help themselves. Guiding students through proper channels will help students understand their responsibilities and be accountable for their own college experience, as well as help you abide by FERPA. You will empower your student by encouraging them to advocate for themselves – in college and beyond.

## **Recognize the difference between the Parent Role in High School vs. College**

In high school, parents can be expected to contact instructors, call in to report absences and have progress reports to see how students are doing in class. College courses are different in that parents have no interaction with the college processes; it is the student's responsibility to report their own absences or contact their instructors. Parents are more than welcome to come to advising appointments, keeping in mind that the meetings are more valuable if the student leads the conversation.

## **Foster Good Habits**

Help your students develop effective listening skills and study habits such as managing time wisely, avoiding procrastination and arriving to class on time. Setting priorities and working smarter, not harder can make or break a student's college experience.

## **Become Familiar with College Resources**

It is very common for college students of all ages to experience academic challenges. CCC has resources to help your student succeed. Visit the High School connections website at [www.clackamas.edu/highschoolconnections](http://www.clackamas.edu/highschoolconnections) to view our student resources brochure with important resources CCC has to offer to help support your student. Resources include advising, tutoring, career services, disability resource center (DRC), and online learning / Moodle help. Below are our High School Connections contacts who can help you and your student access the supports they need.

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