

WHY THIS BROCHURE?

We are committed to the success of your student at UNCSA.

In the interest of assisting you to prepare your student for the responsibilities and challenges of residential living, we assembled an expert team of professional staff who identified the skills, attitudes and qualities presented here as those possessed by our most successful students.

Take time to look these over and speak with your student about his/her strengths and weaknesses in the areas outlined here. Access the High School Student Handbook online to become familiar with the services that are available and the policies that each student is expected to follow.

<http://www.uncsa.edu/studentlife/forms/Handbooks/HighSchoolHandbook-current.pdf>

The Division of Student Life has a strong team of student development professionals to work with your son or daughter throughout their tenure at UNCSA. We partner with the arts and academic programs to assist in the success of every student.

CONTACT INFORMATION

Counseling Center

Phone: (336) 770-3288 *to make appointments*

Learning Specialist

Phone: (336) 770-1453

Case Manager

Phone: (336) 631-1223

High School Life Office

Phone: (336) 770-3281

Fax: (336) 631-1555 (for permissions)

High School Life Events Coordinator

Phone: (336) 770-3283

Transportation Office

Phone: (336) 770-1476

Fitness Center

Phone: (336) 770-3286

Wellness Center

Phone: (336) 770-3288

Fax: (336) 770-1492



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UNIVERSITY OF NORTH CAROLINA
SCHOOL of the ARTS

Critical Success Factors for High School Residential Living



A Guide for
Parents

CRITICAL SUCCESS FACTORS FOR RESIDENTIAL LIVING:

ACTIVITIES OF DAILY LIVING

(Anticipates need and performs them)

- Exercises regular personal hygiene (bathes, brushes teeth, uses deodorant)
- Knows how to clean room, do laundry and change/make own bed
- Maintains healthy weight and nutrition
- Has ability to exercise moderation in an "all you can eat" venue
- Practices healthy sleeping habits -- can get the sleep he/she needs
- Has the ability to get self up in the mornings without assistance

SUBSTANCE FREE

Not involved in the use of:

- Illegal Drugs
- Alcohol
- Tobacco
- Prescription drugs other than his/her own

Talk about your expectations of their behavior and discuss consequences.

SELF AVOCATION

- Has knowledge of physical self and any special medical needs
- Understanding of personal space
- Understands responsibilities of being sexually active and methods to avoid STDs and pregnancy
- Knows when he or she is sick and will call for a medical appointment
- Able to take own medications without needing to be reminded
- Knows how to access assistance / ask for help
- Remembers to take books to and from class and keep up with own belongings
- Aware that a disability does not excuse poor conduct
- Is ability to navigate and find way around in a new community
- Understands how to exercise safe practices in transportation

POSITIVE SOCIAL ATTITUDES

- Is willing to learn
- Can take direction
- Forms and maintains friendships easily
- Is friendly and optimistic
- Is able to manage impulses, especially anger

- Expresses feelings appropriately
- Takes responsibility for own actions
- Is open-minded and accepting of others pertaining to issues of diversity
- Is familiar with conflict resolution skills
- Possesses a strong moral compass
- Is flexible to last-minute changes in times and assignments
- Can accept restrictions such as curfews and signing in and out

TIME MANAGEMENT

- Is self directed and motivated
- Is disciplined
- Can set aside time for study without being prompted
- Takes adequate notes in class and is aware of homework assignments and expectations
- Has good organizational skills
- Maintains his or her own schedule of classes, rehearsals and appointments

Look over the Student Handbook together – become familiar with the community standards and the category system.

TECHNICAL SKILLS

- Computer skills: keyboarding, basic word processing, email
- Can budget money, use an ATM machine and understands the difference between debit and credit cards