

**Mini-Conference: Student Parents
on Campus – Creating Intentional/
Supportive Environments to Foster
their Success**

Friday, March 7, 2014

9:30 am to 3:00 pm

Wilson College, Laird Hall

1015 Philadelphia Ave

Chambersburg, PA 17201

***Thank you
for attending!***

THE CHARLOTTE W. NEWCOMBE FOUNDATION



Conference Agenda

9:30-10:00 a.m. Check in

coffee/refreshments

10:00-10:05 a.m. Welcome—Stage Bay

Thomas N. Wilfrid, PhD, Executive Director, The Charlotte W. Newcombe Foundation

10:05-10:25 a.m. Welcome to Wilson College

Dr. Barbara Mistick, President, and Dr. Carolyn Perkins, Vice President for Student Development/Dean of Students

10:25– 10:55 a.m. Keynote Address—Stage Bay

Balancing School, Work & Family in a Constant State of Crisis: The Experiences of Low-Income Student Mothers.

-Autumn R. Green, PhD

Low-income mothers who make the decision to pursue higher education are set-up against the odds from the beginning. Whereby federal student aid funding is insufficient to provide full support to parenting students, public assistance programs fail to fill in the gaps, and are often highly restrictive of higher education as countable toward meeting work goals, sometimes disallow college entirely from counting toward meeting program requirements, or impose eligibility guidelines that exclude college students. Despite the important benefits of postsecondary education for low-income women and their families, and the fact that parenting students now make up a quarter of the U.S. undergraduate population, 6-year graduation rates among this student population are abysmally low, despite the clear academic commitment and ability of these students. This lecture will present the lived experiences, challenges and hardships faced by low-income mothers as they pursue postsecondary education, as well as identify ways in which to expand support for low-income mothers pursuing college at interpersonal and institutional levels.

B. Practical and Philosophical Aspects of Work/Life Balance. -**Amy Ensley, Director, Hankey Center for the Education and Advancement of Women, Wilson College**

Stage Bay—Come to discuss personal and cultural attitudes of work and family life, how to adjust expectations while remaining true to yourself, and practical advice from basic survival mode to approaching excellence.

As the Director of the Hankey Center, Amy promotes the education of women by developing programs and partnerships that empower women and girls to achieve their goals. Ms. Ensley holds a B.S. in Applied Statistics and Industrial Management from Carnegie Mellon University, and an M.S. in Organizational Development and Leadership from Shippensburg University. She began her career as a Market Research Analyst and Account Manager in the consumer packaged goods industry. She was previously the Manager of Marketing Decision Support Systems for the HJ Heinz Co. in Pittsburgh.

2:30 – 2:40 p.m. Updates —Patterson Bay

The Charlotte W. Newcombe Foundation

2:40-3:00 p.m. Two alternative choices:

- (1) Group Discussion—Patterson Bay, Topic about student parent success, follow-up from workshops, facilitated by Katie Kough
- (2)—Tour of Women with Children Program facility—Prentice Hall



Autumn R. Green, PhD, is a dedicated advocate for low-income families and a public sociologist.

Dr. Green's recent work focuses on issues related to poverty, low-income families and individuals, access to and support for higher education for low-income parents and public policy advocacy.

Dr. Green is a member of the Higher Education Alliance of Advocates for Students with Children (HEAASC), the National Higher Education Access Coalition and former member of the ROAD community advisory board, the Family Economic Initiative and the Women of Action Project in Boston, Massachusetts. She has also worked with the Center for Women in Politics & Public Policy in Boston, and is currently engaged in an ongoing project with the Institute for Women's Policy Research's Student Parent Success Initiative.

Dr. Green's interests began from her own life experiences as a former teenage parent, low-income mother and public assistance recipient. She has worked diligently to use her personal and educational experiences as a strength through which she can bridge the worlds of academia and bureaucratic organizations with direct community experience.

For more info. on Dr. Green, please see her web site: http://autumnrgreen.com/Home_Page.html.

11:00 a.m. – 12:00 p.m. Breakout 1 (A and B sessions)

A. Increasing retention through focused counseling: building resilience and coping skills. -**Dr. Kathryn Newton, Assistant Professor of Counseling, Shippensburg University, Rachel Esterline, Graduate student, Clinical Mental Health Counseling, Shippensburg University Candace Smith, Graduate student, Clinical Mental Health Counseling, Shippensburg University**

Middle Bay—Students who perceive themselves as well-resourced and capable of responding to stressors are more likely to project a growth-oriented, successful outcome for themselves. This is especially true for those who are managing the dual roles of student and parent. This workshop will provide college professionals with tools to help student parents build their stress knowledge, awareness, and coping strategies.

Kathryn Newton is a member of the Clinical Mental Health Counseling faculty at the Department of Counseling and College Student Personnel at Shippensburg University. Her interest and expertise in stress coping, resiliency, and wellness includes training as a yoga instructor and yoga therapist. She educates counseling graduates students in strategies for stress and wellness intervention for use in school, college and mental health settings. She has also led trainings for mental health professionals in vicarious trauma, stress coping, and professional wellness .

Rachel Esterline and Candace Smith are graduate students in Clinical Mental Health Counseling who are also student parents.

B. Supporting Student-Parents in their Transition to Career Success -**Ms. Angela Lynch, Executive Director at Chambersburg Area School District Foundation:**

Patterson Board Room—In this session we will discuss how campus professionals can provide support to student-parents as they launch from their role of college student to their chosen career path. We'll address the following topics which can be easily

reinforced from office to office throughout your campus:

- Obtaining Experience to Build the Resume
- Flexibility and Embracing Change
- Navigating Family Relations After Graduation
- Preparing to Juggle Personal Responsibilities with Work
- Persistence, Persistence, Persistence and
- Practicing Professionalism in the Workplace

12:00-12:45 p.m. Lunch—Patterson Bay

12:45 – 1:30 p.m. Student-parent Panel—Patterson Bay

Wilson College Women with Children (WWC) students. Facilitator: Katie Kough, Interim Asst. Dean of Students/ Director of WWC Program, Wilson College

1:30 – 2:30 p.m. Breakout 2 (A and B sessions)

A. Strategies for Keeping Education-Related Debt in Check. -**Mr. Dan Wray, Pennsylvania Higher Education Assistance Agency (PHEAA)**

Patterson Board Room—Education-related debt now exceeds one trillion dollars nationally. It is exceeded only by mortgages. Today's students – especially those who are student parents – need to have a strategy for keeping their education-related debt in check. Far too many are achieving their educational and career goals, only to find themselves in a financially precarious situation. This program will discuss strategies for financial success. The audience will learn about current trends in higher education finance, and several tools to turn those trends around, one student at a time.

Mr. Wray has nearly 25 years' experience in higher-ed finance, as a college aid administrator, lender representative, and father of five college graduates.