

FLYTE

Webinar: Welcome to the L.E.P.

May 15, 2024

We will begin at 6:00pm MT.

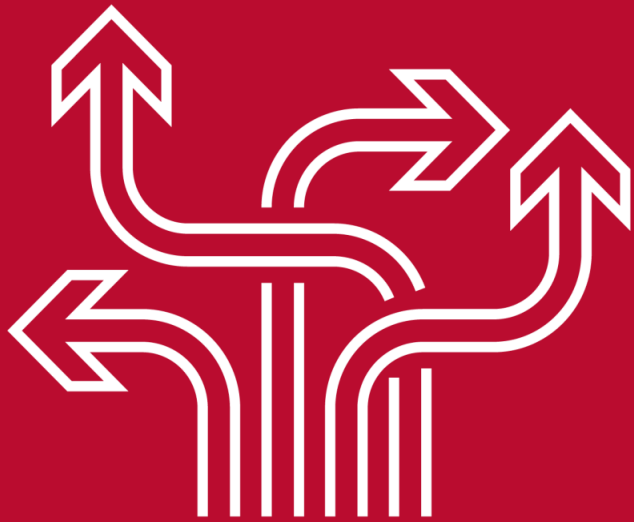
While you are waiting, consider the following:

What could you start practicing this summer to get prepared for DU?

Tell us... (through the poll!)

Agenda

May 15, 2024



Staff Introductions

Webinar & Workshop Learning Outcomes

FLYTE Website & Program Overview

L.E.P. 101

Worksheet Walk-Through

Next Steps & Coming Soon

Questions

Megan Davis she/her



Role

- Academic Counselor
- Transitions Programmer

Fun Fact About Me

- I am a singer songwriter.

What I love about the L.E.P.

- I love the inclusive, understanding, and forward-thinking staff I get to work with every day and the hard-working students I get to support!

Andrea Philleo she/her



Role

- Academic Counselor
- Transitions Programmer

Fun Fact About Me

- I'm a social worker by trade, love playing tennis and hanging out with my husband and 4-children.

What I love about the L.E.P.

- I love being both an academic counselor and transitions programmer. It's a great combination!

Sarah Mooney

she/her



Role

- Associate Director

Fun
Fact
About
Me

- I am from Rhode Island!
My favorite color is orange.

What I
love
about
the
L.E.P.

- I love how we provide students supports that meet their individual needs to help them reach their success!

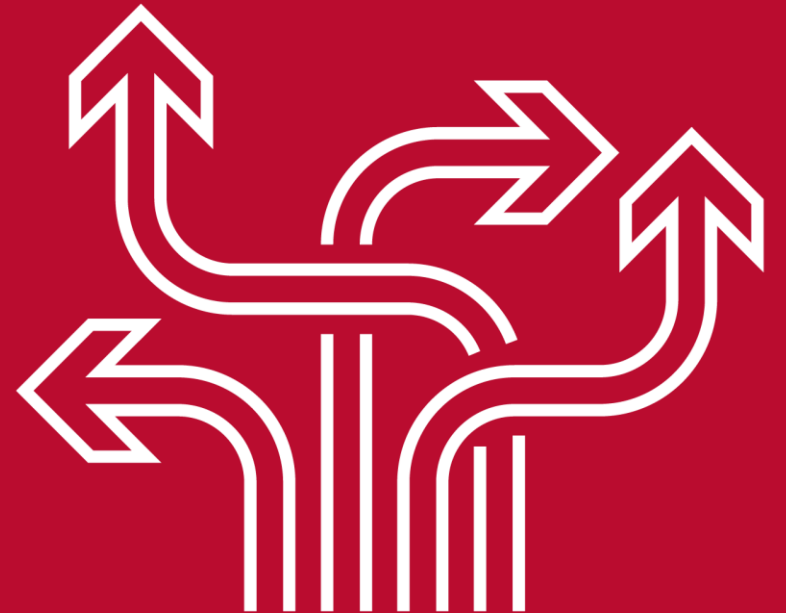
Prior to arrival at D.U., we want students and families to:

1. Feel prepared to navigate D.U. and L.E.P. processes, systems, and partners.
2. Complete important tasks.
3. Explore key topics and practice skills to support the transition to college.

Webinar and Workshop Learning Outcomes

FLYTE

Website Walk-Through





LEP Services

Academic Counseling

Executive Functioning Coaching

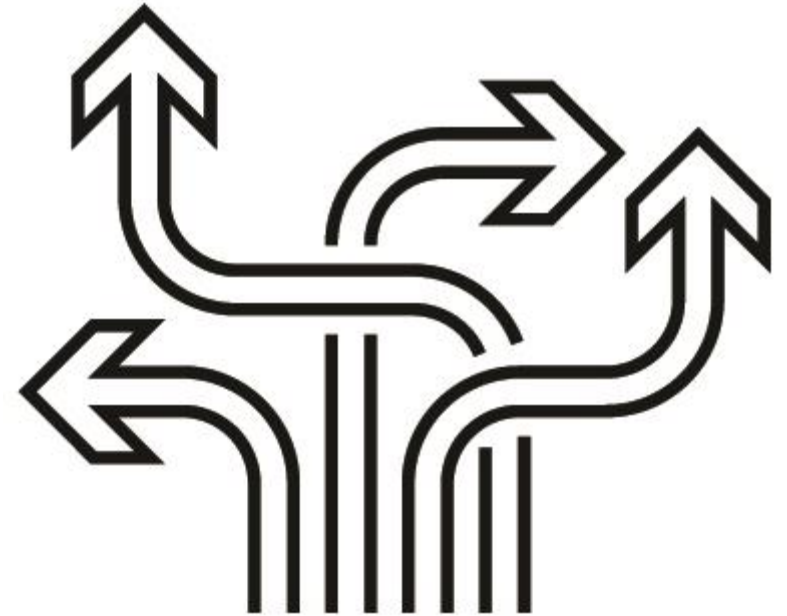
Tutoring

Social Skills Building & Events

Transition Support

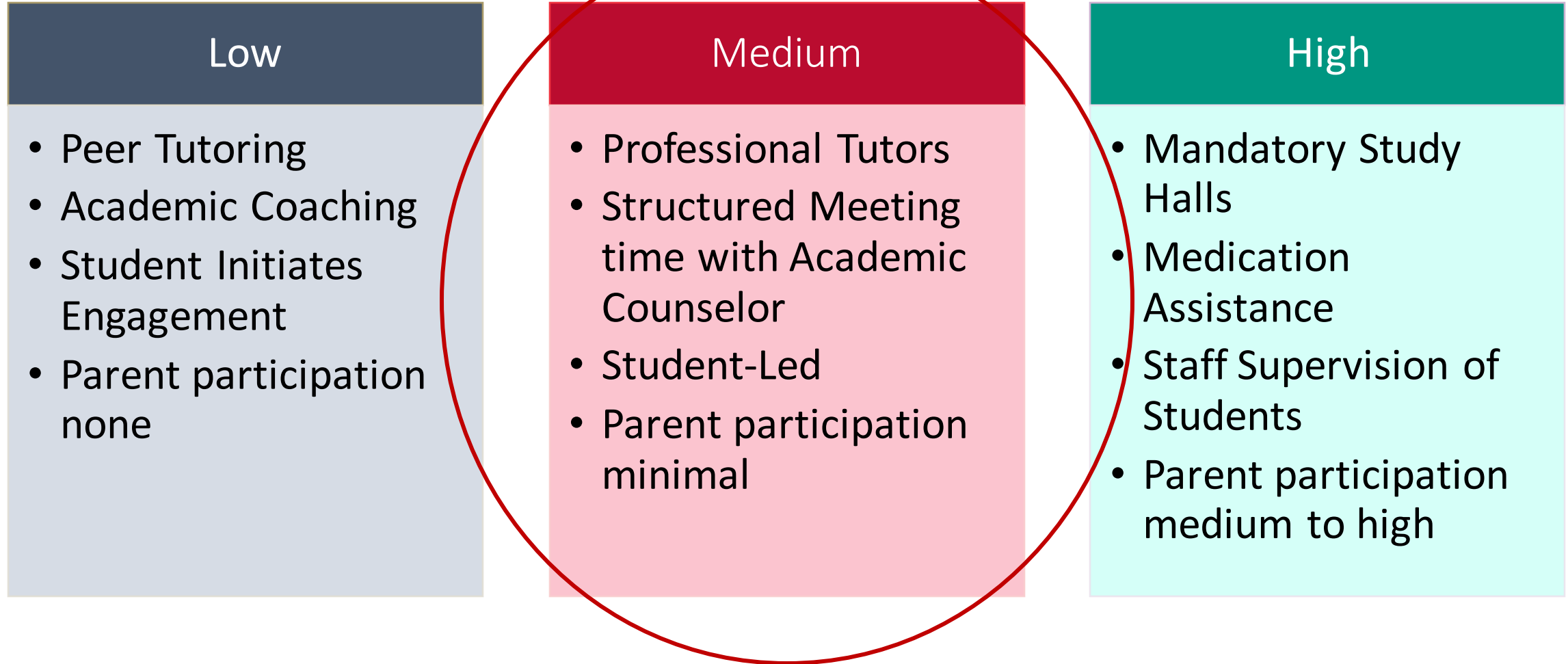


Learn more about our
services during our
webinars, workshops, and
FLYTE Orientation Weekend





Levels of Support



Academic Counseling



All students are assigned an Academic Counselor at the end of August.

One hour a week, One on One.

Work with the same Academic Counselor every week.

Cover a range of topics related to their academic success at D.U.

What will I work on with my Academic Counselor?



Time management



Organization



**Planning and
prioritizing**



**Goal setting and
tracking**



Academic Skills



Stress management



Social engagement

Executive Functioning Coaching



All L.E.P. students receive executive functioning support during their Academic Counselor meetings.

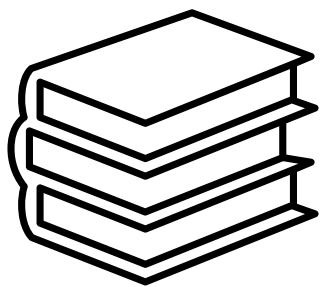
L.E.P. students will receive a scheduler link to book appointments with the Executive Functioning Coach at the start of the quarter.

About 20% of LEP students utilize additional executive functioning coaching each quarter.

Highest areas of need include task initiation and time management.



Tutoring



One-on-One Sessions

Course Specific Tutors

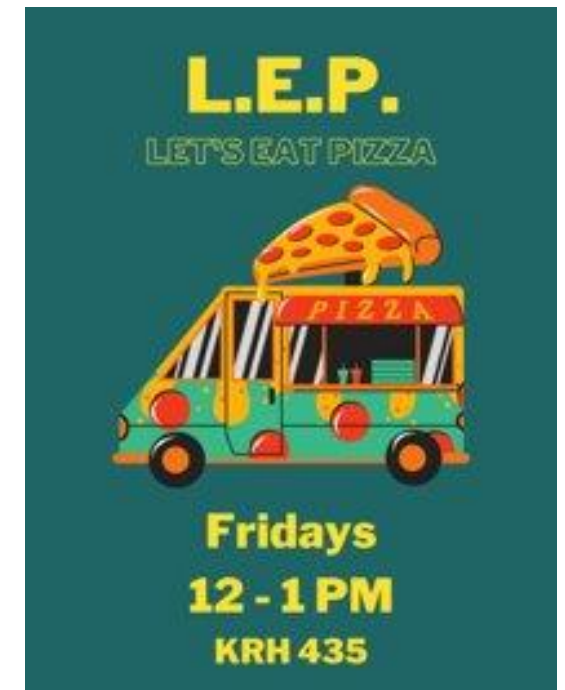
Available for 1000 and 2000 level courses

**Reading Comprehension & Writing Tutoring
available for all courses**

Tutors include undergraduate students, graduate students, and professionals

**Learn how to access LEP Tutoring services at
FLYTE!**

Social Skills Building & Events





Transition Support

That's us!

Worksheet Walk- Through

Independent Living Skills Worksheet

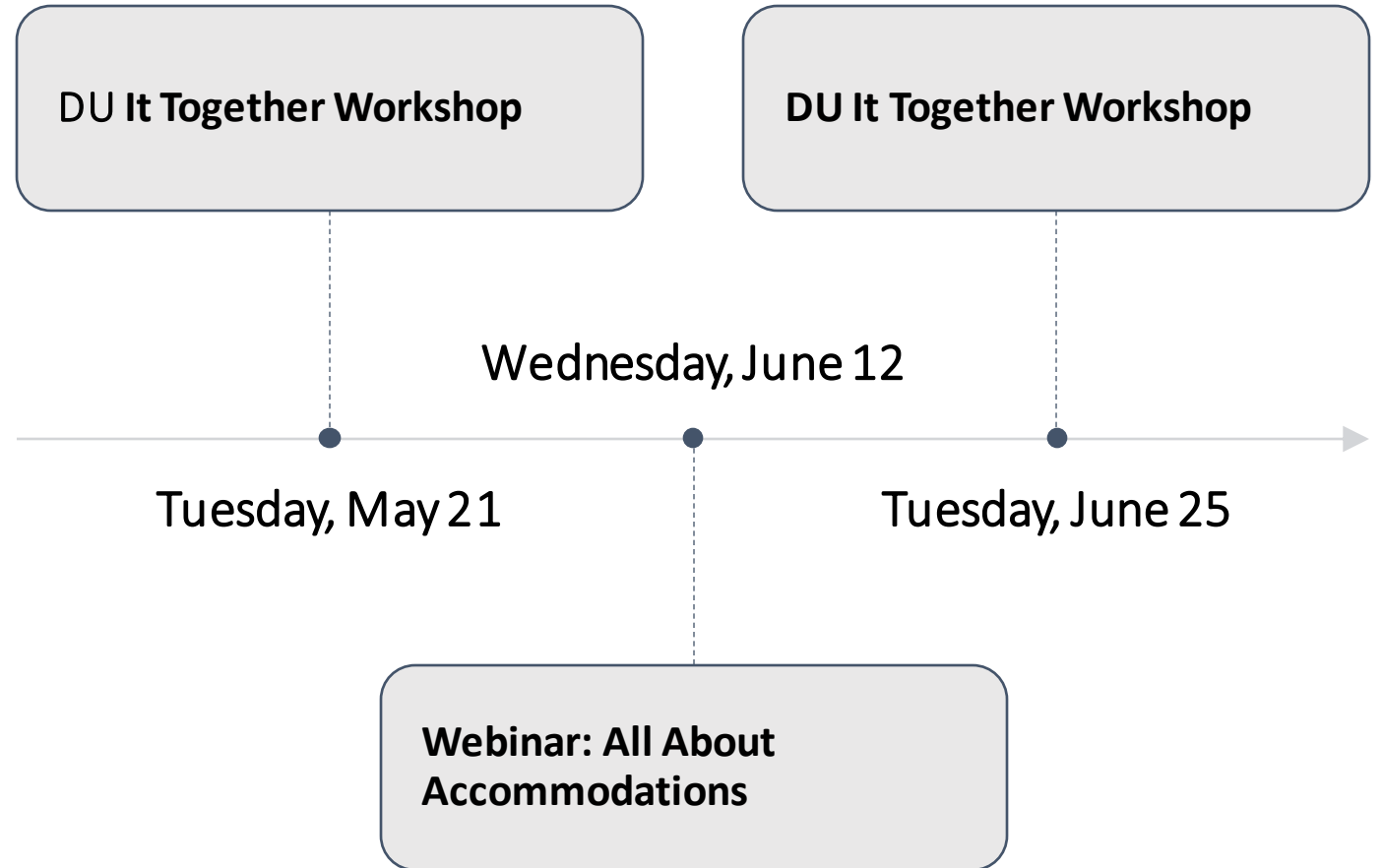
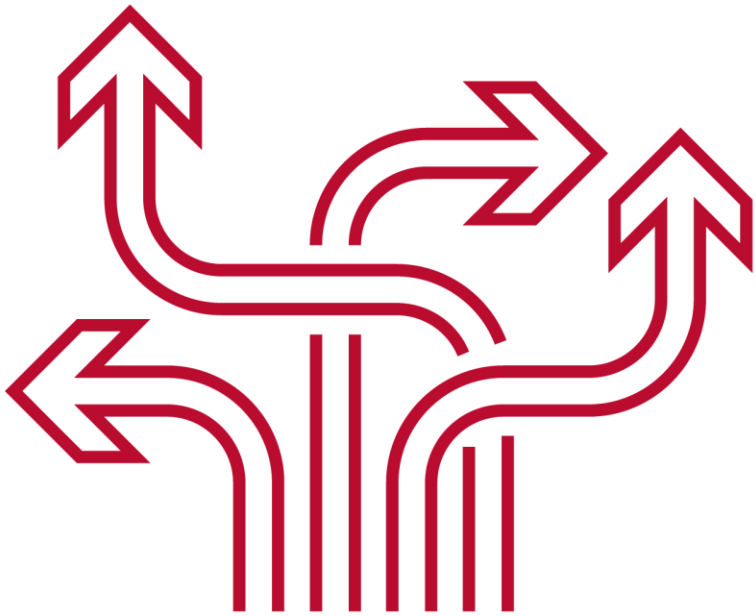
To be successful, it's important for all university students to utilize independent living skills. Practicing these skills over the summer can help with your transition to D.U.

Please respond to the following statements to assess your independent living skills:

	Yes	No	Yes, with support
I set my own alarm clock and get myself out of bed in the morning.			
I check and respond to my voicemails and emails.			
I get myself ready for school.			
I am responsible for getting places on time.			
I understand my sleep needs and go to bed at a time that supports my academic success.			
I maintain my own hygiene without reminders from my parents (ex: showering, brushing teeth, etc.).			
I wash and care for my own clothing.			
I am aware of my nutritional needs and how to select healthy foods.			
I can identify when I am hungry and schedule time to eat.			
I get regular exercise.			
I have healthy coping strategies in place to help manage stress.			
I know how to make my own doctor's appointment.			
I take my medication on schedule.			
I know how to get a prescription filled.			
I can initiate social interactions with peers.			

Coming Up Next!

May and June Events





Here's a list of things to do:

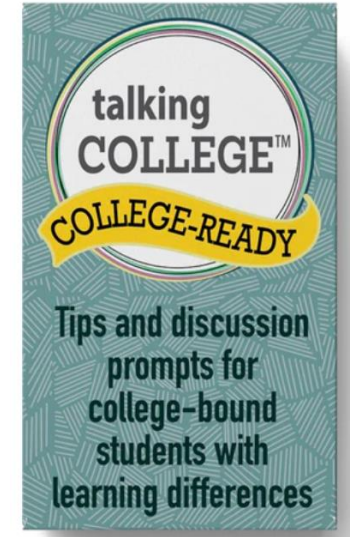
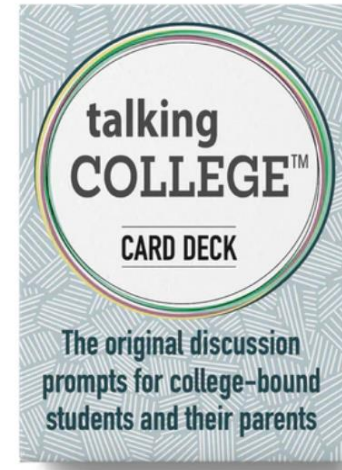
Check your D.U.
email.

Mark your calendar
with
important dates.

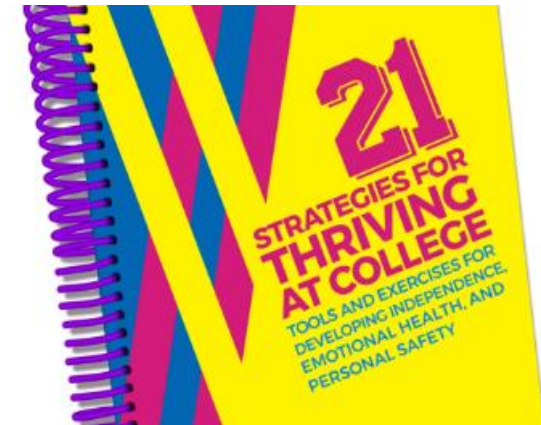
Create a few goals to
practice independent
living skills. Use our
worksheet? :)

External Resources

[Talking College Cards](#)



[21 Strategies for Thriving at College](#)



[College Parent Central](#)

Jim Bailey he/him



Role

- Director, L.E.P.

Fun Fact
About
Me

- I am a retired HS Principal, a DU Alum, a 4th Degree Black Belt and my favorite people call me "Grandpa."

What I
love
about
the L.E.P.

- I love the work that we do to create equitable access to higher education! Our students are so resilient, creative, and just all around awesome people.

You will receive a follow up email containing:

- PDF copy of this presentation
- Independent living skills worksheet
- Webinar recording
- Upcoming important L.E.P. dates

You'll be hearing from us!



Questions
for us?



THANK YOU

flyte@du.edu
303-871-2372
[@uofdenverLEP](#) on Instagram

