

## Student/Family Preparatory Activity

**To the student:** As you prepare to enter a health occupations training/education program, there are many things you need to do to prepare: adjust your work schedule, buy textbooks, and carve out time for classes, clinical, and studying. Many students try to add the demands of being a student onto their already packed schedules and commitments. This just doesn't work. Take a look at your current activities and determine where you can cut back (i.e. T.V. time, telephone time). If you are living with your family and fulfill responsibilities such as mother, father, spouses, and/or breadwinner, enlist the support of your family before you enroll in a training program.

**1. First think about and check off/write in the following:**

**a) What are your current roles?**

- Father
- Grandparent
- Mother
- Sibling
- Spouse
- Worker/job outside home
- Other

**b) What are your responsibilities & approximately how many hrs/week do you spend on each?**

**Responsibilities:**

- Assisting children with homework/school activities \_\_\_ hrs/wk
- Caregiver \_\_\_ hrs/wk
- Child care \_\_\_ hrs/wk
- Errands \_\_\_ hrs/wk
- Handyman/repairs \_\_\_ hrs/wk
- Housekeeping \_\_\_ hrs/wk
- Laundry \_\_\_ hrs/wk
- Meal preparation \_\_\_ hrs/wk
- Paying bills \_\_\_ hrs/wk
- Shopping for household \_\_\_ hrs/wk (food, supplies)
- Transporter/*taxi driver* \_\_\_ hrs/wk
- Worker/job outside home \_\_\_ hrs/wk
- Yard work \_\_\_ hrs/wk
- Other \_\_\_\_\_ hrs/wk

**2. Other activities and hours/week:**

- Community functions \_\_\_ hrs/wk
- Exercise/sports \_\_\_ hrs/wk
- Media (T.V. or computer games) \_\_\_ hrs/wk
- Outside (out of your home) entertainment \_\_\_ hrs/wk
- Religious functions \_\_\_ hrs/wk
- Telephone \_\_\_ hrs/wk
- Other \_\_\_ hrs/wk

**3. Think about what you will need to modify/change to allow adequate time for school (keep in mind that it's important to maintain balance and some exercise while you're a student).**

(over, please)

4. **Have a conversation with your family members to enlist their support.** Choose a time which is available to everyone and not rushed (i.e. family dinner, weekend outing). Discuss your interest in returning to school/starting a health occupations training program.
- Discuss the potential benefit to you and to your family (i.e. can result in a better job with a higher salary, better schedule, and/or more flexibility).
  - Explain that you've been thinking about how busy you are already and all the tasks you currently have. Explain that you're not sure you will have the time to add more work to your packed day.
- a) Wait for a response from one of your family members. If there's no response, wrap-up the discussion and re-introduce the topic within another week or two. If anyone offers to do anything, gratefully respond, i.e.
- Daughter or son offers to prepare a meal one night/week
  - Spouse offers to provide child care 2 days/week
- b) After your second attempt to have someone volunteer to help, request their help, i.e.
- Mom's going to need for each person to clean his/her own room
- c) Explain what you're going to need to modify
- *I.e. I'm not going to be able to take care of the yard every week*
  - *We're going to have simpler meals*
  - *I'm not going to be able to help you with your studies while I'm a student*
- 5 **Make a note of what's going to be different while you're a student:**
- a) I'm going to:
- b). Family members are going to:
6. **If you are unsuccessful gaining any support from your family, think about whether or not you can make enough adjustments in your responsibilities to make your student experience successful** (i.e. decreasing work commitment; decreasing hours worked/week and/or if your training would benefit the facility, asking your employer to sponsor some of your time attending school).
7. **Consider a few guidelines as you and your family incorporate role/responsibility changes:**
- Gratefully accept whatever help you can get
  - Avoid expecting perfection
  - Accept that your family members may have individual ways of getting tasks completed (let them get the job done their way)
  - Provide some transitional assistance (as a family member starts to provide help) and then let it go (if you continue to intervene and complete the jobs that family members offered to do, they will see that their help isn't valued and/or that you really don't need their help)

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