

# SUPPORTING YOUR POST-SECONDARY LEARNER

## A GUIDE FOR SUPPORTERS



Supporters play a pivotal role in the lives of post-secondary students. Your support, encouragement and understanding are invaluable in shaping your learner's educational journey. You can make a positive impact and contribute to their success in the following ways:



### ENCOURAGE AND MOTIVATE

- ▶ Believe in their abilities to boost their confidence.
- ▶ Remind them of their strengths and resilience during challenging times.
- ▶ Encourage independence and self-advocacy; resist the temptation to step in and rescue.
- ▶ Promote getting involved on campus, to feel connected, make friends and feel a sense of belonging.
- ▶ Reinforce setting up a quiet study space and setting aside time to study.
- ▶ Encourage them to complete their NAIT Student Orientation activities. The better prepared they are for the start of their studies by completing this, the more likely they are to succeed.



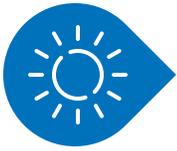
### EMOTIONAL SUPPORT

- ▶ Listen actively.
- ▶ Be empathetic. Offer emotional support without judgment. Empathy builds trust and connection.
- ▶ Ask what type of support they need.



### FINANCIAL GUIDANCE

- ▶ Advise them on budgeting, managing loans and debt and exploring scholarships and bursaries.
- ▶ Encourage them to connect with NAIT's funding team to map out their options.  
[nait.ca/funding](http://nait.ca/funding)



## BALANCE AND WELL-BEING

- ▶ Model and encourage school-life balance.
- ▶ Prioritize mental and physical well-being. Encourage adequate sleep, good nutrition, exercise and time management.
- ▶ Notice warning signs they may need help – continue to check in and ask how they are doing, step back from judgement and get curious about what the behaviour means.
- ▶ Avoid the urge to fix or give advice unless they are asking for it.



## STAY INFORMED

- ▶ Ask about their classes, instructors and extracurricular activities.
- ▶ Be aware of important dates, exams and deadlines.
- ▶ Many NAIT services can be accessed through the Student Service Centre, including adding/dropping courses, applying for scholarships, making appointments to see an Advisor or receiving referrals to other service areas. For more information, visit [nait.ca/ssc](https://nait.ca/ssc).



## COMMUNICATE OPENLY

- ▶ Encourage your learner to share their experiences, challenges and aspirations.
- ▶ Be open to their ideas and dreams.



## CELEBRATE

- ▶ Celebrate successes both big and small.
- ▶ Show your support and pride.

## YOUR SUPPORT MATTERS!

NAIT is committed to supporting inclusion and diversity, as well as supporting the whole student. We don't just want them to succeed academically, but also have an experience that supports their mental, emotional and physical well-being. NAIT offers a number of services to support holistic student success; encourage your student to access these services.



Learn more about resources and supports available for NAIT students at [nait.ca/studentlife](https://nait.ca/studentlife)