

**WELCOME TO
ORIENTATION!**

Mason Family Connection

Navigating New Territories



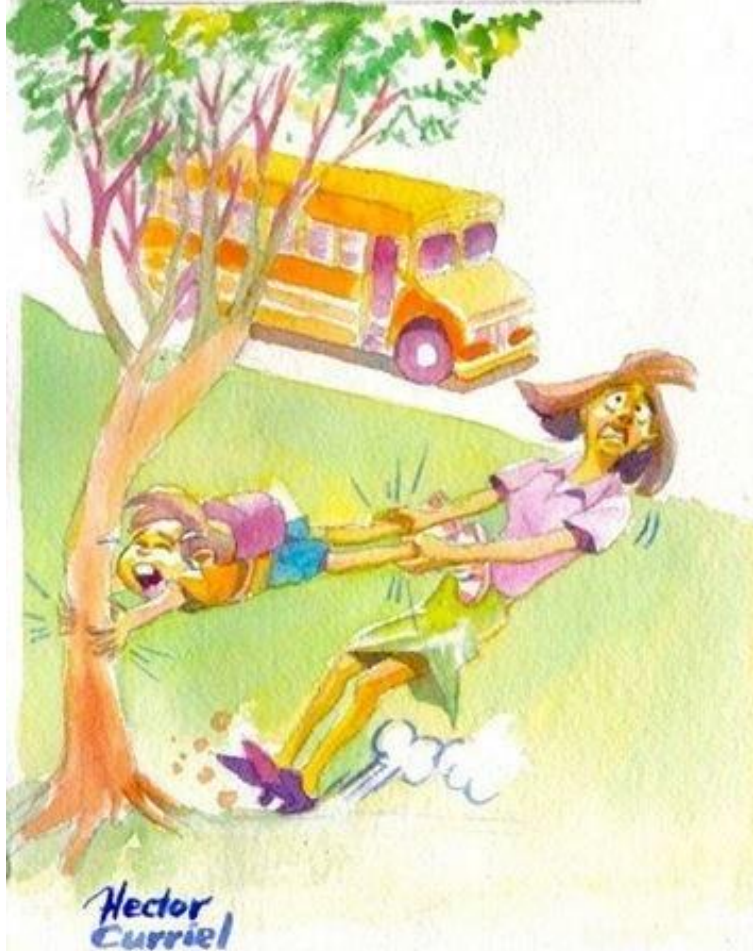
University Life
**NEW STUDENT AND
FAMILY PROGRAMS**
George Mason University®

Navigating New Territories

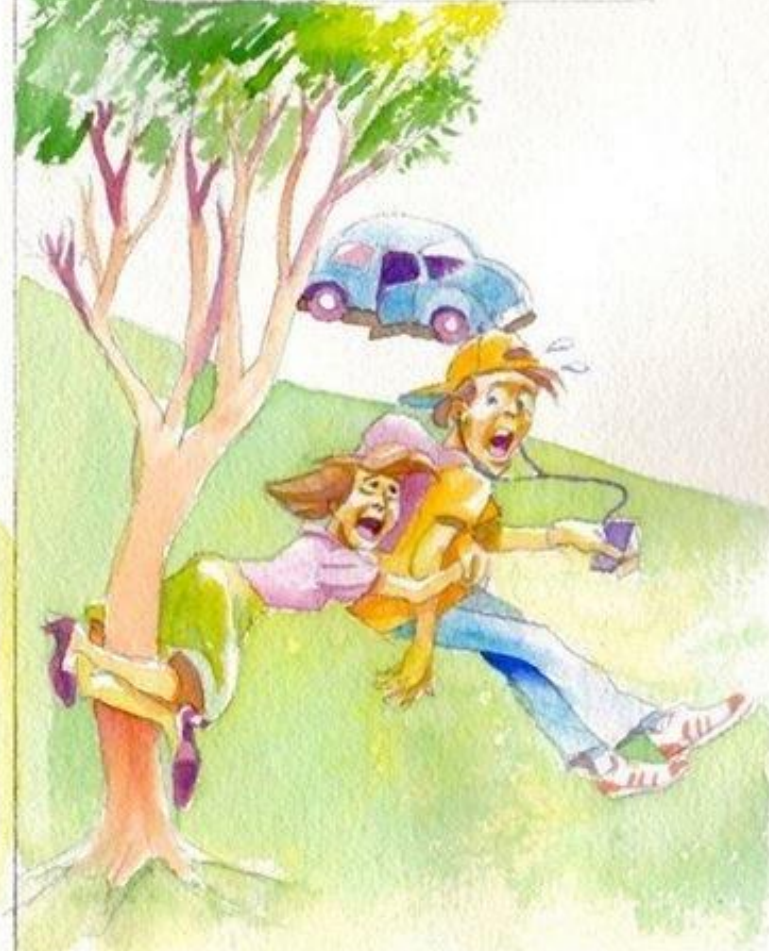


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FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



Join us for more insights, tips & humor on college life at www.CollegeParents.org







What will your role be now?

Students are responsible for sharing + notifying their family of grades, issues, etc.

Families encouraged to be involved by engaging in the Mason Family community + participating in programs.

Establishing the new “normal”

- Determine frequency of visits and calls
- Expectations for holiday breaks
- Boundaries and rules at home vs. Mason
- Responsibility to know and communicate deadlines



Important Lessons

Decision Making

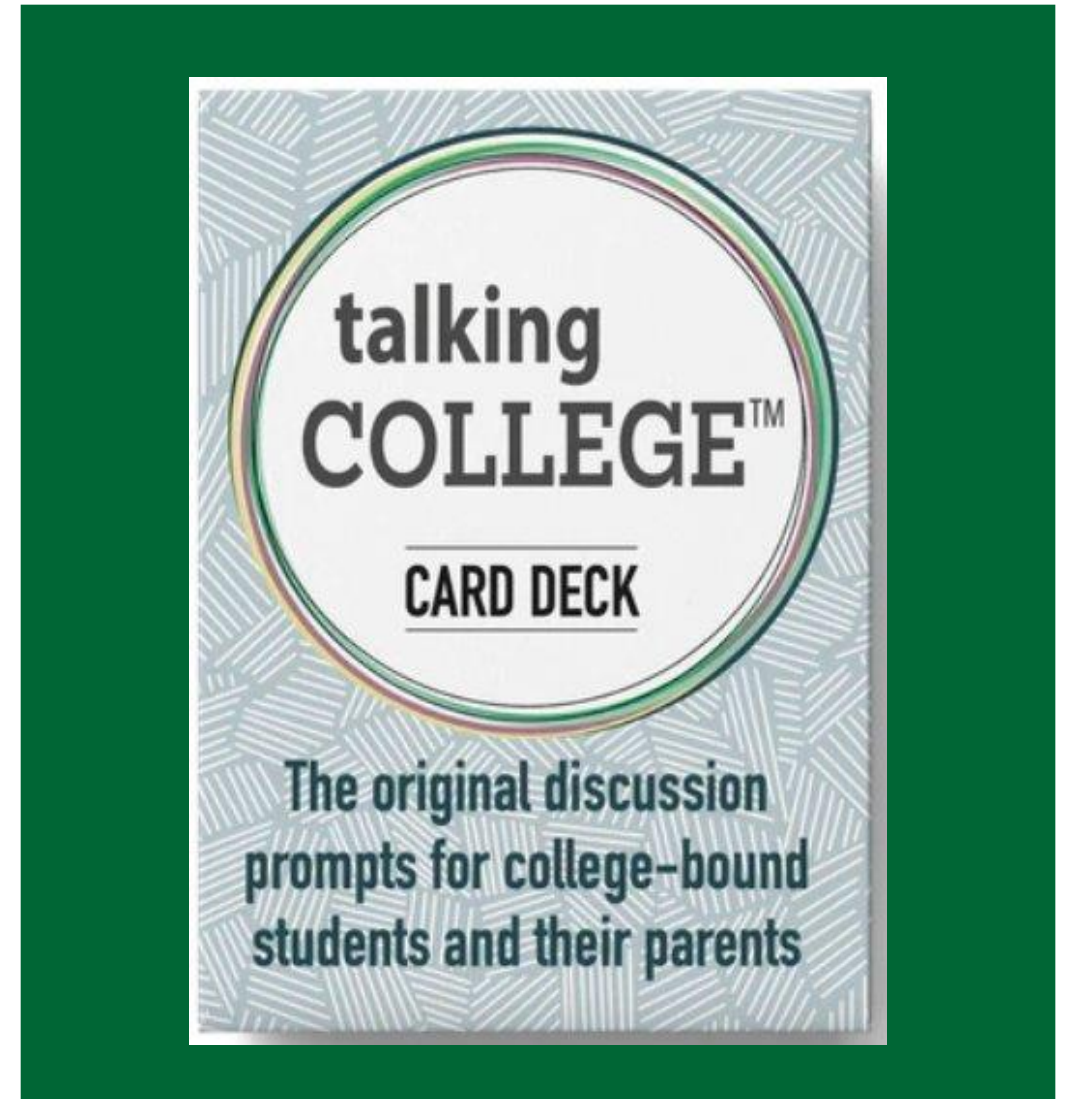
Problem Solving

Accountability and
Consequences



Talking College Card Deck Activity

- Created by Dr. Andrea Malkin Brenner, the Talking College Card Deck™ features original discussion prompts for college-bound students and their parents.
- Dr. Brenner is an expert speaker on the transition from high school to college. She draws on her 25 years of experience as a college professor and university administrator.



Prepare for the Transition

- These are prompts for conversations with your college students, not platforms for lecture.
- Every family is unique. All these topics are important for college students to think about, but not all the conversations may feel appropriate for your family.
- This is just the beginning of many important conversations between you and your student in the years ahead.

Let's Chat!

- Gather with your group
- Introduce yourself to group
 - Name, hometown, student classification, student major
- Soon, you will reference the screen and think about how you would respond to the question being asked. For now, find a partner and decide who will play the role of "student" and who will play the role of "parent/family member/supporter"

Responsible Communication

Parent/Guardian:

What is most important for you to know about how your student is managing their first weeks in college?

Student:

What is most important for you to know about life at home when you are away?

Sleeping

Student:

What are some ways to develop a healthy sleep routine in college, considering:

- The influence of technology?
- Your sleep and wake times?
- Napping?
- The way you schedule your classes?
- Negotiating quiet time with roommates?

Research these if you are unsure.

Key takeaways

1. Perspective-taking is crucial for the transitions to college for both students and parents.
2. Encourage and normalize challenges and mistakes; discuss how your student will handle them in college.
3. Begin to work early on the teachable life skills they need for college (and beyond).
4. With your student, explore ways to be connected on campus and help them prepare for the differences between high school and college.
5. Shift language with STUDENT as problem-solving lead and begin to discuss college scenarios, wellness, and upcoming discussions.



Resources



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A new way to stay involved with your student and George Mason.

Access for Mason families sponsored by New Student and Family Programs

Log in to get started or [sign up](#)

[Forgot password?](#)

Signed out successfully.





☒ Remember Me

Log in with email



Log in with Facebook



Log in with LinkedIn







Log in with Google

This site is protected by reCAPTCHA and the Google [Privacy Policy](#)
[Terms of Service](#) apply.



Your one-stop shop for:

-  Access to important campus news and deadlines
-  Personalized newsletters on your schedule
-  Announcements via email
-  Sharing of content with friends and family

Mason Family Connection

Official platform for family communication and engagement

Sign up at
gmu.CampusESP.com



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2025-2026 Family Calendar

- Yearly publication that includes important dates, deadlines, tips and reminders.
- Digital copy available in Korean, Mandarin, Spanish, Standard Arabic, Hindi and Vietnamese.

MasonFamily.gmu.edu/Publications



Discounted Room Rates at Area Hotels

Check out our website as you plan your visit to Mason!

MasonFamily.gmu.edu/Where-To-Stay

Hotel	Phone	Address	Amenities	Promotion
Residence Inn Fairfax City	703-267-2525	3565 Chain Bridge Rd, Fairfax, VA 22030	Transportation provided, details available at hotel check-in Complimentary breakfast	Book online for discount and use code G57
Courtyard Fairfax Fair Oaks	703-273-6161	11220 Lee Jackson Memorial Highway (Rte #50, Fairfax, VA 22030)	Transportation provided, details available at hotel check-in Indoor Pool	Book online for discount and use code G57
Hampton Inn Fairfax City	703-385-2600	10860 Fairfax Blvd, Fairfax, VA 22030	Complimentary breakfast	10% discount for booking directly w/ hotel. Call number listed, press 2 and ask for George Mason discount.
Hilton Garden Inn Fairfax	703-385-7774	3950 Fair Ridge Drive, Fairfax, VA 22033	Indoor Pool	
Holiday Inn Express Fairfax	703-359-2888	10327 Fairfax Blvd, Fairfax, VA 22030	Complimentary breakfast	
SpringHill Suites Fairfax Fair Oaks	703-691-7880	11191 Waples Mill Road, Fairfax, VA 22030	Free Buffet and Hot Breakfast Indoor Pool	Book online for discount and use code G57

Care Packages with CampusCube

Send a hug from home

- Whether it is to celebrate a birthday, support during finals week, or just because, CampusCube has you covered.
- Allergen friendly options available. Scan the QR code to see their website!



www.CollegeCarePackages.com/gmu



Events



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Family Support Series

- Monthly webinars (all year long!)
- Campus offices will share important resources related to a specific topic to help you support your student.
- Recordings available at MasonFamily.gmu.edu/Family-Support-Series.



Family Farewell

August 20 – 21, 2025

**Meet us at Move-in and stop
by our Family Farewell Table!**



Family Weekend

October 17 – 19, 2025

Engage with us during our annual
university-wide celebration!

Registration will be available this
summer through Mason Family
Connection.



Involvement



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Parent and Family Council

- Families of current George Mason students
- Actively engaged, informed volunteers
- Serve as ambassadors for the university and families



Family of the Year

- Dr. Alan and Sally Merten Family of the Year Award recognizes the role families play in the support of current Mason students.
- Nominations open June 1 – Aug 4
- Family of the Year is awarded during Family Weekend!



Parent and Family Fund

- Opportunity to invest in the Mason student experience
- Give a gift of any size
- Funds raised support strategic initiatives that provide direct student support services
- Examples include Unpaid Internship Scholarships, Patriot Pantry donations and Alternative Break Trips



Please complete this quick feedback survey for this presentation!

New Student and Family Programs

MasonFamily.gmu.edu

Gmu.CampusESP.com

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@MasonNSFP