



College Ready Checklist

Suggestions as you prepare for the transition



You have prepared for this and both you and your student are ready! Here are few tips and reminders that this is a transition for you both. Don't forget about yourself and make your own plans for what you're going to spend time doing when your young adult is ready to launch!

- College Acceptance Acknowledgement - accept the offer at the college you choose to attend!
- Prepare for completing your FAFSA and apply for the Vermont State Grant at the same time through MyVSAC. Watch for Scholarship deadlines with VSAC (typically February) and through private sources.
- College Communications - keep up! They will send a lot of communication and forms to complete; let your student complete the forms - with your help if needed. Be honest on the housing forms about lifestyle.
- Skills: Cooking, general car repair, laundry, you know, living on your own skills!
- Work on balancing eating practices. These can change when influenced by late hours, off schedule classes, jobs, socializing.
- Review any scheduled appointments during the semester and help them shift to making and changing their own: now that's a good skill! Dentist, car, Dr., etc.
- Possible expenses: parking, specific supplies for your major or activities, travel to and from home during breaks, car repairs, laundry, extras.
- On Campus: check the housing list; roommate selections are stressful, take a chance on meeting someone new! Coordinate with your roommate on what to bring; prepare for the upcoming season with clothing; personal hygiene items; needs vs. wants
- Off Campus at home: let student create school work space set-up - offer support if needed; remember school schedule is not the same as home or HS; help create work/life balance; discuss expectations of each other; what might be helpful to your student; what might **you** need from them as parent
- Growing Independence and supporting the transition: Listen to what your student needs for support. They are ready - you've prepared them well for this transition.



Some ideas to help with adjustment:



Attend an orientation or summer bridge program (often an overnight or two before the semester starts) to meet people, learn about campus and start to get familiar.



Help them identify the supports they might need on campus or in their new town/city.



Listen to their concerns. Resist the urge to "fix" things but offer advice and support.



Once they start: ask them how they're doing, remind them they are ready and that this is a hard but worthy transition.



While you still have them at home, suggest they create a working schedule to organize their school, study, work, and social time.



Encourage them to meet people; ask about classes, roommate(s), professors, food, activities, and events.



Send a letter, a welcome package, home baked goods (give them a heads up that they're coming or they could be in the mail room for weeks)! There are a lot of college delivery businesses - have a sweet treat or fun dessert delivered.



Join parent social media sites. Often the schools invite the student's parent or guardian to join "The Class of ..." social media outlets. There is a lot of information exchanged there that the college monitors.



Leave notes in their planner before they leave. Every week or so write a note for them in their planner: "You're a rock star!" "You were made for this!" "Call home!" "Facetime with your best friend" "Check in with Grandma" -- be creative!



Don't forget your own adjustment! Think about what you are going to do when your student is busy with school or moves away:

- New interests, hobbies
- Walking, running, Yoga
- Creative outlets: painting, drawing, music
- Volunteer
- The list is yours to create!