

## 23 Tips for College Bound Students

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This is a list to promote conversations and thinking for both parents and students. Take the challenge and work on new skills one at a time.

### **Students should know how to:**

- Do laundry and cook basic meals
- Buy toiletries (deodorant, contact lens solution, etc.)
- Clean a bedroom, kitchen, bathroom
- .....
- Order medicine - where, when, and how to refill prescriptions
- Keep prescription medicine in a safe place and not share
- Get help for health issues on campus (find names and phone numbers; also, sign the FERPA to allow parents to help with emergencies)
- .....
- Organize personal and academic information (health insurance card, academic records)
- Keep track of all Internet accounts, including logins and passwords
- Manage a bank account--understand how to use a debit and/or credit card (check balance on phone or computer, plan and monitor budget, etc.)
- .....
- Tip people, including how much and when (restaurants, haircuts, taxis, etc.)
- Write thank you notes (address an envelope for hand-written correspondence)
- Communicate and negotiate with roommates
- Determine how and when to communicate with parents
- .....
- Get academic help (how and where)
- Talk to professors and administrators
- .....
- Travel to college from home and know how to use public transportation
- Check e-mail and mailbox regularly (read everything the college sends)
- .....
- Deal with emergencies: medical, car accident (minor and major), weather
- Behave in a sexually responsible way
- Be brave enough to say "no" respectfully, but forcefully
- Drink responsibly (or don't drink at all, especially if on prescription medications)
- Take care of a friend in trouble including when to call for help

### ***And finally ....***

Be resilient! Realize you will hit bumps along the way and use them as opportunities for growth