

CHAPIN



College Transition Checklist

Your summer checklist

- Connect with a current student at your college
- Activate and regularly check your college email account
- Log-in to your college's student portal and become familiar with information
- Complete any remaining financial aid or verification paperwork
- Investigate extra-curriculars of interest
- Write a list of questions to ask & organizations to look for at orientation
- Investigate health & mental health services on campus
- Discuss privacy laws (FERPA & HIPAA) with a trusted adult & consider filling out a waiver
- Come up with a concrete plan to transition any health care you are currently receiving
- Get any needed immunizations and submit documentation
- If health care is listed on your bill, follow up to waive the insurance if you have your own insurance
- Create a communication contract with your parents
- Complete placement testing if need be
- Submit room and board-related form and deposit
- Register for classes and/or connect with academic advisor
- Plan to purchase books (allot at least \$500 per semester)
- Connect with roommate and coordinate living space needs
- Obtain parking permit, if applicable
- Plan some fun activities for your first college break

Your Communication Contract with parents

- Contact may be more frequent during the transition—this should not be alarming
- Set some basic guidelines:
 - What decisions and challenges do you expect your child to be able to handle alone?
 - At what point should your child ask for help?
 - Under what circumstances would your child want a friend or roommate to call you?
- Pay special attention to changes:
 - Feeling sad or anxious during the transition may be normal but any changes in things like eating, sleeping, communication habits should not be ignored.
- Talk about your new “communication contract” in advance and re-visit, evaluate, and shift as needed