

First Day of College Checklist

A strong start to the fall semester is essential, for your son or daughter to build a good foundation for a successful college experience. Being a first-time college student can generate feelings of excitement for the start of a new journey but also feelings of anxiety of the unknown. One way to reduce some of the anxiety and stress your son or daughter is experiencing is by talking to them about how to control the things that they can control.

As we near the start of the fall semester, here is a checklist of things that your son or daughter should do to prepare for their first day of class. We encourage your family to have a conversation about how you can support your son or daughter be successful during their first week of college classes.

Before Your College Classes Begin:

- Do a walk-through of campus to find your classes, important offices, and where you will eat. Plan out:
 - Timing
 - Your route
 - Transitions: give yourself enough time to get from one class to the next.
- Prepare your backpack. Gather the items you will need:
 - Technology: Laptop, chargers, phones
 - Supplies: notebooks, pens/pencils, and your textbooks.
 - Food: snacks and water
 - Hygiene and Safety items: hand sanitizer, mask, etc.
- Download any first day of class documents, such as syllabi and class notes, from your college's learning management software (i.e., Blackboard, D2L).
- Find your college's Student Health Services building and become familiar with their office hours.
- Become familiar with your college's COVID guidelines and protocols.

On the First Day & Week of College Classes:

- Set your alarm. Get a good night's rest.
- Take care of yourself. Eat a good breakfast. Make sure you plan for your meals.
- Find a good seat in class. Don't be afraid to sit at the front of the classroom. You will need to have access to hear the professor and have a good view of the board.
- Make connections. Talk to students sitting next to you or near you. You will want to know someone in the class in case you ever need to share notes and ask class-related questions.
- After class, make time to review your notes and organize them before the next class session.
- Keep an open mind. Colleges are a "marketplace of ideas" where you will learn from others and others will learn from you.
- Make time for activities. The first week of classes has many activities including activities fairs, and other welcome week events. Engaging in these activities is just as important as your first classes.

Students if you need support from YES Prep contact alumni@yesprep.org.