

Ready Set

Transitioning to College and Life



A large, ornate red brick building with white stone accents, featuring multiple towers and arched windows. The word "College" is overlaid in large white text. The building has a grand, classical architectural style with intricate carvings and decorative elements. A large green tree is visible on the left side of the frame, and a few people can be seen walking in the foreground at the bottom.

College

Year End To Do

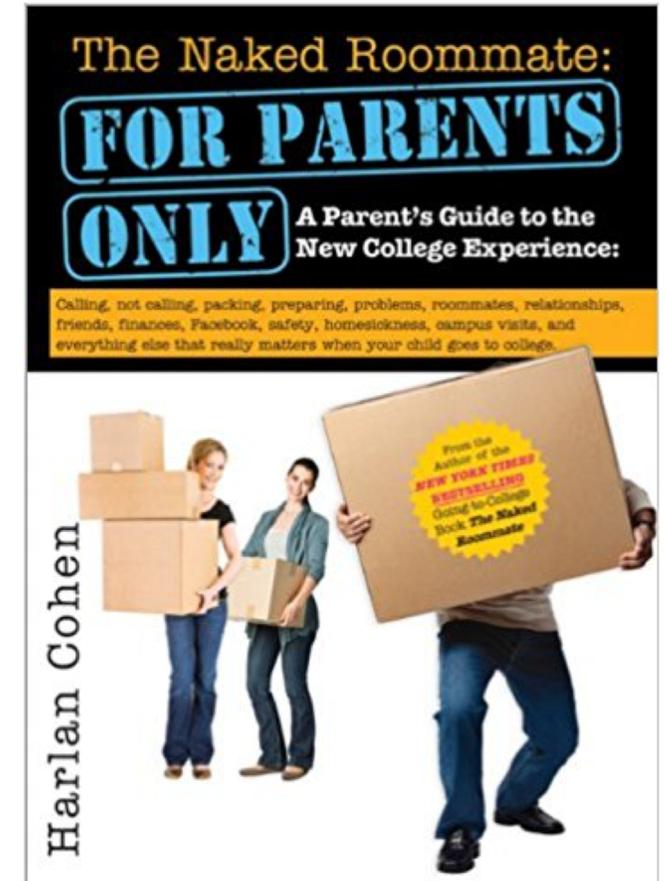
- Finish senior year strong
- Update Naviance, finalize financial aid, send final transcripts
- Finalize scholarship documents
- Register - Housing, meal plan
- Complete college roommate questionnaire
- Locker clean out, lock and book return, pay fines
- Thank teachers, counselors and mentors
- Finalize summer job or internship

Year End To Do

- Accommodations? Reach out to Disability Resource Center (DRC)
- Join Class of 2022 Facebook
- Register - College e-mail and check often
- Register - Course registration and Orientation
- Gift Registry - Graduation gifts (computer, dorm supplies, etc.)
- Graduation festivities

Parents

- Graduation - Remember the lei and camera
- Gift Registry - Family
- Book hotels and travel: Orientation, Move In and Parents Weekend
- Deals: Hotels.com or college discount
- Register - Parent site for news and alerts
- Set up tuition plan
- Download college calendar
- Read the “*Naked Roommate for Parents Only*” by Harlan Cohen





Celebrate!

Summer Time with Family

- Discuss - Communication and how often?
- Finances - Who pays for what?
- Bank Account - Set up for funds transfer
- Insurance - College insurance or existing medical policy
- Parental Visits - Protocol and how often? Parent's Weekend

*How you handle your family relationship
Over the next few months will impact
that relationship for life*

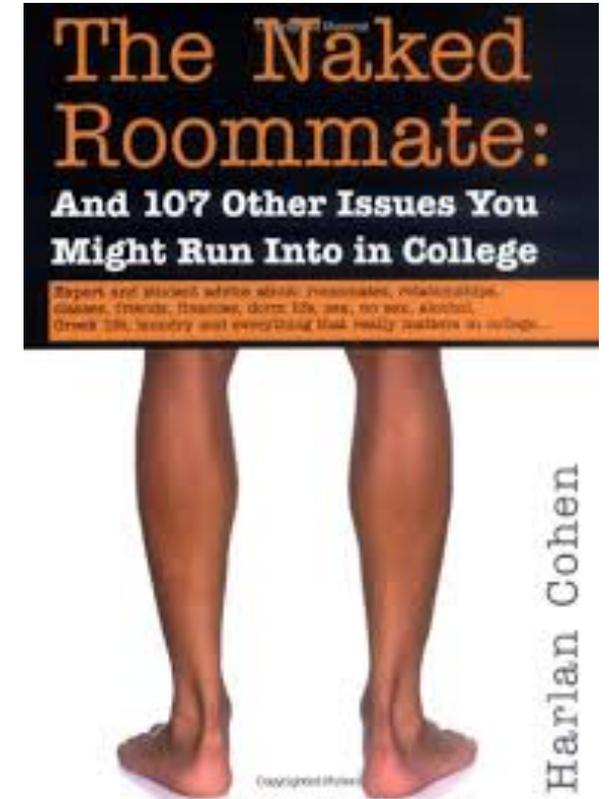
Students: Now Is the Time To...

- Thank parents
- Ask questions
- Share what you are feeling and how you want to be supported
- Discuss finances and budget
- Move In Day - Who will go?
- Communicate with parents and siblings
- Face fears
- Ask for support



Summer - June

- Notify college of scholarships received
- Make a Summer Bucket List
- Read the “*Naked Roommate*” by Harlan Cohen
- Inhale your schools website
- Research academic support services
- Research student organizations to join
- Recharge and rest



Connect with family

Try something new!

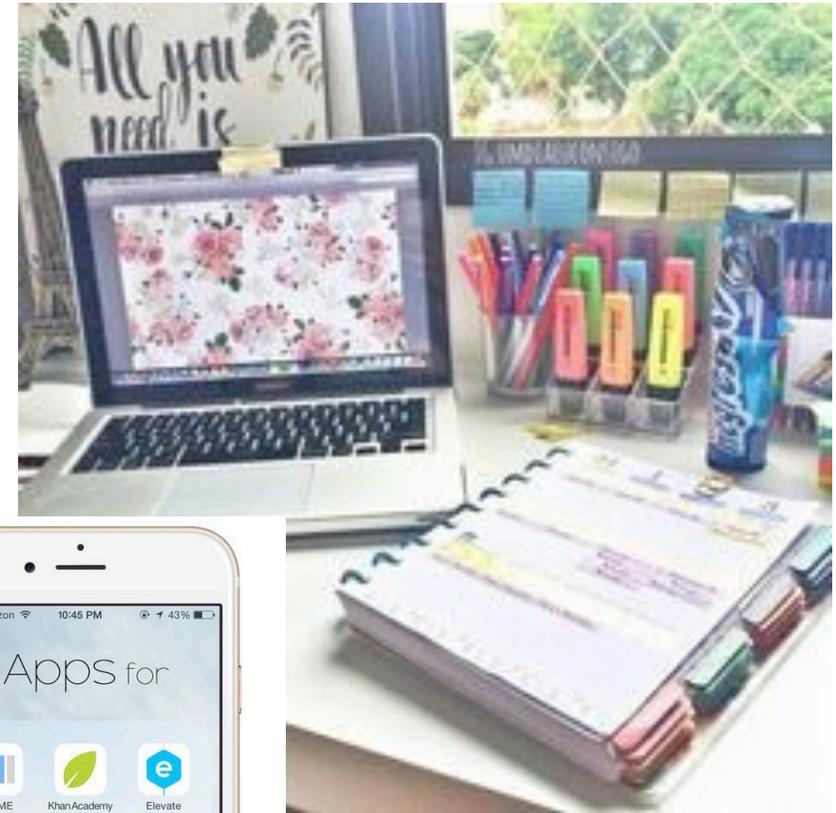


Take time to reflect

Recharge

Summer - July

- Reach out to roommate(s)
- Update Planner - Key dates, phone #'s
- Update phone
- Move in Day - Date and time slot
- Decide what to bring
- Review and register for classes
- Buy or rent text books
- Security File: Pins, CC's, Medical POA
- Know Before You Go!



Summer August

- Check your college email constantly
- Download syllabus for each class
- Read as much as you can - get a head start
- Which clubs? - Contact during orientation
- Get a physical and transfer prescriptions
- Label everything
- Learn to ask “*Do you give a student discount?*”
- Shop



Parents: Now Is the Time To

- Talk about failure. Share your failings
- Give family photo's for dorm room
- Tell them secrets
- Let them go before they are gone
- Just for a minute, hold them close
- Don't wait or hesitate to tell them what's in your heart.

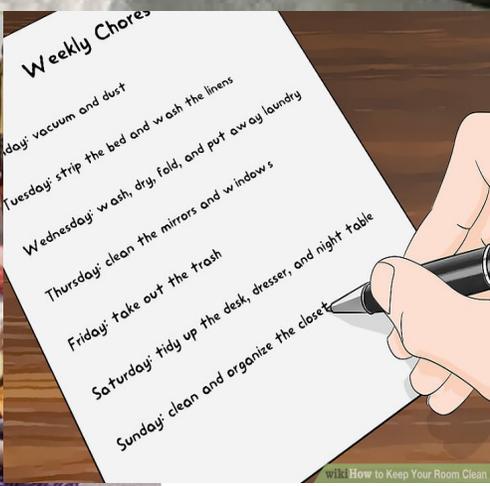
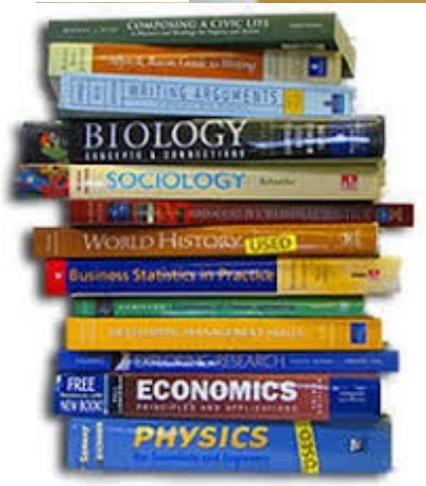
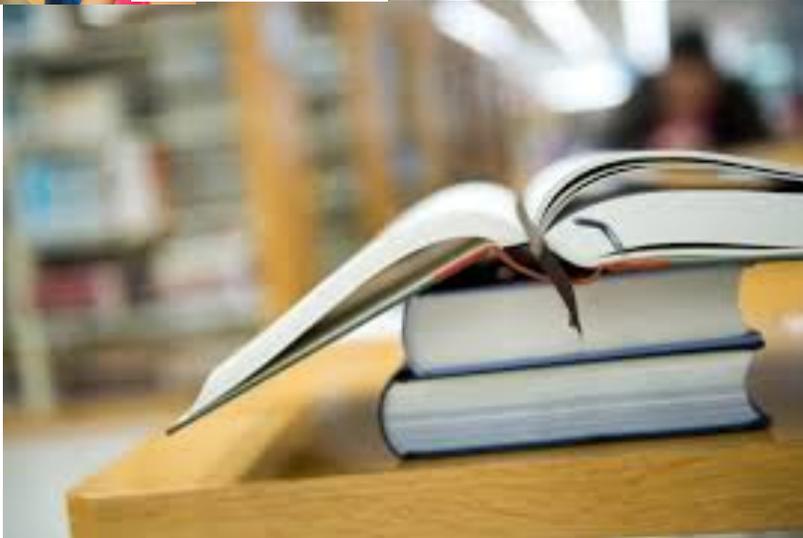


Big Changes



- Family dynamics
- Friendships
- New environment
- Routine and responsibilities
- Do my own laundry? Yikes!





Family Dynamics

- Things change once you leave home
- How will you stay in touch, how often
- College breaks
- Stay connected. Dedicate quality time to connect with parents and siblings
- Discuss boundaries and changes
- Expectations

Parents



- Communicate expectations
- Understand the young adult, leaving in August will be different in December
- Parents Weekend - It's a big deal!
- Visiting, care packages
- Respect their timing
- Respect space

What Will I Need?

- Roommates: Who will bring what?
- Use coupons
- Shop online, save and ship for free
- Buy online and pick up at a school
- Pack by season
- Be practical, buy generic and save
- Consider living space and storage
- Footlocker for storage and security



Packing Up

- Visit SMHS website for a complete list of what to bring
- Out of state: Arrive early to shop and set up.
- Order online (BBB and Target) and pick up when you arrive.
- Remember cables and chargers
- Traveling by plane? Ship belongings or purchase at school
- Look into summer storage: www.collegebox.com a U-Haul service.

Top 20 Things Students Forget to Bring

- Brita Water Pitcher & Filters
- Water Bottle
- First Aid Kit
- Washi or Painters Tape
- Command Hooks
- Cleaning Supplies
- Speakers (small)
- Business Casual Wear
- I.D. Holder
- Memory Foam Mattress Topper
- Amazon Prime Membership
- Garbage Bags
- Old Photo Album
- Ear Plugs
- Board Games
- Door Stop
- Sewing Kit
- Ramen Noodles
- Netflix
- Surge Protector Power Strip
- Sleeping Bag



amazonPrime



NETFLIX



Freshman Move In

- Security
- Know date and time slot
- Meet roommates
- Unpack
- Pick up text books
- Shopping
- The final goodbye
- Orientation



Now What?

- Review syllabus and reading for each class, stay ahead
- Connect - Attend a club meeting or try intramural sport to find **“3 places to connect and meet your people”**
- Get comfortable with introductions and conversation
- Say Hello !
- Don't expect your roommate to be your best friend
- In class, find a study buddy
- Note office hours
- Keep syllabi handy

Develop Strong Communication Skills

Find 3 Places

First Day Frenzy

- 7:31 Waking up late
- 7:45 Getting lost on the way to class
- 8:10 Realizing you have the wrong supplies
- 11:20 Don't know who to lunch with
- 1:45 What to do with free time?
- 9:34 To party or not to party?



Organization



- Make a list every day
- Plan out ahead
- Keep papers organized
- Declutter email & laptop weekly
- Download key Apps
- E-Folders
- Power of 15
- Figure out fashion the night before

Reach Out



- While adjusting, reach out to old friends and family
- Be patient
- Take the initiative
- Get comfortable with connecting
- Say hello
- Look for events, clubs and invite someone
- Every Freshman is going through this



Self Care

- Eat balanced meals
- Hydrate
- Exercise
- Get consistent sleep
- Ask for help
- Learn to say No!
- Find balance
- Avoid All Nighters



Stress Management



- Physical and emotional health linked
- Know stress triggers
- Relax, yoga, walk, swim
- Curb the caffeine and energy drinks
- Be smart with time
- Reach out - Everyone needs help



Campus Safety

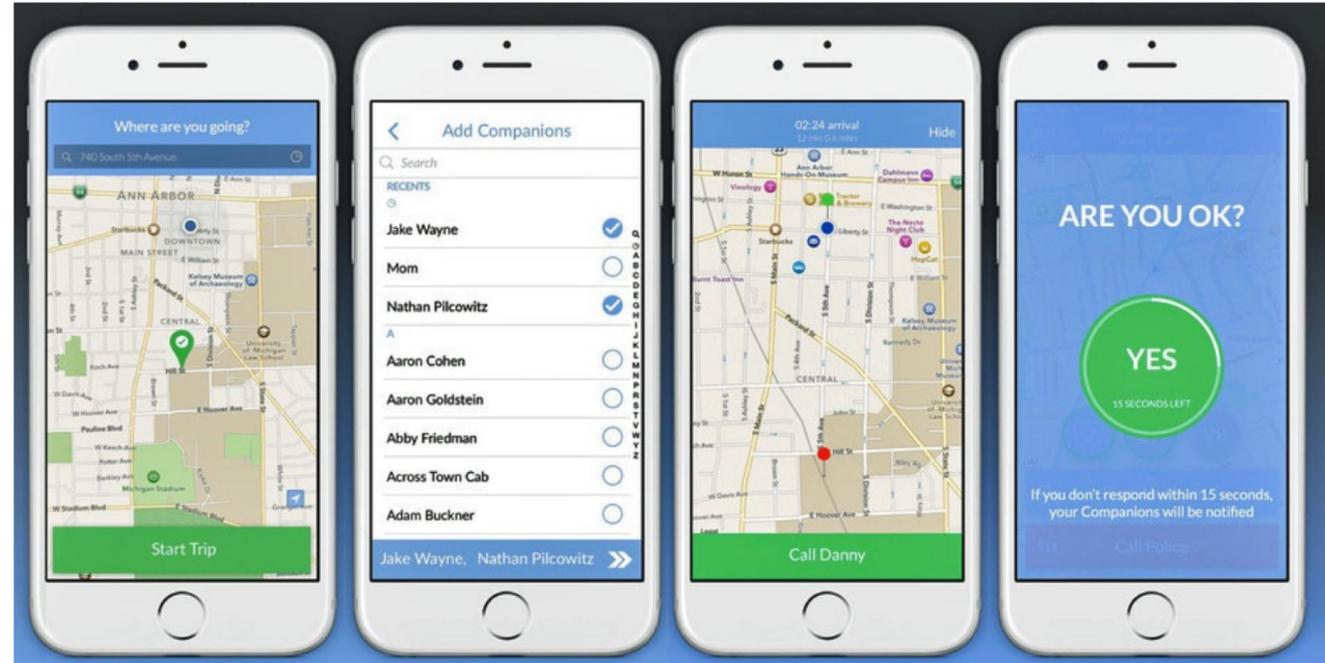


- Know campus safety resources
- Be prepared
- Walk with confidence
- Walk with a friend in well lit areas
- Bear or pepper spray
- Be aware
- Park in well lit areas
- Will you walk me to my



Safety Apps

- College or University
- Medical ID Record
- Safe Trek, Companion
- Circle of 6
- Find My Family, Friends
- Red Panic Button



Parting Advice

- Be on time
- Get out of your comfort zone
- Make friends and build life-long connections
- Don't procrastinate - Getting things done means FREEDOM
- Focus on the major stuff
- Learn life skills
- Call home often
- Get involved and have fun

Do the most productive thing
at any given moment

You're Ready