SUMMER CHECKLIST
preparing your student for college

Help your student arrive on campus with the basic skills and tools to start off their college career with confidence! Make sure your student knows how to...

- Do laundry
- Make a doctor’s appointment
- Fill a prescription
- Fill out an insurance form
- Write down insurance agent information and phone number
- Buy a renters’ policy
- Memorize SSN
- Memorize university student ID number
- Memorize two people’s phone numbers in case cell phone dies or is lost
- Write down family members’ phone numbers and e-mails to post in dormitory
- Set up an professional appointment (e.g. with a professor/advisor)
- Leave a proper, professional phone message with full name and callback number
- Set up their voicemail on their cell phone as a professional
- Check their voicemail regularly
- Learn how to write a professional e-mail
- Adopt a tool for keeping a schedule of classes, appointments, meetings, etc.
- Create a schedule (weekly, monthly, and for the semester)
- Make a communication plan with parents regarding grades, student records, bills, etc.
- Talk about FERPA restrictions and come to a mutually agreed upon plan
- Read an academic syllabus
- Develop problem solving skills
- Advocate for their own needs
- Cook a simple, nutritional meal
- Understand nutrition to make good choices in campus food selections
- Put together a small, personal first aid kit
- Manage/balance a budget
- Manage/budget a credit card
- Fill out a check
- Make an airline/train/bus reservation
- Learn to ride public transit, including reading a schedule, buying tickets, etc.
- Learn how to change a tire
- Know how to call roadside assistance (e.g. AAA, insurance agent, etc.)