

## TRANSITION CHECKLIST

Student Tasks	
<b>Academics</b>	
<input type="checkbox"/>	Review Orientation Schedule & take full advantage
<input type="checkbox"/>	Know what's necessary for you to bring & do while there
<input type="checkbox"/>	Pay attention to emails and deadlines from the college
<input type="checkbox"/>	Practice solving problems, keeping schedules and managing electronics on your own
<input type="checkbox"/>	Be aware of college resources, academic tutoring, career center
<input type="checkbox"/>	Make sure to go to Office Hours at least once a semester for each class
<input type="checkbox"/>	Visit the Career Office at least once a semester to check on resume, interviews and internships
<input type="checkbox"/>	Think about purchasing laptop insurance from <a href="https://www.nssi.com/">https://www.nssi.com/</a>
<b>Housing and Packing</b>	
<input type="checkbox"/>	Know specifics of dorm (carpet size, sheets, etc. ) AC, frig/microwave policy, extra long sheets
<input type="checkbox"/>	Study up on housing requirements
<input type="checkbox"/>	Renter's insurance required?
<input type="checkbox"/>	Develop a Roommate Agreement
<input type="checkbox"/>	Easier to be proactive than reactive on setting policies around sleep/study schedules, guests
<input type="checkbox"/>	Know housing schedule for sophomore year
<input type="checkbox"/>	Think one full semester to 6 months ahead of time
<input type="checkbox"/>	Container Store discount
<input type="checkbox"/>	Checklists & Shipping from Big Box stores
<input type="checkbox"/>	Reference Move In blog post (mattress toppers, command strips), etc.
<b>Financial</b>	
<input type="checkbox"/>	Develop a budget ahead of time
<input type="checkbox"/>	Who will pay for what?
<input type="checkbox"/>	Book travel & medical/dental appointments for breaks early (especially Thanksgiving)
<b>Emotional</b>	
<input type="checkbox"/>	Prepare for Homesickness
<input type="checkbox"/>	Get comfortable with being uncomfortable
<input type="checkbox"/>	What's the plan when you feel uncomfortable or homesick – 3 things to do and/or people to connect with
<b>Health and Wellness</b>	
<input type="checkbox"/>	Know how to manage own medical care – make appointments, reorder prescriptions, etc.
<input type="checkbox"/>	Prescription Meds – lock up, don't sell, don't broadcast
<input type="checkbox"/>	Discuss whether to accept or waive the College's health insurance
<input type="checkbox"/>	Be aware of physical & mental health resources
<input type="checkbox"/>	Log on to school website & have students (and parents) identify potential helpful resources for academic support, physical & mental wellness
<input type="checkbox"/>	Provide Sex Rules; If Catholic school discuss contraception policies

Student Tasks	
<b>Social</b>	
<input type="checkbox"/>	Be informed on issues regarding Greek recruitment
<input type="checkbox"/>	Understand consequences around Drug & Alcohol use
<input type="checkbox"/>	Be aware of Sex Abuse and consent
<input type="checkbox"/>	Understand and prepare for different cultures, ethnicities, traditions, religions, etc. – even different regions of country have stark differences
<input type="checkbox"/>	Provide Drinking Rules
<b>Communications</b>	
<input type="checkbox"/>	Thank those who have had a positive impact (teachers, coaches, parents) and connect or reconnect with those friends with whom you want to stay in touch with
<input type="checkbox"/>	What are parents' expectations (hopes) regarding weekly communication – when, how and how often? Important and okay to set limits
<input type="checkbox"/>	Take stock of the relationships you're leaving behind
<input type="checkbox"/>	Can no longer "Moogole" or "Doogole"
<input type="checkbox"/>	Ok to ask for help but parents first response should be "How do you think you'll handle that or what have you tried so far? practice presenting a possible solution every time you present a problem to Mom or Dad
<b>For Parents</b>	
<input type="checkbox"/>	Mom & Dad – practice asking "If you couldn't reach me with the question: What would/could you do?"
<input type="checkbox"/>	Know school/jurisdiction policies
<input type="checkbox"/>	Set clear expectations & policies
<input type="checkbox"/>	Understand FERPA & HIPAA policies: The Family Educational Rights and Privacy Act ( <b>FERPA</b> ) is a federal law that affords parents the right to have access to their children's education records, the right to seek to have the records amended, and the right to have some control over the disclosure of personally identifiable information from the education records. When a student turns 18 years old, or enters a postsecondary institution at any age, the rights under FERPA transfer from the parents to the student ("eligible student"). <b>HIPAA</b> (Health Insurance Portability and Accountability Act of 1996) is United States legislation that provides data privacy and security provisions for safeguarding medical information.
<input type="checkbox"/>	If you want the info, they'll have to sign the forms
<input type="checkbox"/>	Advanced medical directive required & durable power of attorney for students over 18
<input type="checkbox"/>	Sign up for the college's parent association for updates and other information that may be helpful including newsletters.
<b>Other Resources</b>	
<input type="checkbox"/>	BestFirstYear.com and The Naked Roommate book (Harlan Cohen)
<input type="checkbox"/>	GrownandFlown.com
<input type="checkbox"/>	What are 3 things that surprised you, and 3 steps you are going to take?