



# HATS OFF TO THE CLASS OF 2021

## College Crash Course 101

Senior Class Parent Forum  
May 7, 2021

This is it. . .  
Congratulations Parents!

# Financial

- Checking Acct/Savings Acct
- Credit Card/Debit Card
- Creating a Budget
- Wants vs Needs
- Transportation Expenses
- References:
- <https://www.nerdwallet.com/article/finance/budgeting-for-college-students>
- <https://www.cnbc.com/2019/08/28/5-things-every-college-student-should-do-with-their-money.html>

# Medical

- Campus Healthcare & Mental Health Services
- Locations, Scheduling Appts, Drop-Ins, Emergency Services
- Health and Pharmaceutical Insurance Cards/Information
- Virtual Medicine Options–Teladoc
- Pack a Medical Kit/Bin
- HIPAA Authorization Form- Designates you to receive student’s medical information and/or to discuss their medical care.
- Healthcare Proxy- Names an individual to act on behalf of your child to make health care decisions, give consent to medical procedures, and discuss treatment options if your child is incapacitated.
- References:
  - <https://www.natlawreview.com/article/three-critical-legal-documents-every-parent-college-student-should-get-place-soon>
  - <https://grownandflown.com/first-aid-kit-college-students/>

# Legal

- General Durable Power of Attorney–Is needed for a parent to make legal/financial decisions on behalf of their adult child if incapacitated.
- FERPA–Federal law to protect privacy of a student’s education and financial records. Students must give written permission to allow parents access to their records.
- Grades, Attendance, & Discipline
- References:
- <https://www.mamabearlegalforms.com/youngadult>
- <https://www2.ed.gov/policy/gen/guid/fpco/pdf/ferpafaq.pdf>

# Academic

- Orientation–virtual, in-person
- Attend class, every single one
- Attend office hours, Connect with the professor
- Seek out help with TA's early
- Campus Writing Center and Academic Tutoring Support
- Form a study group
- Encourage student to meet with their academic advisor often
- <https://www.ratemyprofessors.com/>

# Finding a Roommate

- Social Media, Network, vs Random
- Housing Options-Traditional Hall, Suites, Hotel Style
- Themed and Living Learning Communities
- Considerations:
  - Personality Traits/Preferences
  - Interests
  - Location
  - Major

# Dorm Room & More

- Check YouTube for Dorm Room Videos
- Meal Plans & Refrigerator Rental
- Electronics—USB Cables, Extension Cords, Printer
- Useful Items—Shower Caddy/Shoes, Fan, Coffee Maker
- Laundry, Cleaning Supplies, Vacuum
- References:
- <https://www.collegeraptor.com/find-colleges/articles/tips-tools-advice/30-must-haves-for-surviving-college/>
- <https://www.businessinsider.com/useful-college-dorm-essentials-packing-list-2018-8#a-power-strip-for-all-of-your-devices-16>

# Travel & Communication

- Drive vs Fly vs Train
- University and Public transportation options
- Safety-Blue light zones, escort services, travel in groups
- Book Flights for Thanksgiving/Winter Break Early
- Plan for Parents Weekend, Game Days Early
- University Communications & Alerts, Parent Facebook Group
- References:
  - <https://www.supermoney.com/need-ride-cheap-transportation-college-students/>
  - <https://www.collegeraptor.com/find-colleges/articles/student-life/alternatives-car-campus/>



# The “Move In”

- Pack—Your patience, lunch, lots of water, and your sense of humor!
- Dress appropriately—Comfortable shoes/clothing
- Less is more
- Order Ahead/Store Pick Up—Bed Bath & Beyond, etc.
- Know the dorm layout, stairs/elevator
- Bring—Hand truck, dolly, mallet, toolbox
- Blue Ikea bags, wheeled suitcases
- Loft the bed—Do this first!
- Walk the campus and class schedule
- Hotel Reservations—Book Early!

The Goodbye  
really a "See You Soon"

