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# So You're Sending a Kid to College: Everything Parents and Families Need to Know About Sending Their Kids to College [brochure and video]

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## Top 5 Things You'll Want to Know

Most schools will provide information about these key areas during orientation. Further information can usually be found on their websites.

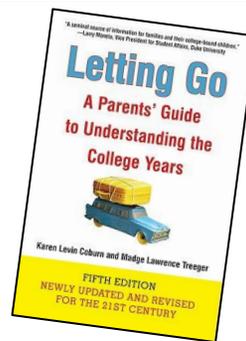
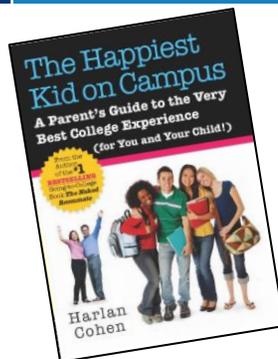
1. **Housing**
  - Where will my student live?
2. **Dining**
  - What will my student eat?
3. **Health Services**
  - What happens when my student gets sick?
4. **Financial Information**
  - How are we going to pay for this?
5. **Academics**
  - What will my student be learning?

## Resources on Your Campus

There are many ways to find information about your student's college or university:

- Parent and Family Organizations or Offices
- Orientation Programs
- University Websites
- Campus Tours

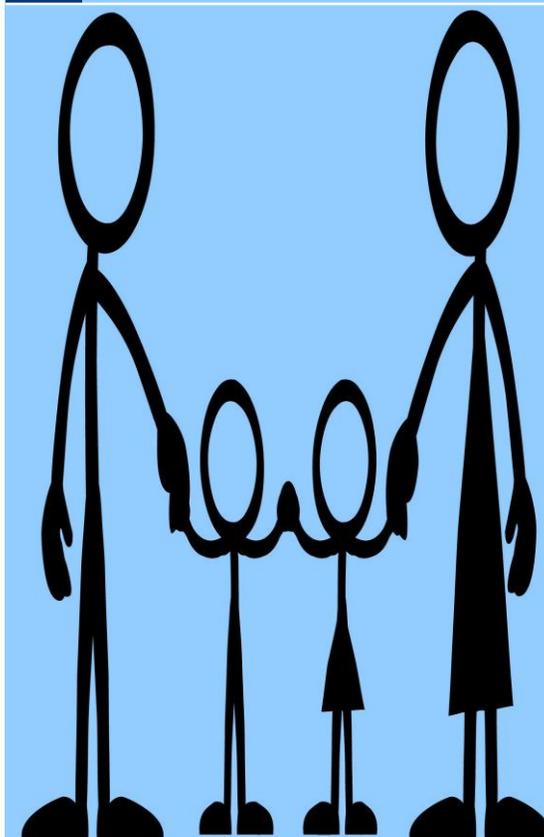
## Other Resources for Parents and Families



Coburn, K., & Treeger, M. (2003). *Letting Go: A Parents' Guide to Understanding the College Years*. New York: Quill

Cohen, H. (2010). *The Happiest Kids on Campus*. Naperville, IL.: sourcebooks.

## Everything Parents and Families Need to Know About Sending Their Kids to College

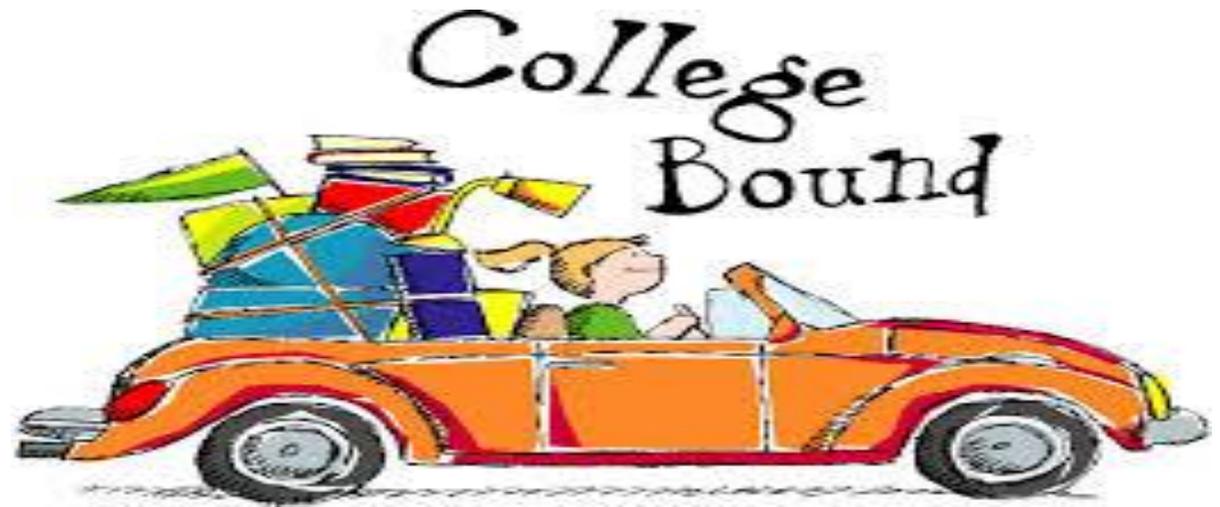


By: Lisa Brun

## Communicating with Your Student

With so many ways to keep in constant contact, what is the best way to communicate with your student?

- Make a plan. Include how often and by what means will you will make contact.
- Each plan will be different, find what works for you.
- At the most, contact your student once a week. If they want to talk more often, they will do so.
- Utilize different means of communication:
  - Skype for face-to-face conversations
  - Text Messaging for quickly relaying information
  - Facebook to share pictures or videos



## From Orientation to Graduation...

...move-in day and beyond.

### The Summer Before

This summer will be an emotional rollercoaster for everyone. Help your student plan how they will get involved their first semester. Your student may react to the upcoming changes with excitement, fear, or anger.

their first visit. Your student will have changed as well. They may want a different curfew or want to make plans with people other than you.

### Move-In Day

Help your student decide what they *need* to pack and what they *want* to pack. Rooms on campus are small and made to be shared; your student can't bring everything with them. Let your student unpack as much as possible to help them make the space their own. Don't stay all day. Move them in, say good-bye, and then go home.

### Great Expectations

Be prepared to adjust your expectations. Each student's college experience will be different. Your student may explore different majors or student organizations than you ever thought they would. Be open to these new experiences.

### Becoming a Coach

The biggest key to your student's success is helping them to help themselves. Don't always give your student the solutions to their problems; assist them in becoming their own advocate. Listen when they want to vent, point them in the right direction, and encourage them to find on-campus support.

### First Visit Home

Keep your student posted on things that have changed at home so they don't feel left out or surprised by major changes during

