

PREPARING FOR COLLEGE CHECKLIST

Have a child going away to college for the first time? Before your teen leaves home, here is a checklist of simple skills to help smooth your child's transition and build their independence.

PERSONAL RESPONSIBILITY SKILLS

- Laundry
- Grocery shopping
- Cooking simple items
- Reading a food label and identifying healthy food options
- Managing time
- Keeping a schedule – tracking appointments and deadlines

FINANCIAL RESPONSIBILITY SKILLS

- Tracking expenses and budgeting
- Banking services – depositing and withdrawing money, online banking services
- Using an ATM machine and understanding ATM fees
- Writing a check
- Paying bills
- Understanding how a credit card works

SOCIAL RESPONSIBILITY SKILLS

- Meeting people and introducing yourself
- Using table manners
- Internet safety – what to share / what not to share

HEALTH RESPONSIBILITY SKILLS

- What to do in a medical emergency
- Identifying student health or medical services on campus
- Simple first aid
- Refilling a prescription
- Reading an insurance card and understanding co-pays and out-of-pocket expenses
- Primary care physician contact information
- Managing stress and tips for where to turn for help
- Reviewing campus safety tips
- Understanding the dangers of drug and alcohol use

See additional resources on the next page



Children's
HOSPITAL • ST. LOUIS
BJC HealthCare

ADDITIONAL RESOURCES: Books and Videos about College Transition

The Family Resource Center at St. Louis Children's Hospital offers a variety of resources for families to help prepare for the college transition.

BOOKS FOR ADULTS:

Escaping the Endless Adolescence: How We Can Help Our Teenagers Grow Up Before They Grow Old

Joseph Allen, PhD and Claudia Worrell Allen, PhD, 2009

Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens

Laura S. Kastner, PhD and Jennifer Wyatt, PhD, 2009

How to Talk So Teens Will Listen and Listen So Teens Will Talk

Adele Faber & Elaine Mazlish, 2006

The iConnected Parent: Staying Close to Your Kids in College (and Beyond)

Barbara K Hofer, PhD and Abigail Sullivan Moore, 2010

Letting Go: A Parents' Guide to Understanding the College Years, 5th ed.

Karen Levin Coburn and Madge Lawrence Treeger, 2009

Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21st century

Kenneth Ginsburg, MD, MEd and Susan Fitzgerald, 2011

BOOKS FOR TEENS:

College Confidence with ADD: The Ultimate Success Manual for ADD Students, from Applying to Academics, Preparation to Social Success and Everything Else You Need to Know

Michael Sandler, 2008

Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life

Joseph V Ciarrochi, PhD, Louise Hayes, PhD and Ann Bailey, MA, 2012

Helping Teens Handle Tough Experiences: Strategies to Foster Resilience

Jill R Nelson, PhD and Sarah Kjos, MEd, 2008

What Teens Need to Succeed: Proven, Practical Ways to Shape Your Own Future

Peter L Benson, PhD, Judy Galbraith, MS and Pamela Espeland, 2008

To request information, call the Family Resource Center at
314.454.KIDS (5437) or 800.678.KIDS (5437) and press "5".

You may also make your request at StLouisChildrens.org/FRC.

The Family Resource Center is funded by generous donors to the St. Louis Children's Hospital Foundation.