



SUMMER CHECKLIST

**Help your student arrive on campus with the basic skills needed to start their college career off with confidence!
Some things your student should know how to do:**

- Laundry
- Have information from their insurance about primary care and mental health providers in Seattle
- Make a doctor's appointment
- Fill a prescription
- Fill out an insurance form
- Put together a small first aid kit
- Set up an appointment with a professor/advisor
- Cook a simple, healthy meal
- Understand nutrition to make good choices in campus food selections
- Make an airline/train reservation
- Arrange a ride (light rail, Uber or Lyft, bus, taxi, etc.) between campus and the airport, train, etc.
- Know their options for how to get out of uncomfortable or dangerous situations
- Make it through TSA on their own
- Manage/balance a budget, credit card
- Understand how credit cards and debit cards work
- Make a communication plan with you regarding grades, bills, etc.
- Leave a proper phone message with full name and callback number
- Develop problem solving skills
- Ask for help when they need it
- Write a professional email
- Create a schedule-weekly and by quarter
- Advocate for their own needs
- Create a resume-jobs, volunteer activities, skills, etc.
- Setup the cellphone voicemail
- Check SU messages and respond to email and voicemail regularly
- Memorize SSN and SU ID number (do not write it down)
- Memorize two people's phone numbers (in case phone dies)
- Help them understand that their first year will not be perfect
- Remind them of how proud you are of them!

- Add your own items:
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PARENT & FAMILY ENGAGEMENT

206-296-6291 www.seattleu.edu/pfe parents@seattleu.edu