



PREPARING FOR COLLEGE

What should I be thinking about and doing as a parent/guardian/support system?

1

Help your student practice their independence skills (i.e., doing their own laundry, scheduling appointments, or going to the grocery store).

2

Talk with your student about their class schedule.

3

Complete all financial aid documents and requirements. Talk about a financial plan for expenses while they are at school: Who pays for gas, groceries, fun?

4

Encourage student to sign the FERPA waiver and the Continuation of Care.

5

Make a room supplies checklist:
hollins.edu/student-life/residence-life/what-to-bring/

6

View the academic calendar for important dates
registrar.press.hollins.edu/academic-calendar/

7

Talk about academic goals and expectations. This experience is different from what they are used to.

8

Develop a communication plan: How and how often do you want to talk? If they are living at home, what are the new boundaries?

9

Don't be afraid to send mail! Care packages and letters from you and other family and friends let them know you're thinking of them.

GENERAL TIPS

Trust

Throughout the semester, let your student know you care about and love them without making them feel guilty for leaving and/or growing.

Reassure

Remind your student they can do this and you support them in this time of change that can feel scary and overwhelming.

Negotiate

Be prepared to renegotiate expectations. Students are developing new independence and their conceptions of who they are and want to be is changing.

Listen

Sometimes it's just best to listen, offer advice and recommend resources instead of trying to solve their problems.

Encourage

Encourage them to try new experiences, develop new interests, and meet new people.

Remind

Hollins wants them to succeed! If your student is struggling, remind them to reach out and ask for help or resources, such as tutoring, counseling, maintenance requests, etc.