

Post –
Secondary

The College Years A Post-Secondary Checklist

Important ways
you can
support your
student

Congratulations! Your child has successfully made it to the next level of their education. So how do you help them successfully navigate their way through these increasingly complicated years? This checklist can help you to support your student along with their hard work so they can achieve their dreams.

Continue to
Achieve



Engage with your
student about their
academic progress!

Keep that momentum going- Now is not the time to slow down ✓

- () Encourage your student to do well in school – the grades will matter in the future and it may impact his or her financial aid
- () Encourage your student to get to know professors.
- () Encourage reading for pleasure.
- () Reiterate the importance of good written and oral communication skills.

Emphasize the importance of challenging yourself ✓

- () Help your student set academic and personal goals for the year to stay motivated and focused.
- () Talk about ways to take on challenges.
- () Encourage your student to take a class unrelated to his or her major or program.
- () Discuss if your student is interested in studying abroad.

Taking the right classes matters ✓

- () Stress the importance of meeting with an advisor to be sure your student is taking the necessary classes to complete a degree on time.
- () If your student is planning to transfer colleges, have your student check that the classes he or she is taking will transfer as well.
- () If your student is planning to attend graduate school, including law, business or medical school, have your student find out what the required classes are for admission. They may not be required for your student's major, so they will need to plan to take additional classes.

Become and stay organized ✓

- () Your student oversees their own time. Suggest a digital or paper planner to help them keep track.
- () Remind your student to read the syllabus for each course and make note of when big projects or exams are scheduled.
- () Encourage your student to keep notes and papers organized with a binder or online system.
- () Remind your student to create or update his or her résumé with college activities, jobs and awards.

Prepare for and take graduate school admission tests ✓

- () If your student is interested in graduate school, medical school, law school or other professional programs, they may need to take an entrance exam before applying.
- () Remind your student to check deadlines for the specific programs and exam he or she is interested in.

Get Involved and get engaged ✓

- () Recommend your student try something new and practice leadership skills by joining student groups and community activities, volunteering for organizations or causes and getting a part-time job.
- () Check out the various support services available at your student's college.
- () Help your student plan for summer and consider classes, internships or a job.

Spend time with good people ✓

- () Ask about your student's friends at school. Talk to them about friends that share positive goals and interests.
- () Be supportive by communicating regularly and even sending care packages.
- () Making new friends and adjusting to a new place can be difficult. It's normal for students to feel homesick.
- () Encourage your students to join study groups or find a study partner.
- () Ask your student about possible mentors: a professor, advisor, coach, other trusted adult or older student that he or she can talk to.
- () Encourage your student to be a role model and mentor for younger students.

Explore career choices ✓

- () Talk to your student about his or her future goals and remind your student to visit the career center to find volunteer opportunities or internships, get help with resumes, interviews, and the job search. Suggest attending a career fair.

Transferring colleges and Graduate school ✓

- () Review with your student what is most important to him or her in a college.
- () Encourage your student to develop a list of colleges and universities that he or she is interested in and that has his or her program or major.
- () Remind your student to research admission requirements and make a list of deadlines for each college including any graduate level entrance exams he or she will be required to take.
- () Get to know your student's top colleges.

Plan on how you will be paying for college or graduate school ✓

- () Talk to your student about managing college costs.
- () Remind your student they must re-apply for FAFSA every year.
- () Encourage your student to apply for scholarships.
- () Help your student create a budget and keep track of money.
- () Help your student understand student loans.



The people in your students' life matter

