KEEP that momentum going. Now is not the time to slow down!

- Encourage your student to do well in school - their grades will matter in the future and may impact financial aid.
- Encourage your student to get to know professors.
- Encourage reading for pleasure.
- Encourage your student to take advantage of the resources available on campus and seek help immediately when needed.
- 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 keep track of progress toward their major or program.
- Discuss the possibility of your student studying abroad or taking additional classes based on interest.

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. Unnecessary courses waste both money and time.
- Transferring colleges? Check that the credits your student has already taken will transfer.
- Attending graduate school, including law, business or medical school? Find out what the admissions requirements are and whether your student will need to plan on taking any additional courses.

STAY organized

- Your student should be able to manage their own time. Suggest a digital or paper planner to assist in keeping organized and on track for deadlines.
- Remind your student to read the syllabus for each course and to 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 their resume with college activities, jobs and awards.

Adapted from “Oregon Goes To College”
PREPARE for and take graduate school admission tests

- If your student is interested in graduate school, medical school, law school or other professional programs, there may be an entrance exam required before applying.
- Remind your student to verify and meet all deadlines for the specific program or exam they are interested in.

GET INVOLVED and get engaged

- Recommend that your student try something new and practice leadership skills by joining student groups, community activities, or volunteer organizations or by getting a part-time job.
- 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. Encourage your student to make friends that share positive goals and similar interests.
- Be supportive by communicating regularly.
- Making new friends and adjusting to a new place can be difficult. Encourage your student to stay involved and focused on the positive.
- Encourage your student to join study groups or find a study partner.
- Suggest that your student seek out possible mentors: a professor, advisor, coach, other trusted adult or older student that they can talk to.
- Encourage your student to be a role model and mentor for younger students.

EXPLORE career choices

- Talk to your student about future goals and suggest a visit to the career center to find volunteer opportunities or internships and to get help with resumes, interviews, and the job search.
- Encourage your student to attend a career fair or to take advantage of job shadowing and networking opportunities, if available.

PLAN on how to pay for a post-secondary or graduate school

- Talk to your student about managing post-secondary tuition and additional costs.
- Remind your student to re-apply for FAFSA every year while they are in college.
- Encourage your student to apply for additional scholarships.
- Help your student create a budget and keep track of money.
- Help your student understand student loans and discourage unnecessary debt such as credit cards.

Adapted from “Oregon Goes To College”