



College Transition Summer Checklist

This worksheet will help you figure out some key actions to take over the summer before you go to college, including information to gather about on-campus health services, activities outside of the classroom, and other tips for getting ready for your first year on campus.



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What to do if you or Someone you Know is Struggling Emotionally

- › Call the campus counseling or health center
- › Request a confidential conversation with your resident advisor if you are in a campus residence hall
- › Talk with the dean of student affairs, peer support specialist, or campus chaplain
- › Request a confidential conversation with your academic advisor or a faculty member
- › If you or someone you know is experiencing suicidal thoughts, seek help immediately by calling
 - › **The National Suicide Prevention Lifeline (800-273-8255)** or
 - › by texting the **Crisis Text Line at 741741**

Identifying Mental Health Services on Campus

- › Where is the counseling center on campus? What are the counseling center's hours?
- › How do I make an appointment?
- › Is there a wait time to get an appointment?
- › How many sessions can I have at the counseling center?
- › Are there any services that the counseling center does not provide?
- › How much does it cost to go to the counseling center?
- › What if I need a referral to an outside provider? Can the counseling center help?
- › Can I continue to get counseling over breaks and during the summer?

Accessing & Transitioning Care

If you have a diagnosed mental health or other health condition for which you receive care currently, you'll need to think about the following before you arrive on campus:

- › Should I receive care on-campus or off-campus or continue with my provider from home?
- › How will a new provider get pertinent information from my current provider?
- › Will I see my current provider when I come home on breaks and/or during the summer?
- › If I take medication, how will I access it on campus? Is there a student pharmacy or do I need to go to a commercial pharmacy like CVS? How much do my prescriptions cost and how will I pay for them?
- › Will I be covered by health insurance when I'm at school? What will my co-pays be and how will I pay them? Are the services I need covered by insurance?

Your Communication Contract

- › Contact may be more frequent during the transition – this shouldn't be alarming
- › Set some basic guidelines:
 - › What decisions and challenges do you expect your child to be able to handle alone?



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- › At what point should your child ask for help?
- › Under what circumstances would your child want a friend or roommate to call you?
- › Pay special attention to changes:
 - › Feeling sad or anxious during the transition may be normal but any changes in things like eating, sleeping, communication habits should not be ignored
- › Talk about your new “communication contract” in advance and re-visit, evaluate, and shift as needed

Information Privacy

- › Privacy laws that apply when a student turns 18:
 - › **Family Educational Rights and Privacy Act (FERPA):** Prohibits colleges from sharing information in student records with parents, with narrow exceptions such as in a health or safety emergency, if parents document that the student is a tax dependent, with written authorization from the student
 - › **Health Insurance Portability and Accountability Act (HIPAA):** Prohibits sharing health information with parents except in a health or safety emergency, when an individual presents a threat of harm to self or others, with verbal or written authorization from a student
- › We recommend:
 - › Having a conversation about what information you want to share and under what circumstances
 - › Reviewing the waiver (handout)

Your Summer Checklist

- Connect with a current student at your college
- Investigate extra-curriculars of interest
- Write a list of questions to ask & organizations to look for at orientation
- Investigate health & mental health services on campus
- Discuss privacy laws with a trusted adult & consider filling out a waiver
- Come up with a concrete plan to transition any health care you are currently receiving
- Finalize your communication contract with your parents
- Plan some fun activities for your first college break
- Have more conversations with parents and peers by participating in Text, Talk, Set to Go

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WHAT'S THIS?

Text, Talk, Set to Go combines text messaging with face to face dialogue. Gather 3-4 people and text SETTOGO to 89800 for a fun and engaging conversation on getting emotionally prepared for the first year of college.

WHY DO THIS?

Because 60% of college students wish they had gotten more help with emotional preparation for college.

Because planning ahead increases the student's chance of success in college.

LEARN MORE

Visit settogo.org
On social: #JEDsettogo

- 1 Text SETTOGO to 89800**
Participants gather with friends or parents/guardians in groups of 3-4 with one cell phone. Text SETTOGO to 89800 to begin.
- 2 Follow the text prompts**
Each group moves through the texted script at their own pace. Groups will talk about how to get emotionally prepared for the first year of college.
- 3 Be a part of the change**
Let the program guide you through a series of discussion questions, social media interactions, and polling questions. As a group, you'll discover new ideas and perspectives - and develop a plan to help you succeed in your first year of college.

