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?
SET TO GO
A JED PROGRAM

- 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
SET TO GO
A JED PROGRAM

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.

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.

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.

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