

# Safe kids Healthy kids Happy kids

## From Home to College: Prepare Now

*Now is the time to prepare your teen for college. The transition from living at home to being on your own is a big step. Your teen is excited about graduation. She is looking forward to the independence that comes with going to college.*

Does your teen have the skills needed for college life? Take these next few months to help him make the transition. Prepare him to leave the comfort of home and start a new life at college.

- Teach your teen how to do his laundry. Make him do his laundry at home while you watch. Take him to a Laundromat, and use coin-operated machines.
- Set up e-mail accounts for everyone in the family. E-mail is a fast, easy and cheap way to stay in touch with your teen. Your teen will need to know that you still think about her. She may feel homesick. It is not uncommon. Talking about her feelings and fears may help.
- Discuss alcohol use, smoking, drugs and heavy partying. Unfortunately, these behaviors exist on all college campuses. Help your teen develop coping strategies. Talk about ways to handle these temptations. Many teens turn to alcohol and drugs to deal with emotional problems.
- Learn about the university health center. Where is it located? Is health, dental, and counseling care provided? Are they open 24 hours? Ask his doctor to assist with prescriptions and college-town physicians and clinics. Do not wait for an emergency before getting needed information.
- Talk to your insurance company about your teen's health insurance plan. Some plans will not cover children 18 years and older. Your teen's college may offer a low cost insurance plan. Ask if the insurance offers basic health care, hospitalization and emergency care.
- Help your teen fill out their FAFSA (a federal application form for federal loans) form. This form is required for all Federal Student loans and many scholarships. You can get information from your teen's high school counselor. You can also find information on the Internet at [www.fafsa.ed.gov/](http://www.fafsa.ed.gov/). Young men who are 18 must also register with Selective Service before they submit their FAFSA form. They can register online at [www.sss.gov](http://www.sss.gov).
- Many college applications are due in January. Remind your teen to visit her high school counselor. Schools help with transcripts, essays and letters of recommendation.



Do not wait until summer to prepare your teen for college. It is harder for your teen to learn new skills when he is stressed about leaving home.

Seek advice from other parents. Talk to your teen's high school counselor. Get information from books and Internet resources. Going to college should be a positive life transition.

*Brought to you by Parent Help Line and St. John's Children's Hospital*



**Call the Parent Help Line. Help is just a phone call away.**  
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

