



College Preparedness Tips for Students

Entering your first year of college can be a stressful experience. The jump from high school to college is an important shift: meeting new people, navigating academics, new responsibilities, finding resources, and becoming an active member on campus. Here are some useful hints to help you and your family prepare for and thrive during your first year of college.

Preparing For

- Check out this **packing list** we created that includes all of your dorm necessities and more!
- Keep important **contact information** saved on your phone, including your school's emergency and non-emergency numbers. Click here to fill in your personal contact card!
- Share your location with trusted friends in case of an emergency
- Have a picture of your health insurance card on your phone
- Check in advance for any textbooks or software that your courses may require

Responding To

- Prepare for power outages and storms
 - Have battery-powered flashlights on hand!
- Parties can be a fun way to meet new people. However, it is crucial to be aware of your surroundings
 - Watch and cover your drinks
 - Travel in pairs
 - Know the signs of alcohol poisoning
- If you or a friend is experiencing a mental health crisis,
 - contact your school's counseling services or dean's office.
 - In the event of an emergency, dial 911 immediately.

Adapting To

- Exam period can be overwhelming, especially being a first-year student
 - Create a calendar for exams and assignment due dates
 - Schedule in study time
 - Take brain breaks!
- Figure out your favorite self-care habits to deal with stress
 - Journaling, meditation, talking with someone.
- Experiencing homesickness is common
 - Schedule phone calls with people at home
 - Decorate your dorm with things that remind you of home

Helpful Resources

- [Alcohol Poisoning Resource](#); [College Drinking Facts](#); [Stress Management](#); [18 Ways to Prepare for College](#); [How to Cope with Anxiety](#)

From 9/11 to today, VOICES helps families and communities heal after tragedy.

Voices Center for Resilience provides long-term support and resources that promote mental health care and wellness for victims' families, responders and survivors, and assists communities preparing for and recovering from traumatic events.

Voices Center for Resilience, formerly Voices of September 11th, is a 501(c)(3) nonprofit organization.

For information, resources, or to register for VOICES programs and events, scan or call 203.966.3911.





College Preparedness Tips for Parents

Sending your child off to college can be a stressful experience. With the exciting new opportunities that college provides for your student – people to meet, clubs to join, and places to explore – also come challenges to navigate. Here are some tips you can do as a parent to help you and your family prepare for your child's first year of college.

Preparing For

- Check out the **packing list** we've created, which includes essential dorm necessities and more!
- Be up-to-date on any communication from the school, including deadlines from the registrar and financial services.
- Be aware of new institutional rules, such as **FERPA** and student privacy.
- Connect with the institution! Follow them on Instagram or buy some new merch to showcase your excitement!

Responding To

- The constant stressed-out texts from your child are normal; try taking a moment before responding.
- College drop-off can be an emotional day – remember to take care of yourself.
- Encourage your child's independence: if they need help on an assignment, suggest they contact their professor.
- Consider ways you can help your child be safe and have fun at college.
- If your child experiences a mental health crisis, know the resources available and gently guide them to seek them out.

Adapting To

- Your student's schedule will be different in college. Expect changes in communication; radio-silence can be normal for short periods.
- If your child experiences homesickness, know that it's normal and that your child may frequently contact you.
- Remember that exam periods can cause stress; offer your student encouragement.
- Encourage your student to engage in self-care habits to cope with stress:
 - Journaling, meditation, talking with someone.

Helpful Resources

- [College Transition Tips](#); [College Drinking Facts](#); [Stress Management](#); [18 Ways to Prepare for College](#); [How to Cope with Anxiety](#); [Advice from Other Parents](#); [10 Tips for College Transition for Parents](#); [Ten Rules for Parenting College Freshmen](#)

From 9/11 to today, VOICES helps families and communities heal after tragedy.

Voices Center for Resilience provides long-term support and resources that promote mental health care and wellness for victims' families, responders and survivors, and assists communities preparing for and recovering from traumatic events.

Voices Center for Resilience, formerly Voices of September 11th, is a 501(c)(3) nonprofit organization.

For information, resources, or to register for VOICES programs and events, scan or call 203.966.3911.

