SUMMER CHECKLIST

Help your student arrive on campus with the basic skills needed to start their college career off with confidence!

Some things your student should know about and/or how to do:

- Know the symptoms of COVID-19
- Practice social distancing and COVID-19 risk reduction protocols—wear a mask, stay 6 feet apart, wash your hands
- Bring with them:
  - numerous washable face coverings. (one clean one per day)
  - small personal first aid kit (include a thermometer)
  - cleaning supplies and hand sanitizer
- Have information from their insurance about primary care and mental health providers in Seattle
- Make a doctor’s appointment
- Fill a prescription
- Fill out an insurance form
- Laundry
- Set up an appointment with a professor/advisor
- Cook a simple, healthy meal
- Understand nutrition to make good choices in campus food selections
- Make an airline/train reservation
- Arrange a ride (light rail, Uber or Lyft, bus, taxi, etc.) between campus and the airport, train, etc.
- Know their options for how to get out of uncomfortable or dangerous situations
- Make it through TSA on their own
- Manage/balance a budget, credit card
- Understand how credit cards and debit cards work
- Make a communication plan with you regarding grades, bills, etc.
- Leave a proper phone message with full name and callback number
- Develop problem solving skills
- Write a professional email
- Create a schedule-weekly and by quarter
- Advocate for their own needs
- Setup the cellphone voicemail
- Check SU messages and respond to email and voicemail regularly
- Memorize SSN and SU ID number (do not write it down)
- Memorize two people’s numbers (in case phone dies)

Add your own items:

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PARENT & FAMILY ENGAGEMENT
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