

20 THINGS YOUR CHILD SHOULD KNOW BEFORE COLLEGE

Preparing your child for college is more than just academics. It's about equipping them with the essential life skills they'll need to thrive independently. This guide covers crucial areas to focus on before they head off to campus.

Essential Life Skills

- 1. Laundry Basics:** Sorting, washing, drying, and ironing.
- 2. Basic Cooking:** Simple meals like pasta, eggs, and sandwiches.
- 3. Grocery Shopping:** Creating a list, budgeting, and making healthy choices.
- 4. Cleaning:** Maintaining a tidy living space.
- 5. Time Management:** Prioritizing tasks and meeting deadlines.
- 6. Budgeting:** Tracking expenses and managing money.
- 7. Basic First Aid:** Treating minor cuts, burns, and colds.
- 8. Making Appointments:** Scheduling doctor's appointments and other essential services.
- 9. Navigating Public Transportation:** Using buses, trains, and subways.
- 10. Understanding Insurance:** Knowing what's covered and how to file a claim.
- 11. Conflict Resolution:** Communicating effectively and resolving disagreements.
- 12. Study Skills:** Effective note-taking, test preparation, and time management.
- 13. Understanding Syllabus:** Explain how important the syllabus is for the whole course.
- 14. Campus Resources:** Getting to know the different support options at college.
- 15. Stress Management:** Healthy coping mechanisms for stress and anxiety.
- 16. Personal Safety:** Awareness of surroundings and safety precautions.
- 17. Social Skills:** Networking and building healthy relationships.
- 18. Academic Integrity:** Understanding plagiarism and ethical research practices.
- 19. Self-Advocacy:** Speaking up for needs and seeking help when necessary.
- 20. Knowing Your Limits:** Understanding when to say no and when to ask for help.

Why These Skills Matter

College is a time of immense growth and independence. By equipping your child with these essential life skills, you're setting them up for success not just academically, but personally and socially. These skills foster confidence, resilience, and the ability to navigate the challenges of adulthood with greater ease.

Final Thoughts

Preparing your child for college involves more than just academics; it's about empowering them with the essential life skills to thrive. By focusing on these 20 key areas, you can ensure they're well-equipped to navigate the challenges and opportunities that await them on their college journey.