



University  
of Vermont

*Summer*

CHECK LIST FOR FAMILIES

***Conversations: These are the questions to ask your student...***

- ACADEMICS:** What are your academic expectations of yourself? How do you think the rigor of classes will challenge you?
- COMMUNICATING WITH HOME:** What are you comfortable sharing with me? How often do you want to connect over text, phone, over email?
- FINANCES:** What are your family expectations around banking, budgeting, spending, and student employment?
- FOOD AND NUTRITION:** What are your distinct food needs? How can you meet them?
- MAKING FRIENDS:** What kind of friendships do you want? What makes a supportive friend?
- GETTING INVOLVED:** What activities are you interested in outside of the classroom?
- HEALTHY RELATIONSHIPS & CONSENT:** How do you set boundaries? What does consent look like? What do healthy relationships look like to you?
- LIVING ON CAMPUS:** What makes a good neighbor? What do you think will be different about living in a residence hall? What will be similar?
- ROOMMATES:** How do you like to manage conflicts? What kind of a relationship do you need out of a roommate?
- SOCIAL MEDIA USE:** How do you feel when you use social media? How do you curate what or how much you watch?
- SUBSTANCE USE:** What is your perception of substance use in college?
- TRANSITIONS:** How are you preparing for this new experience? How can you navigate change or loneliness?

***Skill-Building: Important skills your student should have before move-in...***

- SELF ADVOCACY:** Strategize for seeking help, care, support, insight, clarity and **use the resources!**
- COMMUNICATIONS:** Develop a plan for connecting with family each week
- FINANCES:** Build a basic budget for the first semester and set up banking
- GETTING PLACES:** Learn about the available transportation on and off campus, bike safety, when to Uber, break travel, etc.
- HYGIENE:** Learn how to do laundry, keep your spaces and yourself clean and comfortable, store food properly, and share common spaces respectfully
- PUTTING YOURSELF OUT THERE:** Evaluate what types of experiences you want to have during your first year and why, not just the activities
- SELF-CARE:** Build a general plan for decompressing, stress management, joy, connection, and who to reach out to for support; Sleep
- TIME MANAGEMENT:** Build self-awareness around productivity and study habits

**View the full guide at**  
[go.uvm.edu/familyconvo](https://go.uvm.edu/familyconvo)