**Tips for Parents:**

 **Preparing for The Transition to College**

**Work With High School Staff And Your Student To Plan Steps In Transition Based On:**

* Interests
* Aptitude
* Values
* Level of independence

**Connect With Adult Services Partners:**

* Find out what services are available at the college and in the community and develop a relationship in advance
* E.g.: College: counselors, mentors, student services, disability services
* E.g.: Community: Voc. Rehab., SILS worker, Social Services
* Get needed services in place in advance

**Practice Self-Advocacy:**

* Guide student in making decisions
* Encourage problem solving
* Teach appropriate ways to ask for help
* Teach student to be proactive
* Model appropriate self-advocacy behavior
* Ensure supports are in place to continue the learning process

**Learn About Differences Between High School And College:**

Examples:

High School College

* “Free”
* Supports find you
* Little independence
* Same schedule daily
* Students the same age
* Tuition, etc.
* You find your needed supports
* Total independence
* Classes vary each day
* Students vary widely in ages

**Develop A Financial Plan For College: For Tuition, Spending Money, Housing Costs:**

* Practice budgeting at home early and often
* Talk about the difference between musts and wants
* Find someone to help with budgeting at college to help bridge the gap from home to independence

**Talk About Boundaries:**

* Assist youth in finding that “trusted person” they can safely talk with
* Teach what information should be shared and with whom
* Teach safety practices for new places
* Teach appropriate boundaries in a variety of settings and people

**Plan How You Will Communicate:**

* Develop a financial plan for college: for tuition, spending money, housing costs
* Practice budgeting at home early and often
* Talk about the difference between musts and wants
* Find someone to help with budgeting at college to help bridge the gap from home to independence.