



ADULTING SKILLS 101

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 how to do:

- Laundry
- Register to vote absentee or locally
- Know basics about their insurance. (Health Insurance Worksheet)
- If currently seeing a specialist at home, schedule appointment with a specialist in Seattle to establish care
- Make a doctor's appointment
- Fill and refill a prescription
- Have a copy of their immunization records to have with them
- Fill out an insurance form
- Put together a small first aid kit with thermometer
- 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.
- Make it through TSA on their own
- Know their options for how to get out of uncomfortable or dangerous situations
- 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
- Ask for help when they need it
- Write a professional email
- Create a schedule-weekly and by quarter
- Advocate for their own needs
- Create a resume-jobs, volunteer activities, skills, etc.
- Search for jobs on Handshake
- Set up 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 phone numbers (in case phone dies)
- Help them understand that their first year will not be perfect
- Remind them of how proud you are of them!

Add your own items:

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PARENT & FAMILY ENGAGEMENT

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