



encourage[®]

Family Guide

Preparing Students for Life After High School

2025

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A Letter to Families

Opening this booklet shows your commitment to helping your student get the tools they need to thrive after high school. Your involvement speaks volumes and will make a huge impact on your student's future.

Let's face it, life after graduation can be confusing for everyone. Your student might have questions and feel overwhelmed. There are so many options and decisions to make! Your support and guidance can help them navigate the decisions ahead of them.

By exploring options together, you can help them gain confidence, build skills, and solve problems. It's not just about choosing a path. It's about helping them become the best version of themselves.

So, keep doing what you're doing because you're crushing it.

Cheers,

The Encourage Team



“

My kids love this app. Both of my high school boys are really diving into this college stuff and the app has made them feel so much more at ease. They love celebrating small wins and this app does that!

”

-High School Parent
App Store Review, Sept. 2022

Overview

Welcome! We designed this booklet to help you support your student(s) as they prepare for life after high school.

While the booklet focuses primarily on helping families navigate the college search and application processes, we know not everyone follows the college path. For those heading straight into a career or the military, we've got some tips for you, too!

All the information in this booklet comes from the **myOptions® Encourage® College and Career Planning Program**. It's our goal to connect you and your student(s) with helpful resources so they thrive after high school.

Before you begin, have your student(s) download or log in to our comprehensive college and career planning app, **Encourage**. It's completely free and lets them explore and save majors and careers, find tailored college matches and scholarships, access important financial aid info, and stay on top of tasks for a smooth journey toward graduation and beyond.

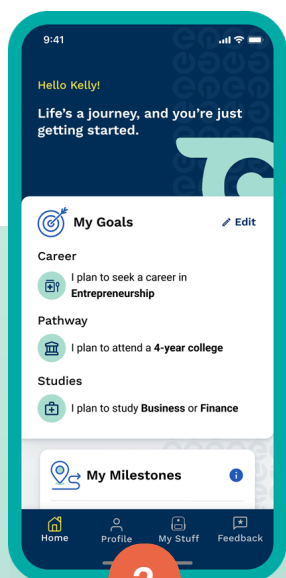
Happy planning!

Quick Start Guide

1

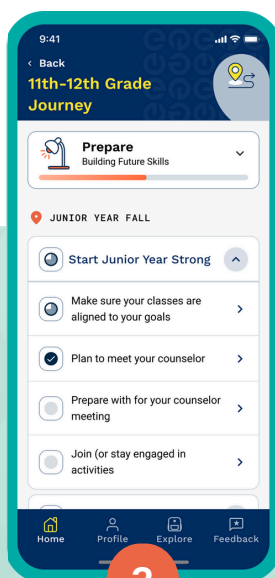
Student Creates an Encourage Account

Student uses the QR code to create an **Encourage** account on our mobile or web app. They can also search for “**Encourage**” in the Apple App Store or Google Play Store or visit app.encourageme.com.



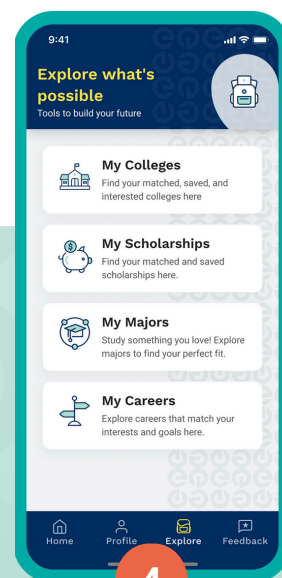
2

Take 10-15 minutes to complete their profile, set preferences, and identify goals.



3

Review tasks and learn how to take control of their journey.



4

Check out **Explore** to discover colleges, majors, careers, and scholarships and start planning for life after high school.

5

Lean on You for Support

As parents, guardians, mentors, teachers, or school counselors in students' lives, you are their champions! Students will naturally turn to you for guidance and support as they embark on their future journeys. We're excited to offer you both advice and resources at encourageme.com.



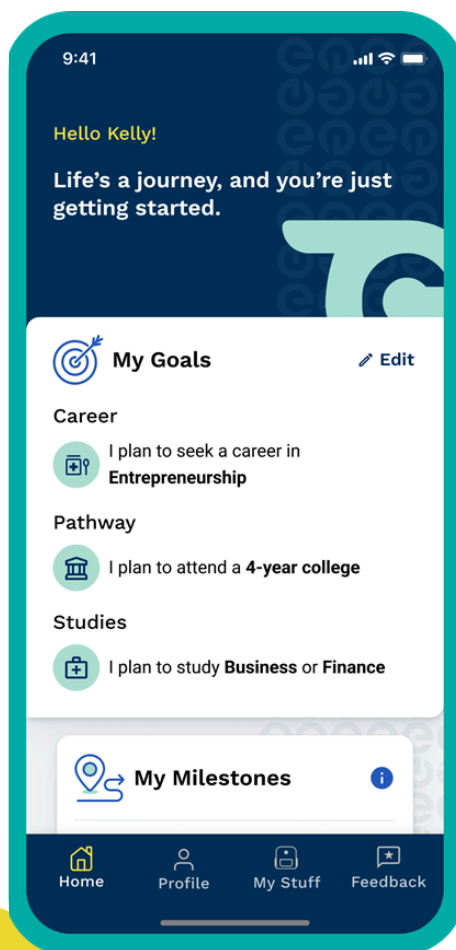
Let's get social:

Section 1








My Journey

Starting high school is a big deal! It's a new world of challenges, growth, and getting ready for adulthood. As their supporter, you're there to encourage them by creating an environment where they can learn, grow, and acquire new skills that will set them up for success after high school. This section will focus on life skills, strategies for academic success, and the **My Journey** feature of the Encourage app.



My Journey helps students...

-  • **PREPARE:** Build skills they will carry with them toward graduation and beyond.
-  • **DISCOVER:** Find opportunities based on the future they want.
-  • **APPLY:** Stay informed and organized to complete any college applications.
-  • **DECIDE & TRANSITION:** Stay on track for the next steps after high school.
-  • **FINANCE:** Learn how to make college affordable.

Section 1



Encouraging Resilience

Let's talk about self-determination and resilience—qualities that help people thrive and tackle challenges. You can boost your student's resilience through affirmations. Not sure where to start? Here's a sheet of them! Cut them out, stick them on a mirror, or surprise your student by slipping them into their backpack!

**On tough days,
remember, your effort is
worth it. You are worth
it!**

**You have a lot of
people on your team
who value and
appreciate you. I'm one
of them!**

You can do this.

You can do hard things.

**If ever you feel like
saying "I can't"
remember that life is
about learning and you
just haven't done it yet!**

Section 1



Encouraging Time Management

High school is a whirlwind of responsibilities. Between assignments, clubs, sports, and catching up with friends, it can get hectic. You know what's the real game-changer? Time management! It's the key to helping students juggle everything like a pro. Use the activities below to teach your student how to prioritize tasks, set achievable goals, and make the most of their time.



Help Them Create a Schedule: Talk to them about what they want to achieve academically and socially. Then, help them make a weekly plan. When will they study? When are club meetings and sports practices? Do they have upcoming tests or assignments? Don't forget about self-care and downtime. Stick their schedule somewhere frequented so they'll spot often! It's a friendly reminder to keep them on track.



Help Your Student Divide Large Tasks: Procrastination often happens when a task feels too big. Encourage your student to view a larger task as a series of smaller tasks. Create a list together, and cheer them on as they check things off!



Set Calendar Reminders: If your student has a smartphone or another smart device, help them set reminders for tests, events, and commitments. Have them invite you to events where they might need extra support, encouragement, accountability, or a ride.



Discuss Priorities: Chat with your student about their to-do list and help them put each item in order of importance. What's the most urgent? What requires the most time and resources? What affects others the most? Once they have their list, find out what they need to move toward their top priority.



Celebrate a Job Well Done: When your student achieves their goals and handles their time effectively, don't forget to celebrate and acknowledge their accomplishments!

Section 1



Encouraging Study Skills

Study skills include taking good notes and balancing study time between subjects. Families can help students find study techniques that match their unique learning styles. As students learn these skills, they perform better academically and cultivate a lifelong dedication to ongoing learning.



Get Musical!: If your student struggles to remember key facts, make up a catchy tune or rhyme together. Not feeling creative? No problem—search "mnemonic device" and the subject online for ready-made tricks!



Create a Dedicated Study Space: Distractions can get in the way of learning. Choose a study spot that's free from distractions, even if it's just for a specific time each day. If a quiet home space isn't an option, consider the community library, schools after hours, or restaurants/coffee shops with Wi-Fi.



Connect it to What They Know: If your student has trouble with a new concept, help them find a link to something they already understand. Tying a new topic to something they've learned before helps solidify the memory and makes it easier to recall in the future.



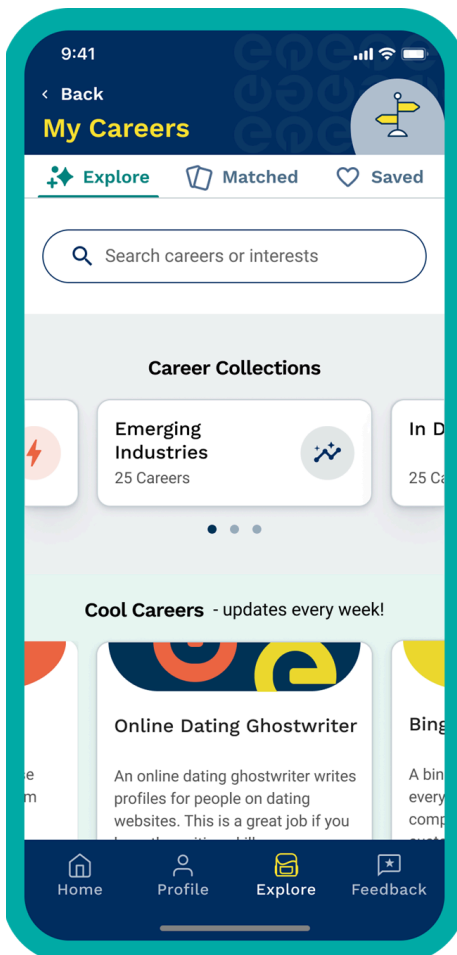
Ask Your Student to Teach You: Have them explain a concept they've learned without referring to their notes. Afterward, have them review their notes to see what they got right and what might need more clarity. This method helps reinforce their understanding and identify areas needing further attention.

Section 2



Career Match

It's never too early for students to start thinking about their future careers. Figuring out how to match their talents to the changing job market can be tricky. The **Encourage** app makes it easy and fun for your student to explore all kinds of career options using the **My Careers** feature.



In **My Careers**, students can:

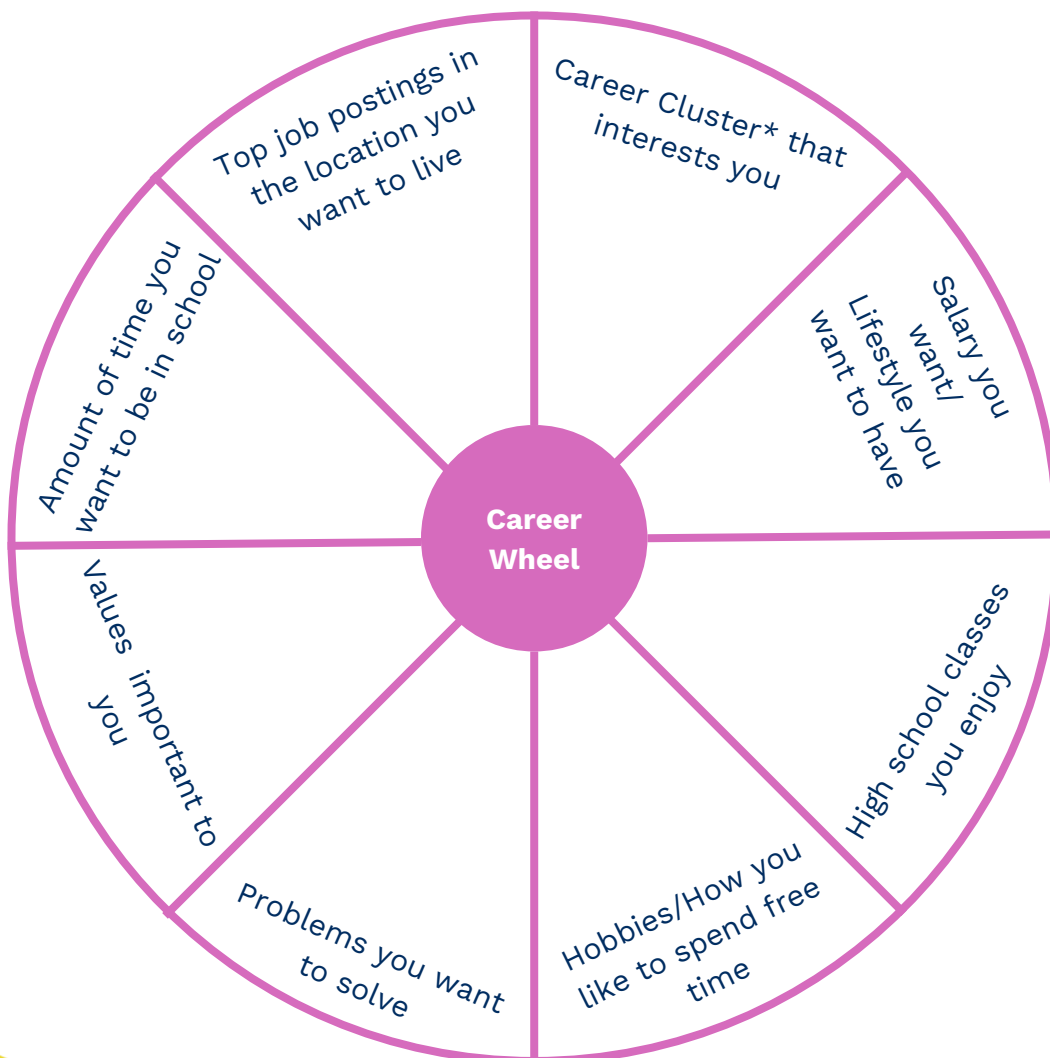
- Take the **Majors and Careers Quiz** to find fields that fit their interests.
- Search by interests (gaming) or careers (video game designer).
- Get recommendations based on their preferences.
- Learn about careers that interest them.
- Favorite their top careers and visit them later.
- Check out each career's salary range, education requirements, training paths, and more!

Section 2



Encouraging Career Match

Using the career wheel below, have your student fill in their expectations, personality traits, interests, and desired experiences for each section. Then, have them check out careers in the **Encourage** app and see how well potential careers match their preferences. This exercise will help them figure out their path and feel confident about their choices.



*Use the **Encourage** App to view Career Clusters under **My Careers**.

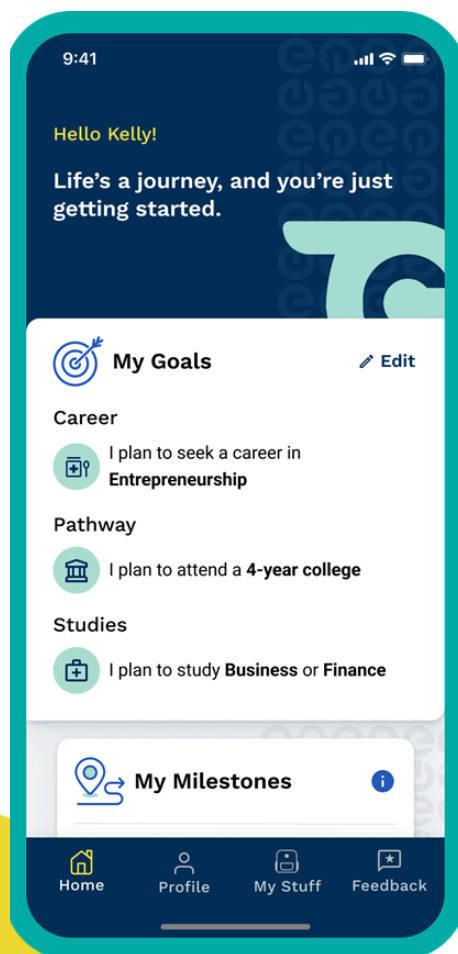
Section 3



Academic Choices & Preparation

The classes your student picks in high school can impact their academic journey. When it comes to college admissions and internships, the courses they take can set them apart from the crowd. High-rigor courses boost critical thinking and problem-solving skills.

Colleges and employers love seeing students who are committed to growth and can tackle tough challenges head-on. Learn more about how college admissions teams view academic choices and explore the terminology in the lingo library on the following pages.



In **My Journey: Prepare**, students:

- Complete tasks that help pave the way for a smoother transition after high school.
- Learn how to prepare for the ACT and SAT.
- Learn why it's important to meet with their counselor.
- Choose classes that fit their goals.
- Set summer goals.

Section 3



Lingo Library

AP: Advanced Placement, a type of high school course where students can earn college credit (at many colleges) by scoring high on an exam at the end of the class.

Selective College: A college that does not admit all students who apply. The opposite of this would be an **open-access** college that admits all applicants.

DE/Dual Enrollment: The ability to take a college class while in high school to earn high school graduation and college credit. Many states offer DE programs for free or at low cost.

GPA: Grade Point Average, the summary score of how your student performed in their high school courses, typically reported on a 4.0 scale.

IB: International Baccalaureate, a type of high school course that offers college credit (at many colleges) by scoring high on an exam at the end of the class.

Section 3



Academic Choices & Preparation

If you've ever wondered what selective colleges prioritize in their application reviews, here's a quick overview of factors they assess and rank on applications.

Academic Evaluation

College admission officers review your student's transcript and the high school report, a document outlining your student's school and its curriculum. They also assess your student compared to their peers who applied from the same high school. The evaluation involves scrutinizing the following aspects:

- **Academic Excellence:** How well did your student perform in their coursework?
- **Course Rigor:** Did your student enroll in the most challenging classes available at their high school, such as AP, DE, honors, or IB?
- **Comparative Rigor:** How many advanced classes did your student take compared to their peers at the same high school?
- **Extracurricular Pursuits:** Did your student actively seek educational opportunities beyond the standard high school curriculum?
- **Academic Prerequisites:** Has your student met the specific academic prerequisites for the program they are applying to? For instance, completing physics might be necessary for engineering programs.
- **Exceeding Graduation Requirements:** Did your student go beyond the minimum graduation requirements?
- **Core Subject Consistency:** Has your student completed four years of the five core subjects (English, math, social studies, science, and world language)? Achieving this can contribute to a higher ranking in the evaluation process.

Community Impact

Admissions readers lean on the counselor's letter of recommendation, student essay, and activity sheet to get a sense of how students impact their communities. These documents help them answer:

- **Community Impact:** Did your student have a positive influence on their school, local community, state, or on the national stage?
- **College Campus Impact:** Will your student likely contribute positively to their college campus?
- **Overcoming Challenges:** Did your student successfully overcome any significant challenges?

Section 3



Encouraging Preparation

Help your student set goals, plan, and make the most of their school year. Use the questions below to spark a discussion about their academic choices.

How will you challenge yourself academically this year?

What are some classes you want to take that will connect to your college/career plans?

What are some ways you will impact your high school, local, or state community?

What are some ways you will get career experience?

☐ Get a part-time job

☐ Job shadow

☐ Get an internship

☐ Get an apprenticeship

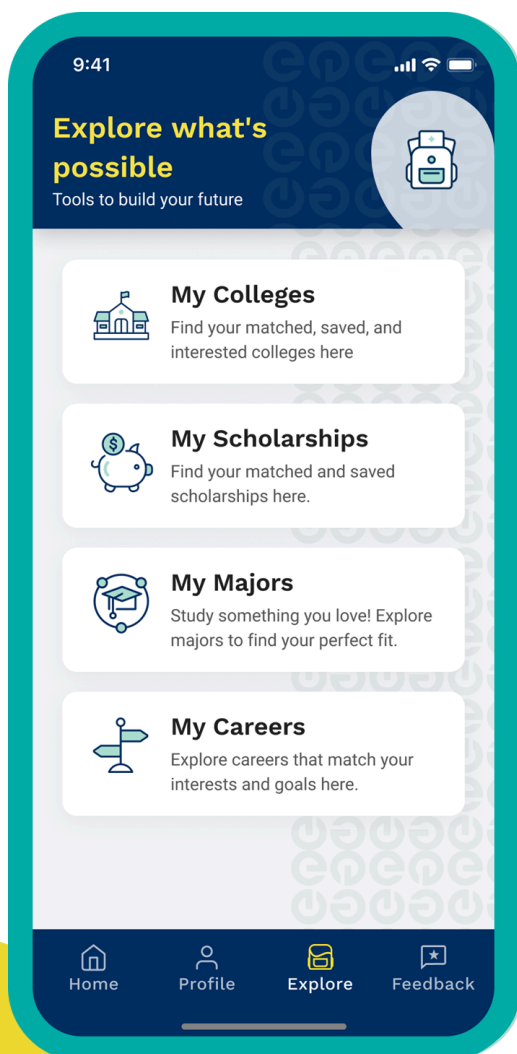
Section 4



Education Options

Exploring college and career options is exciting for you and your student! Whether they pursue a career, certificate, or college, your student should choose a path that matches their skills, interests, and long-term goals.

This section introduces you to different educational pathways after high school and gives you tips on how to explore them with your student. We want to help you feel confident in guiding them through these choices!



In **My Colleges**, students:

- Match with colleges* that fit their preferences.
- Learn about college details (size of the campus, location, details on tuition, and financing).
- Filter colleges based on their needs (cost, location, major, and more).

* If your student wants to connect with colleges and educational services that match their goals, they can opt into recruitment.

To opt into recruitment, students can:

- Visit their **Profile** page.
- Find the **Recruitment Preferences** header.
- If it says "You've chosen to share your profile information and preferences with colleges and educational services that fit your goals." they have opted in.
- Edit their status if not opted in by clicking **"Yes, Connect Me!"**

Section 4



Lingo Library

3+3 Programs: Programs that allow students to earn bachelor's and advanced degrees in a shorter timeframe.

Acceptance Rate: Percentage of applicants accepted to a college or university.

Articulation Agreement: A document between two colleges or universities laying out a transfer plan. It is often used between community colleges and 4-year universities and ensures that completed classes transfer to the new school.

Associate's Degree: A college credential takes about two years to complete.

Bachelor's Degree: A college credential takes about four years to complete.

Certificate: A credential that takes about one year or less to complete, usually related to a specific job.

Financial Aid: Funding that supports college costs.

Graduation Rate: Percentage of students who complete their credentials.

Major/Areas of Study: Main topics a student can study.

Minor: A secondary study topic to complement a major.

Retention Rate: The number of students who stay from their first to second year of college.

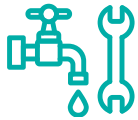
Room and Board: Costs associated with housing and meals.

Transfer: When a student leaves one college/university to pursue a credential at a different school.

Section 4



Education Options



Trade School: Schools designed to train students for a particular job with short-term hands-on experiences. Learners are prepared for entry-level positions or apprenticeships following graduation.
Common Programs: Construction, Cosmetology, Culinary Arts



Community College: Schools with programs closely linked to employers in the local community. Community colleges specialize in lower-cost certificates and 2-year degrees. They often have articulation agreements with university partners.
Common Programs: Information Technology, Engineering, Associate of Arts, Associate of Science



Public College/University: Schools specializing in 4-year (bachelor's) degrees and above. State/government funding leads to lower tuition costs for students from the same state as the school.
Common Programs: Business, Biology, Communications



Private College/University: Schools specializing in 4-year (bachelor's) degrees. The majority of funding comes from tuition payments. There is no cost difference based on state residency.
Common Programs: Computer Science, Economics, Psychology



For-Profit College/University: Schools that offer a variety of degrees. The majority of funding comes from tuition payments and investments. A CEO runs the school in a business format.
Common Programs: Nursing, Art and Design, Culinary Arts



Special Mission College/University: These schools can fit into any category and are committed to a specific purpose or identity.
Common Types:

- AANAPISI: Institutions that have additional services for Asian American and Native American Pacific Islander students.
- HBCU: Historically Black Colleges and Universities.
- HSI: Hispanic Serving Institutions, the student body is 25%+ Hispanic students.
- Military Academies, single-sex, and/or religiously affiliated colleges.
- Tribal College: Tribal colleges and universities provide dynamic higher education opportunities, most on or near reservation lands.

Section 4



Encouraging College Knowledge

One of the best ways to see if a school is right for your student is by visiting the campus. You can do it online or in person. It's a chance for you and your student to check out the campus, learn about the programs and resources available, and get a sense of the college's values and atmosphere.

College tours are for everyone, so you'll see people of all ages and backgrounds around campus! Use the worksheet and questions below to make the most of the tour.

Do all first-year students live on campus?

What's your favorite tradition at this college/university?

How do students get around campus?

What kind of tutoring and academic support is available?

What kind of on-campus jobs are available, and what support can students find in career services?

What campus safety resources exist?

What is there to do on the weekends?

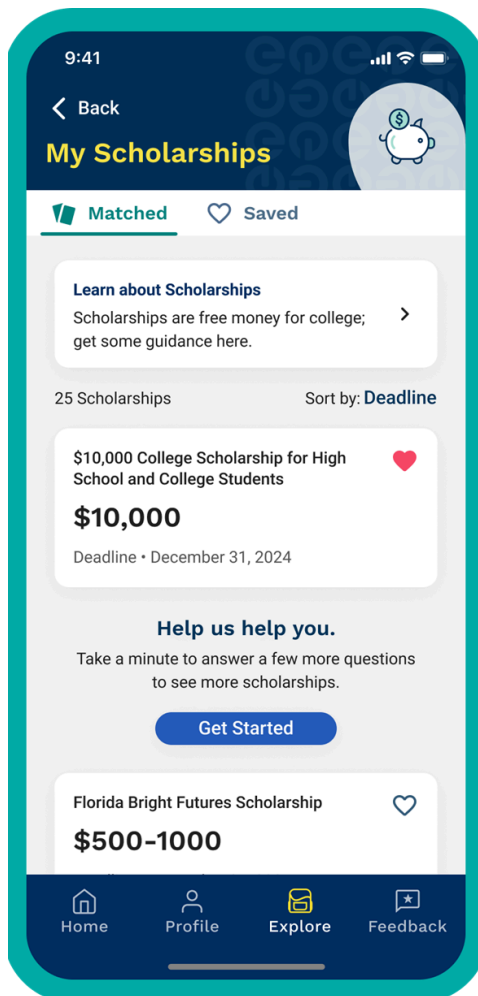
What do you wish you knew about the school before you came as a first-year student?

Section 5



Finances

A big part of the college search process is figuring out how to pay for college, whether or not that investment is worth the outcomes, and whether or not college supports a student's ideal lifestyle. This section covers college funding basics and what research says about financial, social, and health outcomes for college graduates.



In **My Scholarships**, students:

- Find scholarships that fit their preferences.
- Learn about scholarship details (deadlines and qualifications).
- Directly link to scholarship applications.
- Discover more about government funding through FAFSA.

Section 5



Lingo Library

FAFSA: The Free Application for Federal Student Aid.

Contributor: Any person who must provide information on a student's FAFSA.

CSS Profile: An application some colleges and scholarship programs use to award their own aid.

Grants: Funding for college that a student doesn't pay back as long as they follow the rules of the grant. Common types: state, federal, TEACH, and Pell.

Loans: Funding for college that a student has to pay back, often with interest.

- **Subsidized:** Loans that don't add interest until a student completes school.
- **Unsubsidized:** Loans that add interest as soon as they are released.
- **Parent Plus:** Loans parents may be able to access. They add interest as soon as they are released.

Net Price Calculator: A tool provided by every college that estimates college costs after scholarships and aid.

Promise Programs: Available in some states, these programs cover most or all tuition costs for students who meet entry requirements at specific colleges.

Scholarships: College funding students don't pay back. Common types: need-based, private, athletic, merit, and academic.

Tuition Benefits: Work programs that provide employees with the costs associated with college enrollment.

Verification: A process that requires a FAFSA applicant to report more information to the college.

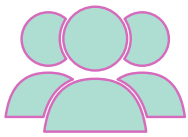
Work Study: A need-based federal aid program where students work on campus to earn money for tuition or personal use.

Section 5



Finances: Outcomes

You might wonder if college is worth the effort and cost. According to the latest research, middle and high school students have the lowest-ever opinion of the value of a college education. So, is college worth it?



Social Benefits

Gallup and the Lumina Foundation conducted a survey that found college graduates are more likely to enjoy nightly family dinners, be the go-to person friends and family turn to for advice, and have job-ready skills that help them connect with people from all walks of life.

Beyond friends and family, college graduates are more likely to have confidence in their abilities to achieve goals, vote in elections, and participate within their communities.



Health Benefits

College graduates also tend to be healthier. One reason for this statistic could be that more of them have health insurance, plus their employers tend to pitch in more for their health coverage. The higher the degree, the more likely a person is to rate their health as excellent or very good.



Financial Benefits

College graduates make more money on average than someone whose highest degree is a high school diploma. In 2019, adults who earned a college degree had a median household income of \$95,700 per year, while adults whose highest degree was a high school diploma had a household income of \$51,200 per year. That's an average of \$1.2 million more in lifetime earnings.

Adults with bachelor's degrees tend to accumulate more wealth (the ability to pass on financial capital/value to their children) than adults whose highest degree is a high school diploma.

People with bachelor's degrees are also less likely to be out of work. This might be because, in the past decade, all net job growth has gone to workers with a bachelor's or graduate degree.

While college isn't required for many types of fulfilling employment, we believe that empowering you and your student with information about the benefits of a degree will help your family as you evaluate whether or not to invest in continued education.

Section 5



Finances : FAFSA

The FAFSA helps qualify students for federal aid, college-specific scholarships, and need-based grants.

The FAFSA requires parents and step-parents of dependent students to be contributors to their student's FAFSA. Contributors must link their IRS information directly to a student's FAFSA.

FAFSA Timeline for Seniors

- ☐ **September:** Create an FSA ID for each contributor, including your student.
- ☐ **December:** FAFSA opens December 1st. Submit your student's application.
- ☐ **January:** Confirm colleges received your student's FAFSA by calling the financial aid office.
- ☐ **April:** Help your student evaluate financial aid offers from each college. You can also encourage them to call the financial aid offices at each school to see if they can expand their funding. College financial aid offices have discretionary funds to award students who need additional funding.
- ☐ **May:** Decision day for many colleges.
- ☐ **Summer Before College:** Complete your student's college financial aid checklist.
 - Loan counseling
 - Financial aid acceptance
 - Verification
- ☐ **College Fall:** File FAFSA again in October, an annual renewal for continued student aid. Students can apply for scholarships throughout college. Check out the next page for scholarship search tips.

Section 5



Scholarship Search Tips

My student's goal is to apply for _____ scholarships per month.

I will encourage them by:

- Helping them search for opportunities.
- Checking in on their progress.
- Helping them craft a resume and obtain their transcript.

Six Scholarship Search Tips:

- Search and apply through the **Encourage** app.
- Search local nonprofits (Elks Club, Junior League, and fraternities and sororities).
- Search regionally (board of education websites & "your state/city" + scholarships).
- Check out your family's employers. Many employers offer student scholarships!
- Ask your student's school counselor for advice.
- Ask the financial aid office at your student's future college for sources.

National Scholarships to Explore:

Name: Jack Kent Cooke College Scholarship Program Deadline: November

Requirements: Must be a senior, plan to attend a 4-year college, GPA 3.5+, must have financial need.

Name: Questbridge National College Match Deadline: September

Requirements: Financial need, senior attending high school in the U.S., high academic performance, positive community impact, and character strength.

Additional Scholarships:

Name: _____ Deadline: _____

Requirements: _____

Name: _____ Deadline: _____

Requirements: _____

Name: _____ Deadline: _____

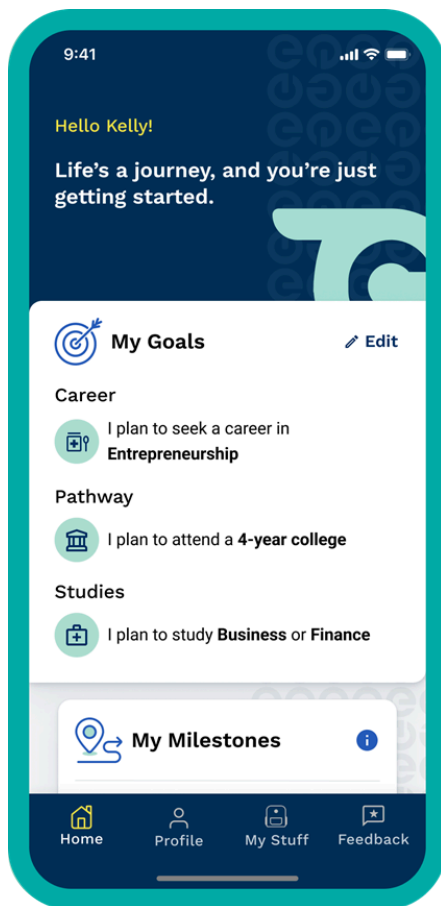
Requirements: _____

Section 6



Admissions to College

Once your student identifies where they hope to go, it is time to apply! This section has some insider tips and information to help you navigate college application season.



In **My Journey: Apply**, students:

- See a timeline of the college application process, starting at their junior year.
- Learn how to break down the college application process into manageable pieces so they don't miss a detail or deadline.
- Learn how to brainstorm and write application essays.
- Receive guidance through every step of the application process.
- Learn about application deadlines and how to submit their applications.

Section 6



Lingo Library

ACT/SAT: College entrance exams assessing knowledge.

Coalition App: A platform where students can create one application and apply to schools that graduate students with little to no debt.

Common App: A platform where students can create one college application to use for many different schools.

Common Black Application: A platform where students can apply to many HBCUs with a single application.

DACA: A program created to protect eligible young adults brought to the U.S. as children.

Early Action: Applying early for a quicker decision.

Early Decision: Committing to enroll if admitted.

Fee Waivers: Waiving costs associated with admissions for eligible students.

Open Access: A college that accepts all eligible applicants.

Regular Decision: The latest date to apply to a college.

Rolling Admission: A college with many deadlines.

Transcript: An official academic record.

Undeclared/Undecided: Applying without a major.

Waitlist: You may be offered admission if another student declines acceptance.

Test-Optional: Applying to a college without ACT/SAT scores.

Test Blind: The college doesn't look at ACT/SAT scores in their admission process.

Section 6



Admissions to College

What is test-optional? Is it best for my student?

Many colleges let students choose if they want to include their ACT/SAT score in their applications. Have your student check out the flowchart below to determine whether the test-optional approach is their best choice.



Section 6



Encouraging Strong Materials

Here are some ways you can help support your student as they write and gather their college application materials. Since applications are not all the same, some colleges may not require everything mentioned below.

Essay

The essay sets your student apart from other applicants. They can talk about their background, interests, or a unique personal story. The essay should be thoughtful and describe why your student would be an asset to the school's community.

- ☐ Review the essay prompts with them and help them reflect on their experiences.
- ☐ Remind them that this is their story to tell. It should be personal and engaging.
- ☐ Proofread their essay after they finish it.

Brag Sheet

Their brag sheet describes how your student impacted their community (home, local, school, and beyond). It is a college version of a resume.

- ☐ Help your student make a list of skills and activities they did outside of class.
- ☐ Proofread their brag sheet after they finish it.
- ☐ Help your student brainstorm dynamic verbs that make a strong impression.

Led, Managed, Created, Demonstrated, Achieved, Collaborated, Contributed, Presented, Implemented, Championed, Volunteered.

Recommendations

A letter of recommendation should describe your student's exceptional characteristics, achievements, and contributions. Students should choose someone like a teacher, coach, boss, or mentor. One recommender should write about their academic record and another about their leadership.

- ☐ Remind your student to request their letters at least one month before the deadline.
- ☐ Remind your student to prepare their brag sheet to help their recommender write their letter. Also inform their recommender of where they plan to apply and why they want to go there.

Section 6



Encouraging Academic Fit

Help your student categorize their top schools and track where they are in the application process.

Reach

Some schools provide specific grade/test requirements, while others offer a range. Reach schools are those where your student's GPA and test scores are slightly below the stated range. Students should consider adding 1-2 reach schools to their list.

Name of the College: Deadline:

- ☐ Application Submitted ☐ Transcript Sent
- ☐ FAFSA/CSS Submitted ☐ Paid Fee or Submitted Waiver
- ☐ Test Scores Sent (Often Optional)

Target

Your student's GPA and test scores fall within the range published for a target school's prior incoming class. Your student will want to add a few target schools to their list.

Name of the College: Deadline:

- ☐ Application Submitted ☐ Transcript Sent
- ☐ FAFSA/CSS Submitted ☐ Paid Fee or Submitted Waiver
- ☐ Test Scores Sent (Often Optional)

Likely

Your student's GPA and test scores are above the range published for likely schools or it's an open access school. Your student should identify at least one likely school.

Name of the College: Deadline:

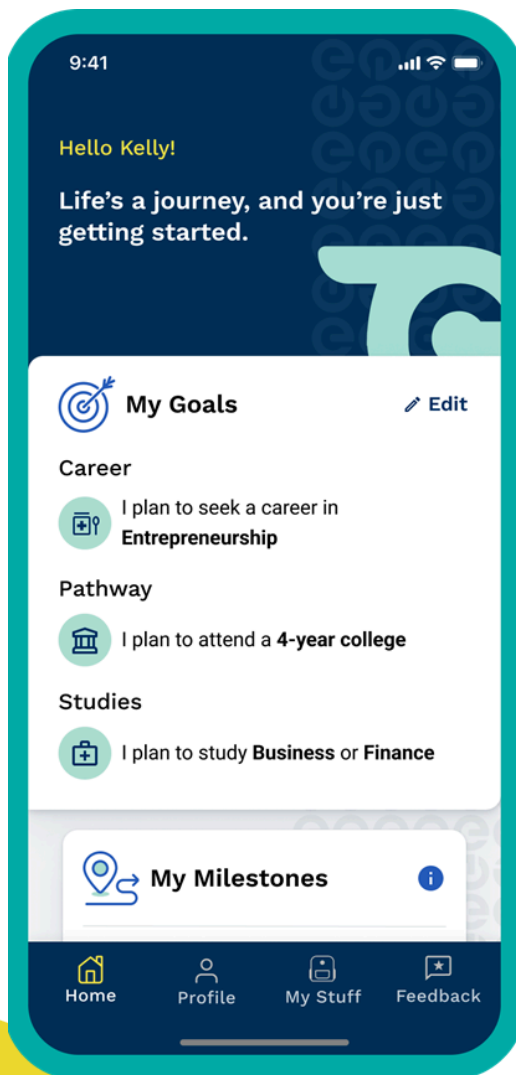
- ☐ Application Submitted ☐ Transcript Sent
- ☐ FAFSA/CSS Submitted ☐ Paid Fee or Submitted Waiver
- ☐ Test Scores Sent (Often Optional)

Section 7



College Experience

Going from high school to college or a career is a major step, and families play a crucial role in making it a success! Your support can truly make a difference in helping your student navigate their options and reach their goals. Let's dive into why your encouragement and guidance can help turn their journey into a thriving success story.



In **My Journey: Transition**, students:

- Learn which tasks they must accomplish the summer after high school.
- Receive support as they move toward whatever they choose to do after high school.
- Learn how to prepare for interviews.
- Prepare for college life.

Section 7



Lingo Library

Academic Advisor: A college employee who helps students plan the courses they need to graduate with their degrees and supports their academic successes.

Bursar: The college administrator that handles billing and payments.

Confirmation: Telling a college that you accept its admission offer. Students should only “confirm” one college and tell the other schools they don’t plan to attend via email.

Convocation: A ceremony welcoming the incoming class to campus.

Credit Hour: A unit of measurement for instructional time in any given course. Credit hours map progress toward a degree and define a student’s status (first-year through senior and part/full time for financial aid).

Enrollment: Completing the required paperwork for college and signing up for classes. This term also defines the number of students attending an institution.

Full-Time: Students taking 12+ credit hours, usually around four classes each semester. Some scholarships, grants, loans, and military benefits require full-time status.

Part-Time: Students taking 11 or fewer credit hours.

Registrar: The college administrator who handles student records.

Orientation: An event or series of events organized to help new students get familiar with the supports and expectations of a college community.

Section 7



Transitions

The summer between high school and college can feel like a big transition for everyone. As you're guiding your student through the emotions, tasks, and decisions, here are a few activities you can do with your student to help them make a smoother transition.

Personal

- ☐ Practice life skills with your student.
Examples: Cooking, laundry, navigating public transportation, money management
- ☐ Ask your student to write down any worries or anxieties they have about their future. Talk through them and discuss resources that will support each challenge.
- ☐ Be a tourist in your own town. Explore something new together.
- ☐ Snap photos of your whole crew and print them out.
- ☐ If your student is moving out, find or create things they can use to decorate their new space.

Academic

- ☐ Most colleges have an enrollment checklist online. Remind your student to check their email regularly and complete the tasks needed to start college.
- ☐ Review your student's first-semester class schedule with them. Locate their classes on a campus map and go over what their first day/week/semester may look like.
- ☐ If your student is living on campus, help them picture what it will be like living with someone new and the boundaries they want to set/communicate.
- ☐ If your student is commuting, help them find parking near their first class and find out if they need a parking pass.
- ☐ Make sure they have or know where to find their important personal information (social security number or permanent resident identification and health insurance).



Thank you!

Congratulations on reaching the end of the Family Guide!

We hope you found the information insightful and helpful as you navigate the exciting journey ahead. Your dedication to exploring educational and career opportunities is amazing, and we're confident that the knowledge gained will serve as a valuable asset to your student's future.

As we strive to improve and tailor our resources to meet the needs of our readers, we would greatly appreciate your feedback.

Your thoughts and insights are crucial in shaping the content and support we provide in the future. **Please take a moment to share your thoughts by completing the survey linked through the QR code below.** Your input will help improve our resources and ensure we address the specific concerns and aspirations of future families.

Thank you for your time and commitment to being the best supporter you can be!

Cheers!

The Encourage Team



Additional Support

Here are a few places you can find more info!

College Information:

<https://www.ncan.org/page/EssentialWebsites>

College Athletics:

<https://www.naia.org/landing/index>

<https://web3.ncaa.org/ecwr3/>

<https://www.njcaa.org/landing/index>

Career Discovery:

<https://www.onetonline.org>

<https://www.careeronestop.org>

<https://www.ctsos.org/>

Military Information:

<https://www.militaryonesource.mil/>

<https://www.usarmyjrotc.com/>

Money Management:

<https://afsaef.org/>

<https://formswift.com/swift-student>

Test Preparation:

<https://www.act.org/>

<https://www.khanacademy.org/>

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Resources