



## Summer Quarterly Update

### For 2016-2017 Seniors

**Cheers!** Sage congratulates all of our community's seniors and their families on completing high school! We hope you savor this extraordinary milestone and all the hard work, support, accomplishment and potential it represents. Our best wishes to each of you as you take your next steps!

This issue of the *Sage Quarterly Update* is dedicated to seniors headed to college. Gonzaga University has found that students who successfully persist in college have three things: [specific goals](#), [extracurricular activities they enjoy](#), and a [personal relationship with faculty or staff](#) at the school. Your freshmen year will be a time of many new experiences and revelations; through it all, look for opportunities to develop these three elements as part of your college life!

Before you go, here are two checklists and some additional topics that will help you prepare for your freshmen year.

**Enrollment checklist.** You've taken your admissions tests, completed your applications, made your college choice decision, and finished your final high school semester. All done, right? Don't forget these final items to make sure you are ready to start classes in the fall!

- Transcripts* – Make sure you send your final high school transcript to your college, and, if you took college classes while in high school, make sure you arrange for those transcripts to be transmitted as well!
- Classes* – Enroll in your college summer or fall semester classes! Consider your strategy, and create an initial plan, for both required and elective courses, accounting for the timing of extracurricular commitments and goals. P.S. Don't feel you need to complete all of your required courses before you explore electives – you may miss an opportunity to find and develop a serious and balancing interest!
- Housing* - Become thoroughly informed about housing choices and the process for receiving your room and roommate assignment. Checkout this [information on college housing](#) to help you navigate this important part of your college life.

**Operations checklist.** There are some basic things that parents have typically taken care of for their students, but that college freshmen must start managing on their own. Make sure you know how you will deal with these things:

- Medical* – Set up regular doctor appointments and prescriptions, create a personal medicine box for your dorm room, make sure you have insurance and insurance card, and know where you will go if you get sick.
- Digital resources and technical skills* – Many professors use online materials and portals for course resources and work submissions. As a result, college students will require almost daily access to a computer and frequent access to a printer. Think through how you will manage access to these resources, and make sure you have the skills you will need to [engage appropriately and securely](#).

- ❑ *Laundry* – Separate darks from lights? If you aren't already doing so, consider doing your own laundry this summer while you have someone on hand to offer advice as needed.
- ❑ *Cooking* – Even if you are on a meal plan, it's a good idea to learn how to cook a few items in case you find yourself in a spot where someone has to step up to make a meal.
- ❑ *Public transportation* – Know how you will get around town.
- ❑ *Banking* – Know how you will take care of your banking needs.

**College Budget.** Creating a college budget will help you avoid unexpected financial stress. Here are some tips for [considering a college budget](#). And, UC Davis offers a [step-wise approach and links to useful tools](#) for creating that budget.

**Communications with professors.** Engaging your professors professionally and effectively is a fundamental skill you will need on the first day of classes. Check out [13 do's and don'ts for communicating with your college professors](#).

**Conversations before leaving.** There are some useful conversations students should have with their parents before heading off to college, covering topics such as how you will manage expenses, communications, academic performance, and new social freedoms. Here is one list of [valuable conversations](#) to have before heading to college.

**And, on a final note** – Check out these tips to help you [survive and thrive your freshmen year](#) and beyond!



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