



## 10 Tips for Families

*Orientation will prepare students for their first day of class. Before classes begin, please talk to your student about the following:*

### 1. Living away from home

Students who live on campus should learn the responsibilities of living in the residence halls – including following the rules regarding alcohol, noise and visitation policies (<http://reslife.cofc.edu/policies-and-procedures/index.php>). All students living in the residence halls must attend a mandatory residence life session during orientation.

### 2. College policies

The College has an academic honor policy as well as a drug/alcohol policy. All family members should read the policies and discuss them with their student. Go to <http://studentaffairs.cofc.edu/honor-system/index.php> for information about the honor system. To become familiar with the drug/ alcohol policy, download the student handbook at <http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php>.

### 3. Grade policies

The College of Charleston does not mail grade reports. Midterm and final grades are posted on MyCharleston. Students and family members should discuss allowing family members to access grades on MyCharleston.

### 4. Academic support services

The Center for Student Learning (CSL) is a comprehensive academic support program whose mission is to help all students at the College of Charleston achieve academic success. CSL offers free academic support services to students – including the writing lab, math lab, foreign language lab and public speaking lab <http://csl.cofc.edu/>.

### 5. Laundry

Give your student a crash course on how and when to do laundry.

### 6. Time management

Buy a very loud and long-ringing alarm clock, which students should place far away from the bed. They will have to wake themselves up and make it to class on time! They like to use their phones but they sometimes aren't loud enough! Students will have more freedom in college and will need to balance schoolwork, personal time and, possibly, work.

## **7. Food and sensible nutrition**

Students need to stay healthy and alert. Encourage them to eat breakfast, since doing so can improve mental performance throughout the day. Give them a few basic cooking tips. Visit the dining services website to learn about meal plan options at the College <http://charleston.campusdish.com> .

## **8. Healthy and safe choices**

Students will have new freedom and will be making decisions regarding relationships, alcohol and drugs. The College of Charleston campus is located in downtown Charleston, and you need to emphasize the basics of being safe in the city: lock doors, don't walk alone, use good judgment, never leave a drink unattended, stay away from unsafe areas, be alert, ask for a public safety escort, refrain from unhealthy behaviors that may make you vulnerable to attacks, take a self-defense course (College of Charleston offers RAD, a free course offered by Public Safety). Students may get help and support from Public Safety <http://publicsafety.cofc.edu/> and Counseling and Substance Abuse Services <http://counseling.cofc.edu/>.

## **9. Money matters**

Plan a monthly budget with your student and talk about avoiding credit card debt by not applying for the credit card offers that often bombard college students. You might want to discuss what the cost of a college education will be over four or five years.

You can find some financial literacy information at <http://www.cofc.edu/families/financial-literacy.php>

## **10. Financial aid - (<http://finaid.cofc.edu/>)**

Discuss the financial aid application process with your student – particularly filling out the FAFSA. Make sure you both understand the financial aid refund process and the deadlines they have for accepting aid each semester in MyCharleston.