# ENCOURAGE CONCURRENT ENROLLMENT

Concurrent Enrollment courses are a great way for students to get a jump start on their college education. They are college courses that are offered to high school students and will allow them to earn high school and college credits. These courses are offered at a much lower cost than when taken directly from the college.

### **CREATE A SCHEDULE**

Know when important dates and deadlines are approaching. Although it's important for your student to start being responsible for knowing the dates and times, it's a good idea to be aware as well. A gentle reminder or follow up question is helpful and opens the door for conversations. Know when college campus visits are scheduled, financial aid and admission applications are due, freshman orientation and class registration are.



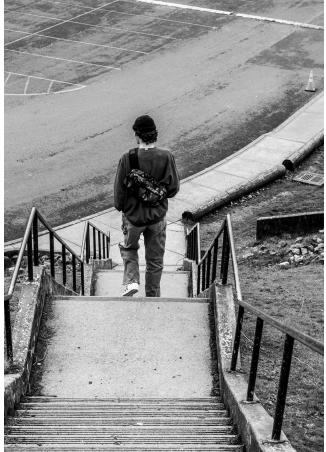
# **IDENTIFY THE DREAM**

As a parent, you can help your student contemplate their dreams and what they wish for in life. Begin by identifying what they currently care about most in their daily life. That can be a good indication of where their interests and priorities are. Encourage your student to explore all possibilities. As they begin to narrow down or focus on a particular dream, help them get to the root of their dream. Understanding the motivation behind a dream can be useful for both you and your student.

# **PROMOTE EXCELLENCE**

Grades and attendance matter! Both can affect college acceptance and the amount of financial aid and scholarship money awarded to your student.

Show concern for the importance of school and homework. Try to show interest in what they are learning and what they have to do for homework.



# **CULTIVATE INDEPENDENCE**

Independence builds self-esteem and confidence. The sooner you can give up the control you've had during your child's youth and adolescence, the sooner he will take up the reigns. We need to let our kids fail or at least try some things and stumble in order to be the successes that we want them to be. Encourage your students to speak to their teachers when the occasion arises. Overcoming the fear of addressing questions or concerns directly with the instructor is crucial. Allow your student to advocate for themselves. These skills allow for students to learn how to appropriately communicate with others.

#### **CREATE PARAMETERS**

Rather than telling your child what to decide, communicate what the parameters are for your child's college education. Let them know the financial, geographical, social, or philosophical parameters you'd like them to adhere to as they choose which college path to pursue.



### **KNOW WHAT TO ASK**

Touring nearby colleges of varying sizes and types will offer a better sense of what questions to ask and what to look for when touring schools at the top of your student's list. Parents can bring needed perspective by raising issues their kids might not be thinking about, such as campus safety and the institutions outcomes and it prepares students for life and careers after graduation.

#### **ENCOURAGE BALANCE**

Overloading on AP courses or pushing too hard on the soccer field can lead to burnout and undue stress. In the end, you want your child to find a healthy balance that is manageable and sustainable.



How can parents engage in a helpful way while still allowing their student to know they control the biggest decision in their young lives?

While the student should take the lead in researching college options, preparing their application materials, and certainly writing their own college application essay, parents can support and encourage their kids throughout the college admissions process.

#### CONTACT US

gearup@uvu.edu	
(801) 863-6000	

- ⊘ @gearuputah
- uvu.edu/gear-up

# **CONVERSATION STARTERS**

How can I support you in completing your college checklist?

What is your school email address?

Have you thought about what it means to oversee your education records?

Did you know that you will have to give me access to see and pay the tuition and fees?

Do you know how to grant me proxy access to your school account?

Will you show me your final grades, or will you give me access to them?

What parts of the transition to college make you nervous or concerned?

What are your academic goals for the first semester?

How do you want me to ask about your progress towards your academic goals?

How will you communicate with me about academic successes, struggles, and grades?

Do you know how and when your first semester course schedule is created?

Have you downloaded your school's safety app?

Do you know how to change a tire?

Do you know how much laundry detergent to use?

How often should you be washing your sheets and towels?

How can you balance a diet of chicken fingers with healthy options?

What are some ways you plan to meet people once on campus?

Are there new hobbies you'd like to explore at college?

Where is the first-generation student support office on campus?

What professors do you have this semester?

What kind of conversations can you have with them to get ahead?

What questions should you be prepared to ask when you go for help?

What life experiences have best prepared you for college?

Where is the first-generation student support office on campus?



# FOR PARENTS OF COLLEGE-BOUND STUDENTS

