

GET READY FOR THE FALL 2020 SEMESTER!

TIPS ON PREPARING FOR COLLEGE

1 Find out if you will be going to school in person or remotely.

2 Talk to your support network about your decision to return to school. There are a lot of things to consider, so get help. Good people to talk to include: your Independent Living (IL) worker, your lawyer, academic advisors at colleges, and your friends.

3 If you will be taking classes remotely, make sure you have the technology the school requires for remote learning, including a computer with a web camera and internet access. Some resources can be found at these links:

<https://bit.ly/FreeWifiStudent>

https://bit.ly/Covid_StudentResources

4 Figure out your housing options. If living on campus is an option, think about whether you are comfortable there. If you are in extended foster, make sure your child welfare agency has helped you find and pay for a placement if you need housing.

5 Make a new budget and see if your living expenses have changed if you are going to school remotely. Figure out how you will get, pay for, and prepare food. Figure out if you need equipment or supplies to work remotely.

6 If learning remotely is challenging for you, find supports that can help you. Ask these questions:

- Is there a foster care student support program? Check out the list here: <https://bit.ly/FosterCarePrograms>
- Is there tutoring available to me?
- Can I meet an academic advisor or tutor who can help you with time management and other study skills?
- Are there any peer support or other programs available?
- If you had an IEP or accommodations plan in high school, what support can I get from the Office of Disability?

Check with the foster care higher education point of contact (POC) on campus to find out about support services and assistance with financial aid.

Use the POC directory here: <https://bit.ly/POCList>

7 If you are feeling stressed and it is getting in the way of your studies, find help and support. Find out what telehealth or other options are available for counseling through your insurance or through your school. Ask your caseworker, lawyer or Independent Living worker to help you find community resources. See what groups or activities are available that could help reduce stress and provide support.

8 Talk to the Higher Education POC or the Office of Financial Aid to make sure nothing has changed in your financial aid package because of any changes you have made with enrollment. If you go below part time, for example, you could lose your financial aid.

9 If you have unmet financial needs related to school check to see if your school has Coronavirus Relief (CARES Act) funds that the you can apply for. You can ask the Higher Education POC or someone in the financial aid office.