

Tips for parents, families, and guardians of new students

As the summer progresses and we move towards fall semester, we just wanted to provide a few helpful tips for you in preparing your student (and yourself) for the move to Tompkins Cortland Community College.

Help your student to become a good self advocate

There are people on campus who will help your student with anything – students just need to ask. Prepare your student to go to offices and explain what they need and ask for assistance. When they call home this year, help them figure out which office to ask for help and encourage them to do so.

Help them realize college is different from high school

There are much higher academic and study time expectations. They will need to act more independently than they did in high school, particularly if they are living away from home. They should be reviewing the Handbook of Student Rights and Responsibilities and the College catalog before the semester begins. These documents will help them to know what is expected of them at all times.

Prepare them to live on their own budget

Even with an on-campus meal plan and prepaid housing, it's easy to burn through your money at college. Help them prepare for regular monthly costs and for decisions they will need to make to stay within their budget.

Discuss personal and property safety

You can help by encouraging your student to utilize safety resources, by teaching him/her ways to keep property safe (such as always locking doors and recording serial numbers of expensive property), and by teaching your student that personal and property safety are individual responsibilities. TC3's Office of Public Safety also offers additional safety tips.

Insurance policies

Parents can also check their insurance policies to find out if personal property is covered while your student is away from home, and help your student to purchase renter's insurance if necessary.

Make sure they know fire safety

Wherever your student lives, they should be aware of fire exits and know how to use fire safety equipment appropriately. This includes using fire extinguishers, knowing to never cover smoke alarms, and safe cooking guidelines.

Help them make productive choices about alcohol and other drugs

You can help by communicating your expectations about alcohol and other drugs, discussing family values regarding alcohol and drug use, educating your student about campus resources, and encouraging your student to participate in the many alcohol-free events on campus.

Help your student stay healthy

Students should be prepared to think about their own health while away. They need to manage any prescriptions they have, know where to go if they are sick, and be prepared to have basic health items

on hand particularly during cold and flu season. The TC3 Health Center offers numerous resources related to student health and wellness.

These are just a few ways you can help your student to prepare. Please become familiar with our website so you can find information throughout the year. We hope you will attend our Parent and Family orientation when you bring your student to campus in August. And feel free to call once your student is here. We can't always give you specific information on your student due to privacy laws, but we will always help steer you in the right direction!

Studying up

There are also a lot of books to help you and your student prepare for college. Here are just a few:

YOU'RE ON YOUR OWN (But I'm Here If You Need Me) Mentoring Your Child During the College Years by Marjorie Savage

Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years by Helen E. Johnson and Christine Schelhas-Miller

Letting Go: A Parent's Guide to Today's College Experience by Karen Levin Coburn and Madge Lawrence Treeger

Dean's List: Eleven Habits of Highly Successful College Students by John B. Bader

Campus Contacts

Dean of Student Life	607.844.8222, Ext. 4316
Office of Public Safety	607.844.6511
Office of Residence Life and Judicial Affairs	607.844.6589
Office of Student Advisement	607.844.8222, Ext. 4521
Student Health Center	607.844.8222, Ext. 4487