



How to Prepare for: LIVING ON CAMPUS

Many college students have the option to live on campus. To prepare for life on a college campus, consider what you can do at home. Below are some ways to prepare for college at home.



MANAGE YOUR HEALTH

In college, you will have more responsibility for managing your health. Make sure you are familiar with what medications you take, how much, and how often. Practice making doctor's appointments for yourself.



NAVIGATE YOUR COMMUNITY

Learn and practice how to travel independently within your community. For example, walk, bike, or take public transportation to different places in your community. Learn and practice good hygiene such as showering and brushing your teeth regularly. Identify what hygiene products you need, such as deodorant and soap, and purchase them at the store.



MANAGE YOUR TIME

Learn different ways to use your phone to help you complete tasks and manage your time. For example, use the calendar to schedule events, write reminders in notes, and use the clock to set timers. You can also explore other phone applications that make managing your time easier, such as Habitica or BeFocused.



MAINTAIN CLEANLINESS

In college, you will be responsible for maintaining a clean dorm room. Practice maintaining cleanliness at home. For example, learn how to do your laundry, clean your bathroom, and change your sheets.



PREPARE MEALS

Help your family plan and prepare meals. Ask to help create grocery lists, shop for groceries, and cook meals.