

Off-to-College?

Campus Prep: Tips and To-Dos

❑ Get a head-start on a healthy campus life.

- Choose a meal plan with lots of healthy options (veggies, fruits) and a few indulgences (ice cream)!
- Program important numbers into your phone, including the campus health center, counseling services and security.
- Make sure you've received the pre-college booster [vaccine](#) that helps prevent bacterial meningitis and learn about the [symptoms](#) of meningitis.

❑ Pack the necessities.

- Don't forget the basics: toiletries (and a bag or case to transport them) and clothing (consider the climate where you're going to school), electronics, chargers and laundry supplies.
- Make your dorm feel like home with creature comforts, your favorite poster and photos of friends and family.

❑ Create a budget.

- Figure out how much you can spend each month and whether or not you will need an on-campus job.

❑ Start making connections.

- Contact your roommate and get to know a little bit about each other (Morning person or night owl? Study with music or silence?). Figure out who's going to bring what.
- Find out if your school has any pre-college programs or Facebook pages where you can make friends before you get to campus.

❑ Plan to keep in touch.

- Enjoy your new independence, but don't forget about all the people who will miss you. Sometimes setting a call schedule or just setting expectations before you leave can be helpful.
- Bring pre-addressed and stamped post cards or cards to send via snail mail to your favorite people.