

## Things to Learn Before Becoming a CBU Student

*The following is a list of everyday activities that first year students should discuss and/or practice with family members prior to arriving at California Baptist University.*

### **Knowing financial limitations**

Discuss what you, as the parents, are contributing and what the student is responsible to contribute and how. Talk to your student about what their financial responsibilities should be, whether it is working a part-time job, applying for financial aid, or taking out a student loan. Be sure to remind them that every family is different; therefore, their friends may have different financial obligations and responsibilities.

### **Managing Money**

Talk about balancing a checkbook, living within a budget, the hazards of credit card debt and the accessibility of credit.

### **Protecting personal property**

Remind them that protecting their belongings means locking doors and not keeping everything in the open. Parents' homeowner's insurance usually covers the personal belongings of a full-time student while living in a college residence hall. Check with your insurance company for how much insurance, if any, you have. If your home-owner's policy does not cover your student, you may be able to get renters' insurance.

### **Maintaining a clean and healthy living environment**

Be sure your student knows how to do their own laundry, clean a bathroom, keep up with dirty dishes, change bed sheets, etc.

### **Making appointments**

Talk about telephoning a professor, advisor, or administrator and making an appointment to meet. What is an appropriate way to leave a voicemail/email message?

### **Roommates**

Talk about learning, living and working with people from different backgrounds. Having a new roommate(s) can be a big adjustment that requires new social skills. Contacting the new roommate(s) over the summer can be a great way to ease into the transition. It also allows for them to discuss class schedules and study habits, and it's a great opportunity to discuss who can bring certain items. That way your student won't end up with two televisions or two refrigerators. Also, talk to your student about ways to resolve/negotiate roommate conflict.

### **Healthy eating**

Talk to your student about making healthy food choices, either at the grocery store or in the on-campus eateries (Alumni Dining Commons [ADC], Wanda's or Brisco's), to ensure a healthy, balanced diet.

### **Vehicle maintenance**

If your student has a vehicle, talk to them about things like checking the oil, checking the tires, and how to use jumper cables.

### **Maintaining a schedule**

Scheduling time for studying, outside interests, and family obligations can help reduce stress and improve academic success.