

On-Your-Own Skills

Finance & spending

- Budgeting, \$ management & savings
- Debit vs. credit
- How and when to write a check
- Setting up direct deposit
- Setting up automatic bill pay
- Withdrawing \$ from ATMs & avoiding ATM fees
- Memorize your Social Security number!
- Purchasing textbooks and school materials and selling books back

Health

- Choosing good foods in the cafeteria/grocery store
- What to do when you are sick (Student Health Center)
- When to go to the doctor
- Taking prescriptions regularly and how to get prescription refills
- Health care coverage and cards
- HIPAA and medical power of attorney for your caregivers

Safety

- When and where to call police or campus security
- Safety when walking after dark
- Important phone numbers to call for help
- What to do if you get locked out or lose your keys
- "Social safety" (protecting drinks, helping each other get home safely, etc.)

Housework

- Washing dishes
- How to do laundry (need coins for machines)
- Cleaning the bathroom (toilet, shower, sink)
- Keeping your space clean
- Maximizing closet space
- Taking out trash
- Simple sewing & mending (fixing buttons and small tears)

Time management

- Setting an alarm & leaving time to get ready
- Managing your class, job & activities schedule
- Making enough time to study appropriately
- Planning your class schedule
- Taking breaks & self-care when needed
- Keeping track of deadlines

Self-care

- Where to go if you want to change roommates
- Action plan for homesickness, stress or mental health strain
- Where to get exercise/movement
- Getting enough sleep

Car care

- Getting regular upkeep (oil, brakes, fluids, tire air pressure, etc.)
- Proof of active insurance in glove box
- Emergency preparedness kit (jumper cables, first aid, flashlight, ice scraper, blanket, etc.)
- How to change a tire
- What to do/who to call if car breaks down

Notes

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Dorm room checklist

What to bring

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|---|--|---|
| <input type="checkbox"/> Bedding | <input type="checkbox"/> Shower caddy | <input type="checkbox"/> Alarm clock |
| <input type="checkbox"/> Pillows | <input type="checkbox"/> Shower shoes/flip-flops | <input type="checkbox"/> Microwave-safe bowl, plate & cup |
| <input type="checkbox"/> Comforter | <input type="checkbox"/> Shampoo/conditioner | <input type="checkbox"/> Sticky tack for wall decor |
| <input type="checkbox"/> Throw blanket | <input type="checkbox"/> Shower cap | <input type="checkbox"/> Small trash can |
| <input type="checkbox"/> Mattress cover | <input type="checkbox"/> Comb/Brush | <input type="checkbox"/> Can/bottle opener |
| <input type="checkbox"/> Bedside lamp/clip lamp | <input type="checkbox"/> Hair dryer & hair styling tools | <input type="checkbox"/> Handheld steamer (instead of iron)* |
| <input type="checkbox"/> Hangers | <input type="checkbox"/> Cosmetics, lotion & hair products | <input type="checkbox"/> Umbrella/rain gear |
| <input type="checkbox"/> Laundry basket or bag | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Backpack |
| <input type="checkbox"/> Laundry detergent | <input type="checkbox"/> Toothbrush, toothpaste, floss | <input type="checkbox"/> Swimwear* |
| <input type="checkbox"/> Dryer sheets* | <input type="checkbox"/> Bath towels (no more than 3) | <input type="checkbox"/> Futon/bean bag/camp chairs* |
| <input type="checkbox"/> Stain remover stick* | <input type="checkbox"/> Washcloths | <input type="checkbox"/> White board/markers or bulletin board* |
| <input type="checkbox"/> Lint roller* | <input type="checkbox"/> Feminine hygiene items | <input type="checkbox"/> Safety pins* |
| <input type="checkbox"/> Storage tubs/crates (these can double as shelves!) | <input type="checkbox"/> Contacts, solution & case | <input type="checkbox"/> Flashlight* |
| <input type="checkbox"/> Under-the-bed storage tubs* | <input type="checkbox"/> Shaving tools | |
| <input type="checkbox"/> Bicycle, helmet & lock* | <input type="checkbox"/> Handheld mirror | |
| | <input type="checkbox"/> Nail clippers* | |

*optional or nice to have

What **NOT** to bring

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|--|---|--|
| <input type="checkbox"/> CANDLES! | <input type="checkbox"/> Toaster | <input type="checkbox"/> Toaster |
| <input type="checkbox"/> Incense | <input type="checkbox"/> Blender | <input type="checkbox"/> Blender |
| <input type="checkbox"/> Hot plate | <input type="checkbox"/> Too many books | <input type="checkbox"/> Large pieces of furniture |
| <input type="checkbox"/> Coffee maker | <input type="checkbox"/> Luggage or suitcases (try duffle bags or crates instead) | <input type="checkbox"/> Printer |
| <input type="checkbox"/> Too much clothing | <input type="checkbox"/> Too many shoes | <input type="checkbox"/> Iron and ironing board (consider a hand-held steamer) |
| <input type="checkbox"/> Pots and pans | <input type="checkbox"/> Vacuum | |
| <input type="checkbox"/> Space heater | | |

Check with the school or your roommate about...

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|--|---|--|
| <input type="checkbox"/> Microwave | <input type="checkbox"/> Full-length mirrors | <input type="checkbox"/> Area rug |
| <input type="checkbox"/> Mini-fridge | <input type="checkbox"/> Stereo/audio equipment | <input type="checkbox"/> Décor/posters/art |
| <input type="checkbox"/> Computer set-up and WiFi access | <input type="checkbox"/> TV/accessories | <input type="checkbox"/> Fan |
| | | <input type="checkbox"/> Floor lamps |

