

# Growing Up: Top Tips for College Success

**It's never too early to lay the groundwork for college readiness with your freshman-to-be.**

From creating routines, assigning chores and setting expectations around nutrition and free time, the foundation for future success on campus starts at home. But never fear! We've laid out our favorite tips in this easy-to-follow format.

## Set Routines

- Morning and evening routines can add structure to otherwise chaotic days.
- A bedtime routine will ensure your student gets enough sleep.



## Manage Free Time

- Get outside. Time outdoors is important for the whole family.
- Set reasonable limits on screen time.
- Encourage unplugging.



## Get Cooking

- Involve your child in grocery shopping. Make lists, discuss options and plan meals as a family.
- Cook together and teach as you go.
- Eat at home as frequently as possible.
- Encourage your kid to shop for, prepare and clean up after their favorite meals.



## Encourage Healthy Relationships

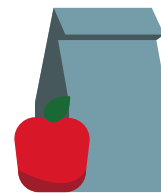
- Encourage your kid to make friends and to spend time with them outside of school and activities.
- Discuss conflict resolution and how to be a supportive friend.
- Discuss setting boundaries and how to recognize unhealthy behavior.



## Assign Chores



Give your child age-appropriate household chores.



Ask kids to make their own weekday lunches.



Farm out laundry duty. Everyone does their own!