



**Chinese-American
Planning Council, Inc.**

Project Gateway College Counseling Center

Checklist: The Summer Before College (High School Seniors)

清单：大学前的夏季（十二年级学生）

All First-Year College Students

Fill Out/Submit Required Forms and Documents

- Submit final high school transcript
- Complete Immunization Forms (*Must make an appointment with your family doctor)

Health Insurance Coverage

- Determine if you need to sign-up for your college's insurance or if you can use your current one

Money, Money, Money

- Pay any outstanding college balances (with your parent's/legal guardian's awareness)
- Apply for any scholarships
- Consider a paid internship or work
- Determine a personal budgeting plan and prioritize absolute needs (preferably with your parents' input)
- Create an emergency fund for unexpected expenses

Key Life Skills and Family Support

- Practice doing your own laundry
- Learn to cook at least three real meals
- Lay out or clarify expectations between parties around communication while you are away in college

Keeping Up With College

- Register and select fall classes
- Sign up for and read up about your college's freshmen orientation
- Know your advisor (name and contact information)
- Read your college student handbook, especially sections on student services and resources and school guides, policies and calendar
- Buy a planner or have a go-to organizational tool or app

Additional: On-Campus Students

- Complete Housing Questionnaire & Form
- Look at the college dorm packing list and confer with your roommate on what things you might consider bringing/sharing OR
- Reach out to your roommate via social media, text-message, or email
- Pack early to avoid last-minute shopping and forgetting things
- Coordinate a college drop-off with a trusted adult

大学新生

填写并提交所需要的表格和文件

- 提交最终的高中成绩单
- 完成免疫表格（*必须先预约你的家庭医生）

健康保险范围

- 确定可继续使用现有的医疗保险或需要注册大学医疗保险

金钱

- 支付大学余额学费（咨询家长/法定监护人的意识）
- 申请任何奖学金
- 考虑有薪实习或工作
- 实行预算计划并确定个人需求和优先级（优选家长/监护人的提议）
- 创建应急基金，为意外费用

关键的生活技能和家庭支持

- 学习自己洗衣服
- 学习煮菜至少会做三顿正餐
- 当你在上大学期间保持与家人和朋友联系和沟通

跟上大学

- 登记和选课
- 注册和参加大学新生会
- 辨认你的大学指导顾问（姓名和联系方式）
- 阅读大学学生手册特别是有关学生服务和资源，学校指南，政策和日历的章节
- 购买一个日历计划本或下载适合你的计划日历工具或流动應用程式

其它：校内学生

- 完成住房问卷和表格
- 参考大学宿舍的装箱单，并与室友讨论你带来的同用或分享的东西
- 通过社交媒体短信或电子邮件去联系室友
- 尽早提前包装，避免最后一刻的购物和忘记东西
- 与监护人/父母陪同安排入住大学