



## 10, 5-minute conversations

1. **Academic Goals** (What do you hope to accomplish through your college experience and how will the choices you make align with this?)
2. **Alcohol & Drugs** (What are your expectations, values, etc. associated with alcohol and drugs? What will you do when confronted with choices, peer pressure, etc.?)
3. **Budget & Money** (What are your expectations for how your student will budget, utilize resources, etc.?)
4. **Communication** (What are your expectations for how you'll communicate, frequency of communication, etc.?)
5. **Health & Wellness** (Encourage healthy habits-sleep, exercise, diet-the choices made now are habit forming for a lifetime.) Consistent face cover wearing and proper social distancing.
6. **On-campus involvement** (Encourage your student to explore and find those things they are most passionate about and to commit to sustained engagement and involvement – 2-3 v. 10 different things with minimal connection.)
7. **Sex** (the awkward and important conversation knowing that college students experiment with many things.)
8. **Street Smarts** (City savviness given the urban location of the campus.)
9. **Study Habits** (Studying in college is significantly different than high school – understanding what they need and developing good habits.)
10. **Work** (Is there an expectation your student will work and if so, how much? – being clear about what they need to do from an income perspective.)

### PARENT & FAMILY ENGAGEMENT

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