

## AWAY TO COLLEGE

### A. General

- ❑ Make sure you have health insurance and keep your card with you at college. This coverage should be over and above what the student health service covers.
- ❑ Use of the student health service for acute illnesses, preventative care, and counseling services while at college
- ❑ Take a list of regularly taken medications and have the name of a pharmacy to use for refills.
- ❑ If you have a serious chronic medical condition, make sure you identify an appropriate specialist near the college before the semester begins. It is harder to find someone on an emergency basis.
- ❑ Know your whole medical history: allergies, diseases, operations, etc.

### B. Medical Care

- ❑ A small medicine kit comes in handy and should include Band-Aids, gauze, tape, acetaminophen or ibuprofen, allergy meds, antibiotic cream and any items specific to your medical needs.
- ❑ Know how to care for the symptoms of a common cold or flu including when it is appropriate to call your parents, or to go to the student health service. Do not take antibiotics to treat every little cold, etc.
- ❑ An elevated temperature of more than 101 degrees for more than 24 hours warrants a call to the student health service nurse.
- ❑ Avoid all the fad diets. Vitamins do not replace good nutrition, they are only supplements. It is not imperative that each freshman gain the "freshman 15" pounds.
- ❑ Sexually transmitted diseases refers not only to AIDS, but also to herpes, chlamydia, syphilis, gonorrhea, human papilloma virus, hepatitis B and hepatitis C. People who don't use condoms, or who don't insist that their partner does, are playing with fire. While oral contraceptives might prevent pregnancy, they are ineffective against STDs.
- ❑ All females should have received by now all two doses of the Gardasil vaccine against HPV and know how to do monthly breast self-examinations.
- ❑ Men should know how to do monthly testicular self-examinations. Remember to "hold onto your end of the bargain", and be responsible and respectful in your relationships.
- ❑ Sleep deprivation and all-nighters do not improve grades or health. Many of college students' illnesses are related to a lack of sleep.
- ❑ Most fatigue is not mono; most diarrhea is not colitis; and most headaches are caused by poor nutrition, sleep deprivation, smoking, or drinking.
- ❑ As a courtesy, we will be available to care for your minor colds, flu, and the like when you're home from college, we will not be available as your doctor once you graduate or drop out from college, or turn 22 years old.

### C. Student Life

- ❑ Sex, sexuality, alcohol, drugs, independence, and finances will confront every college student. Have a plan in your mind of how to deal with each issue.
- ❑ Roommates are not always perfect matches. They don't have to be your best friend. Give-and-take is an important message to carry to college.
- ❑ Make use of campus security and police. Things do get stolen in the dorms. Be sure to lock your room and secure all important items.
- ❑ If you have a learning disability, inform the school ahead of time.
- ❑ College is a place and time to further education. But it also is a time to explore ideas and possibilities. Become active in clubs and/or sports.
- ❑ College means more freedom, therefore more self-discipline is needed. There is less time spent in traditional classrooms and more time spent on homework, studying, and research. There will be much less opportunity for extra credit, but more opportunity for enlarging the mind.
- ❑ Cults, racism, bigotry, vandalism, gangs, and violence are alive and well on every campus. Rape and sexual assault do occur at college. The use of alcohol and drugs increases the risk.
- ❑ When you come home, your interactions and how you fit back into your family will be different. Be prepared for changes.
- ❑ College is neither easier nor harder than high school - just different. Enjoy the way your mind is expanding and learning.
- ❑ The hardest thing for your parents to realize is that this is the beginning of the 'letting go' of parenthood. We look forward to seeing you again in 5 to 10 years.....this time as a parent yourself!