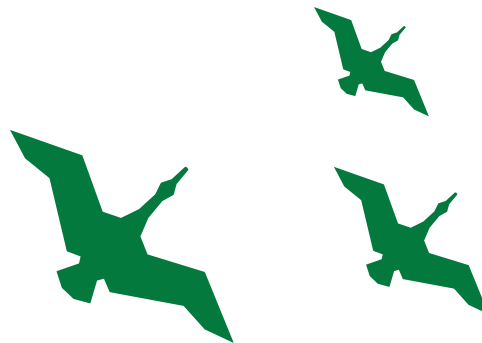# PREPARE FOR MIGRATION

Over the next few weeks there are steps your student should take—some required and some recommended. We also have a list for you, about ways that you can learn more from us and support your student.

WAYS YOU CAN PREPARE YOUR STUDENT

- Check in regularly with your student and coach them through their required steps, having them take the lead.

- Talk with them about their excitements and concerns about their new journey.

- Help them remember what they're good at and that they belong at the University of Oregon.

- Share what you're excited about for them.

- Review the list of conversations on the Parent and Family Programs webpage and make time for these conversations with your student.

WAYS YOU CAN PREPARE YOURSELF

- Plan to join us for Parent and Family IntroDUCKtion when you're able or watch recorded sessions afterward. This will help you understand the unique policies, procedures, departments, and resources, and people at the UO.

- Listen to our podcast, Flock Talk at **flocktalk.uoregon.edu.**

- Spend some time thinking about what kind of growth and development you're excited to see in them while they're in college. This is exciting!

- Join the Parent and Family Association or sign up for information-only contact with Parent and Family Programs.

- Sign up for UO Alerts at **alerts.uoregon.edu.**

- Plan a way to celebrate your student's achievements before they head to the UO.

- Make a plan with your student around move-in and make sure you're all on the same page.

- Review the parent guide at **families.uoregon.edu.**

For questions about these steps or anything else related to the UO, please connect with us. You can reach Cora Bennett, director of orientation programs, by text at **541-346-1142** or email at **corab@uoregon.edu.** You can also reach Parent and Family Programs by email at **myduckis@uoregon.edu.**

Parent and Family IntroDUCKtion: **orientation.uoregon.edu/introducktion/parent-and-family**

REQUIRED STEPS FOR STUDENTS

Required steps often have enrollment or other consequences if students miss them, so it's important they complete these as soon as they can. This is also a good opportunity to have them exercise independence and take care of their college checklist during the summer.

YOUR STUDENT MUST

☐ Complete pre-advising requirements.

☐ Meet with their academic advisor and complete fall registration.

☐ Complete online/remote IntroDUCKtion requirements.

☐ Send final transcript(s) to the Office of Admissions.

☐ Submit health records.

☐ Accept their billing account terms and conditions.

☐ Complete the required prevention modules beginning on August 31.

☐ Submit their UO ID card photo.

☐ Enroll in DUO two-step authentication.

☐ Complete their University Housing registration by July 31, including all exemption requests.

☐ Review and complete any financial aid requirements.

WE RECCOMMEND THAT YOUR STUDENT

☐ Check their UO email daily and read it with attention; we cannot stress this enough!

☐ Text any UO questions to their SOSer—they're here to help!

☐ Sign up for UO Alert, our emergency text message system. They can also add your mobile number.

☐ Complete their room selection before July 31.

☐ Beginning in mid-July, register on Handshake to search for campus jobs.

☐ Read *The A Game*, a book to be mailed to your home this summer.

☐ Chat with their new roommate. This is the best way to discuss arrivals, sharing supplies for the room, and other essential topics before the year starts!

☐ Review University Housing's lists of items to bring, and items to leave at home.

☐ Check out student clubs and organizations.

☐ Add family members as "Authorized Payers" who are contributing financially.

☐ Plan your trip to Eugene!

☐ Create a shopping list of needed supplies. Remember, if you are from another state you can save sales tax by shopping in Oregon.