

# START THE CONVERSATION

After orientation there are many things to discuss with your student. Use this guide to start the conversation!

- What was something you learned at orientation that surprised you?
- What are your academic and social expectations for your first semester?
- How will you handle things that don't go as planned? What if you don't get along with your roommate or struggle in class?
- How will you handle stress?
- How often do you think we'll talk and communicate during your first semester? What are important issues for us to discuss? What will be the best times for us to connect?
- How do you feel about your class schedule? What excites you about your major?
- What will you do if you get yourself into a jam?
- What are your ideas for staying mentally and physically healthy?
- How should we approach discussing money while you're at college?
- What information will we share through third party access on AccessPlus?
- What kind of meal plan do you think is going to be best for you?
- How will we prepare for move-in day? What will it be like to say goodbye?
- When you think about starting your first year at Iowa State, what are you most excited about? Most nervous about? You might want to share with your student what excites you most too!

# CHECK *IT!*

Encourage your student to complete all of these items before arriving back on campus for move-in!

- Explore AccessPlus throughout the summer
  - Verify ISU Alert information
  - Add emergency contact information
  - Check mailing address for accuracy
  - View move-in details and make a packing list
    - Contact roommate to coordinate who will bring what
  - Review class schedule for locations after August 1
  - Watch for university billing statement after August 1 – when the bill is available a notification message will be sent to your student’s Iowa State email address
    - Verify your financial aid status
    - Return all the required forms
  - View mandatory health requirements at **[cyclonehealth.iastate.edu](http://cyclonehealth.iastate.edu)** and submit your records on AccessPlus
  - Register for a parking permit after July 22
- Select your ISU Dining meal plan at **[iastate.starrezhousing.com/](http://iastate.starrezhousing.com/)** **StarRezPortalX**.
- Explore Canvas and complete the online wellness programs AlcoholEdu and Kognito between July 1 and July 31
- Submit all final transcripts of high school and/or college credit earned during high school to the Office of Admissions
- Reserve textbooks at **[isubookstore.com](http://isubookstore.com)**
- Download the MyState and SafeRide ISU apps to stay informed and gain access to resources across campus
- Register for Destination Iowa State (**[admissions.iastate.edu/destination](http://admissions.iastate.edu/destination)**) by August 1