



Before You Move In

A comprehensive checklist for every incoming freshman whatever your background, wherever you come from.

Check each box as you complete it. Share with a family member or advisor.

ACADEMIC PREP

- ☐ Accept your admission offer and pay your enrollment deposit by the deadline
- ☐ Complete placement tests (math, writing, foreign language) as required
- ☐ Register for first-semester classes early (popular sections fill fast)
- ☐ Meet with your academic advisor before or during orientation
- ☐ Set up your student email and university portal login
- ☐ Order or rent textbooks early; check library reserves first to save money
- ☐ Confirm AP/IB/dual-enrollment credits transferred correctly
- ☐ Locate writing center, tutoring center, and academic success office on your map
- ☐ Review your school's academic integrity and AI use policy before day one
- ☐ If you have a documented disability, contact Accessibility Services NOW. Don't wait until you struggle

★ **Tip:** *First-gen tip: Ask your advisor what "office hours" means and make an appointment. Professors genuinely want you there.*

SOCIAL & COMMUNITY

- ☐ Attend orientation fully and introduce yourself to at least 3 new people
- ☐ Research student organizations matching your identity, culture, or interests before arrival
- ☐ Find cultural centers (Black Student Union, Latinx Center, LGBTQ+ Center, etc.) and their hours
- ☐ Connect with your roommate(s) before move-in day. Agree on sleep, guests, and cleanliness
- ☐ Join your school's class of [year] social media group or GroupMe
- ☐ Look into honor societies, clubs, or volunteer programs in your field
- ☐ Identify a campus religious or spiritual community if that matters to you
- ☐ Find your international student office if you are on a student visa
- ☐ Plan how to stay connected with family while building your independence on campus

★ **Tip:** *Commuter tip: Many campuses have commuter lounges and organizations. Find them so campus feels like home, not a stop.*

MENTAL HEALTH

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| ☐ Locate your campus counseling center and learn how to make an appointment (some have waitlists so start early) | ☐ Identify 2–3 personal coping strategies you can use when stress rises |
| ☐ If you see a therapist at home, request referral notes and explore telehealth options | ☐ Talk openly with a trusted adult about what you're anxious about before you leave |
| ☐ Transfer any prescriptions to a pharmacy near campus before you leave home | ☐ Save the 988 Suicide & Crisis Lifeline in your phone right now |
| ☐ Learn the difference between Counseling Center (therapy) and Student Health (medical). They are often separate | ☐ Learn signs of alcohol or drug overconsumption; know your campus medical amnesty policy |
| ☐ Download any free mental health apps your campus provides (WellTrack, Calm, etc.) | |

★ **Tip:** Counseling is confidential, your parents are not notified. Seeking help is a sign of strength, not weakness.

→ Continued on Page 3: Financial Aid, Practical Logistics, Equity & Safety, and Quick-Reference Contact Card

Checklist continued

FINANCIAL AID & MONEY

- ☐ Review your financial aid award letter and accept only the aid you truly need
- ☐ Understand when and how disbursements arrive in your account
- ☐ Ask your financial aid office about emergency funds, food pantries, and basic needs grants
- ☐ Open a no-fee student checking account if you don't have one
- ☐ Create a monthly budget covering tuition, housing, food, transportation, and personal costs
- ☐ Apply for additional scholarships using your school's database, Fastweb, or Bold.org
- ☐ Find your campus food pantry. Using it is smart, not shameful, many students do.
- ☐ Research on-campus or work-study jobs. They are flexible with your class schedule
- ☐ Check if you qualify for SNAP (food stamps). Some states allow college students to apply

★ **Tip:** First-gen/low-income tip: "Basic Needs" offices exist specifically for you. They will not judge you for asking.

PRACTICAL LOGISTICS

- ☐ Confirm move-in date, time slot, and parking/unloading instructions from housing
- ☐ Coordinate your move-in plan with family and set a clear end time so goodbyes don't drag
- ☐ Pack bedding for a twin XL mattress (most dorm beds) unless housing states otherwise
- ☐ Bring copies of all important documents: ID, insurance card, Social Security card (keep secure)
- ☐ Confirm or obtain health insurance that covers your campus area before leaving home
- ☐ Get your campus ID card as early as possible as it unlocks dining, library, and buildings
- ☐ Download campus apps: shuttle tracker, course portal, campus safety/blue light app
- ☐ Find out if your campus has a safe-ride or late-night shuttle program
- ☐ Contact dining services before arrival if you have dietary restrictions or food allergies
- ☐ Undocumented students: connect with your DACA/undocumented student resource office before classes start

★ **Tip:** Label everything. Bring a basic first aid kit, a power strip (check dorm rules), and rain gear.

EQUITY, SAFETY & YOUR RIGHTS

- ☐ Know your Title IX rights. Sexual harassment and assault are prohibited at all federally funded schools
- ☐ Save your campus Title IX Coordinator's contact info before your first week
- ☐ Understand what "mandatory reporter" means. Most faculty are required to report disclosures of assault
- ☐ Find your campus Multicultural or Equity, Diversity & Inclusion (EDI) office and its hours
- ☐ Veterans and active-duty students: locate your campus Veterans Resource Center
- ☐ Student-parents or pregnant students: know your Title IX protections and parenting support resources

BEFORE YOU MOVE IN COLLEGE FRESHMAN CHECKLIST | Print, check off, and bring to campus

- ☐ Learn the difference between a formal Title IX report and a confidential Victim Advocate conversation
- ☐ Know the bias/discrimination reporting process for race, religion, gender, disability, and national origin
- ☐ LGBTQ+ students: find your Gender & Sexuality Center and check for gender-inclusive housing options
- ☐ Know your right to religious accommodations for exams and absences and submit requests in writing

★ **Tip:** The Ombudsperson is a neutral, confidential resource most students don't know exists. Find yours.

QUICK REFERENCE CARD: Who to Call When Things Go Wrong on Campus

Save this list in your phone. Pin it to your bulletin board. Share it with your roommate.

SITUATION	WHO TO CONTACT	HOW / NOTE
Medical emergency	Call 911 first, then Campus Police / Security	Save your campus non-emergency number too and post it in your room
Sick or injured (non-emergency)	Student Health Services	Many clinics offer same-day urgent visits. Call ahead; hours vary
Mental health crisis	Counseling Center after-hours line	988 Suicide & Crisis Lifeline. Call or text 988 any time, 24/7
Suicidal thoughts / crisis	988 Lifeline or Crisis Text Line	Text HOME to 741741. It's confidential, free, and available 24/7
Sexual assault or harassment	Title IX Coordinator OR Campus Victim Advocate (confidential)	RAINN National Hotline: 1-800-656-4673; advocate does NOT file a report
Financial emergency / food insecurity	Financial Aid Office + Campus Food Pantry	Ask about emergency grants; pantry use is confidential and stigma-free
Academic trouble (failing/withdrawal)	Academic Advisor + Dean of Students Office	Talk to your professor BEFORE you fail. Email them first this week
Discrimination or bias incident	Office of Equity, Diversity & Inclusion (EDI)	Ombudsperson is a neutral, confidential option with no formal report required
Housing / roommate conflict	Resident Advisor (RA) in your building	RA is step 1; escalate to Office of Residential Life if unresolved
Disability accommodation issues	Office of Accessibility / Disability Services	Start the process NOW. Retroactive accommodations are rarely granted
Immigration / DACA concerns	Undocumented Student Resource Office	These offices have confidentiality protections; ask about campus sanctuary policies
Technology / device emergency	Campus IT Help Desk	Ask about loaner laptops; check if free software (Office, Adobe) is available
Legal concerns (off-campus)	Student Legal Services	Many campuses offer free or low-cost legal help. Check your student fees
Not sure who to call?	Dean of Students Office	This is your universal SOS. They route any problem to the right office



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ALWAYS CALL 911 IF THERE IS IMMEDIATE DANGER TO LIFE. 988 Suicide & Crisis Lifeline (call or text 988) • Crisis Text Line: text HOME to 741741 • Campus Police: save this before your first night on campus.

Educational Resource Disclaimer

This workbook is an educational exploration tool designed to help students explore STEAM career fields and begin college planning. It is a starting point for discovery, **not a guarantee of college admission, major placement, or career outcomes.**

Results and reflections in this workbook reflect responses at a single point in time. Interests evolve. Please use this alongside guidance from your school counselor, parents, and trusted educators. The Quasi Box Brainery does not provide licensed academic or career counseling services.

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