

# Mom Cheat Sheet

*Your Essential Tool for Navigating Your Child's College Journey*



**Be prepared with this integral component of the COLLEGE UNCOVERED Toolkit, developed by:**



**LISA STEPHEN, Ph.D., ACC, NBC-HWC**

[www.ignitepeakperformance.com](http://www.ignitepeakperformance.com)

[drstephen@ignitepeakperformance.com](mailto:drstephen@ignitepeakperformance.com)

802-355-9299



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# Mom Cheat Sheet

## COLLEGE UNCOVERED Toolkit

The Mom Cheat Sheet is your roadmap for organizing important information and keeping the resources at your fingertips, so you're prepared when your child needs your help.

Power user tip: Upgrade to the complete [COLLEGE UNCOVERED Toolkit](#)! The Resource Guide contains all of the resources used in the “10 Things Moms Need to Know About College Life” webinar, alongside pages of extra materials and essential information you can use to fill in the blanks on your Mom Cheat Sheet. (I did the research for you!)

### Academic Support Options

➤ Writing Center:

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➤ Tutoring Options:

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➤ Academic Coaching:

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Mom Notes:

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**College Policies and Services**

➤ Drinking/Substance Use:

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➤ Roommate Issues:

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➤ Hazing:

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- Find recognized organizations on their college's website. Call the Office of Student Activities/Campus Engagement or the Dean of Students Office if you have questions.

➤ Minimum Academic Requirements for All Students:

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➤ Food Plans:

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➤ Campus Safety:

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➤ Sexual Assault Prevention and Response:

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➤ On-Campus Spending Cards (e.g., for laundry, food):

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➤ Equity, Diversity, & Inclusion:

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➤ Other:

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➤ Other:

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➤ Other:

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Mom Notes:

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**Emergency Plan**

Develop an emergency plan by:

- Identifying the issue/situation
- Documenting the steps to take
- Finding specific resources for help and noting their contact information

Emergency Plan Notes:

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**Emergency Services Contact Information**

➤ Resident Assistant (RA):

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➤ Campus Police/Security Department:

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➤ City/Town Police:

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➤ Emergency Alerts for Campus:

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➤ Call or text the National Suicide Hotline at: 988

**Mom Notes:**

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**Evacuation Plan**

➤ Closest Emergency Contact:

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➤ Nearby Hotels/Airbnb:

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○ Age Requirement:

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○ Is your child allowed to book an accommodation?

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■ If not, are you allowed to book for them?

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➤ Transportation Options:

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**Mom Notes:**

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**Finals Week** (academic calendar listed on university website)

➤ University-Wide Finals Days:

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➤ Date of Last Final:

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➤ Date They Leave for Break:

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➤ Date They Return After Break:

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Mom Notes:

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**Important Deadlines and Dates**

➤ Tuition Payments:

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➤ Housing Payments:

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➤ Books & Supplies:

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➤ Family Weekend:

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➤ Health and Medical Forms (student-athletes may have special forms and deadlines):

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➤ Work-Study Documents:

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➤ Study Abroad:

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➤ Other:

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**Mom Notes:**

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**Insurance Benefits and Coverage**

➤ Out-of-Network Benefits:

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➤ Limits for Various Services:

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➤ Are Referrals Needed:

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➤ Prescription Coverage:

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➤ Urgent Care Coverage:

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➤ Emergency Coverage:

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➤ Routine Medical Coverage:

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➤ Mental Health Coverage:

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➤ Substance Abuse Coverage:

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➤ Copays:

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➤ Deductibles:

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**Insurance Benefits and Coverage Continued**

Mom Notes:

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**Medical Services Contact Information**

➤ Student Health Services:

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➤ Off-Campus Urgent Care:

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➤ Convenient Pharmacy:

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➤ Specialists in Community (e.g., physical therapist):

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➤ Local Emergency Room:

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**Mom Notes:**

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**Off-Campus Counseling Options and Contact Information**

- Use “[Find a Therapist](#)” tool for community options or contact your insurance company for a list of providers.
- Nearby and Accessible Options:  
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- Telehealth Option:  
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**Mom Notes:**

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**On-Campus Counseling Center**

➤ Appointment Scheduling Line/Email:

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➤ Session Limit:

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➤ Mental Health Crisis and After-Hours Line:

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➤ Cost for Students:

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**Mom Notes:**

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**Transportation Options and Contact Information**

➤ ZipCar:

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➤ Rideshare (Uber/Lyft):

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➤ Public Transport/Bus Systems:

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➤ Cab Company:

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➤ Bike Routes:

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➤ Campus Shuttle:

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➤ Car on Campus (check school policies and campus parking options):

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○ Local Towing:

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○ Mechanic:

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○ Body Shop:

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Mom Notes:

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**Trusted Contacts**

- Roommates' information (name, phone, and email):

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- Close college friends' information (name, phone, and email):

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- Nearby family and/or family friends' information (name, phone, and email):

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- Other (name, phone, and email):

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**Mom Notes:**

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