

Preparing for university

As a parent, you will want to help make sure your son or daughter is as prepared as possible for university. There are several ways for parents to get involved.

Checklist for before students arrive at the University

There are a number of things students should do before arriving at the University. Make sure your son or daughter has covered all the essentials, by going through our checklists.

- [Essential things to do before arriving at the University \(/welcome/before/index.aspx\)](#)
- [What to pack checklist \(/welcome/before/whattopack.aspx\)](#)

Accommodation and household appliances

Moving into student accommodation is an exciting, but sometimes stressful time for students. For many this will be their first experience of independence and adult responsibilities. Know how to help your son or daughter:

- [Find out what's included in accommodation fees \(/undergraduate/accommodation/Living-with-us/Living-with-us.aspx\)](#)
- Resist the temptation to provide your son or daughter with every kitchen appliance they could need. Pack up the items you've already got and wait and see what their flatmates have and then they can work out what they're missing together. Working out what they will need and arranging shopping trips together can be a real bonding experience!

Basic life skills

Learning some basic life skills such as cooking, cleaning, food shopping and doing their washing, can take a huge weight off students' shoulders when plunged into their unfamiliar environment. Yes, they'll learn from others once they're there, but it'll make them feel more capable if they can give as well as receive peer help and support.

- Encourage your son or daughter to learn a few basic recipes before they leave home. Our [Get Cooking! website \(https://intranet.birmingham.ac.uk/as/student services/projects/getcooking/index.aspx\)](#) gives some student friendly recipes.
- Make sure they know how to sort washing and are familiar with your washing machine – once they know one, they'll probably be able to work out others too.
- It might be useful to get them helping with the household shopping before they leave home. It will help them be more familiar with the types of things they will need to buy and how much different items cost. Encouraging them to consider unbranded versions of food can also help them stick to their budget.
- We encourage students to think about [managing their money \(/welcome/before/managingyourmoney.aspx\)](#). You could help by discussing this with them in the context of their new budget before they leave home.
- [Time management \(https://intranet.birmingham.ac.uk/as/student services/projects/support/time-management.aspx\)](#) is a big learning curve for many students. Getting them involved in different household chores will help them to know how much time they require.

Join our Family Community

The Family Community is a community of parents and others who have a connection to the University. We would love to update you about what's happening at the University and, where possible, get you involved.

Joining the Family Community doesn't mean that you'll be involved with the same side of University as your son or daughter. We keep the Family Community completely separate, so you don't need to worry that they will think you're keeping an eye on them.

- [Sign up to our Family Community \(/alumni/family/index.aspx\)](#)

We would love to hear your feedback on our site. Please fill out this form or email us at welcome@contacts.bham.ac.uk.

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