



# PREPARING FOR UNIVERSITY

## A PARENT'S GUIDE

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**Is your teen ready for university?  
Are you?**

**Navigate the transition with confidence**

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# PREFACE

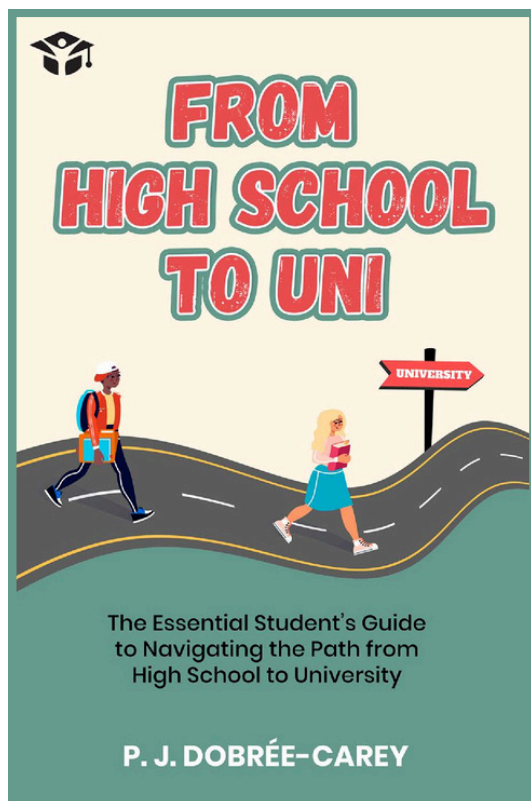
As a mum whose children were educated at an international school in Switzerland, when my first child was accepted to a UK university, I found the process daunting and didn't know how to get organized, how to calculate a budget or what to pack. So I set out on a mission to help other parents on a similar journey.

I recorded every step of the way, which culminated in an award-winning book; **From High School to Uni** - the essential guide to navigating the transition to university - to help students prepare, pack and thrive successfully on and off campus. I'm here to help YOU do the same!



Written BY a parent FOR parents - this interactive Parent's Guide is packed with valuable insights to get you started.

# PREPARATION IS KEY



Getting your child ready for university is an exciting major milestone. It's the start of a new chapter for both of you.

University offers more than just academic growth; it's an important stepping stone from adolescence to adulthood. It's the place where your teenager will further their qualifications while learning the life skills they'll carry with them for years to come.

As a parent, you've been there every step of the way - providing the love, support and encouragement to get them here.

Your guidance remains invaluable as they take the next big step. With so many options and decisions to make, the process can feel overwhelming. Choosing the right university means finding a place where your teen will feel safe, happy and confident to grow socially, emotionally and academically.

But university isn't just about hitting the books. It's important to make sure you're well prepared and armed with the tools needed to succeed at university.

In this guide, we'll help you guide your teen through these steps so you both feel excited and prepared for the journey ahead.



# STEP 1: RESEARCH UNIVERSITIES

The first step is to help your teen identify their areas of interest and research universities that specialise in these courses. Review the curriculum to make sure it matches their aspirations and strengths, and how your teen learns best - either in a traditional or flexible independent learning environment.

Supporting your teen's choices, especially if they differ from your own, can be challenging. But it's important to let them explore what feels right for them. While it's natural to feel protective, university offers a unique, supportive environment for them to spread their wings and gain independence.

## HOW CAN YOU HELP?

**A)** Use online tools such as [UCAS](#) or The [Complete University Guide](#) to help select the universities and courses of interest.

**B)** Consider factors such as:

- Location
- Academic reputation
- Available resources
- Student life

**C)** Attend open days and speak to students and staff to understand what each university has to offer. Prepare questions to determine if it's a good fit.

Some universities offer [travel vouchers](#) for open days. For those unable to attend, virtual open days provide video tours and a campus tour.


[Email us for our free university tour guide.](#)

**THE Book every new uni student should read**

★ ★ ★ ★ ★

**"If you have a crazy work schedule AND a kid who's heading to university, you HAVE to get this book!"**

- Marcia Kilgore  
Founder, Beauty Pie



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

With our book and downloadable packing lists for university, pack and prepare with very little effort. We've done the work for you!

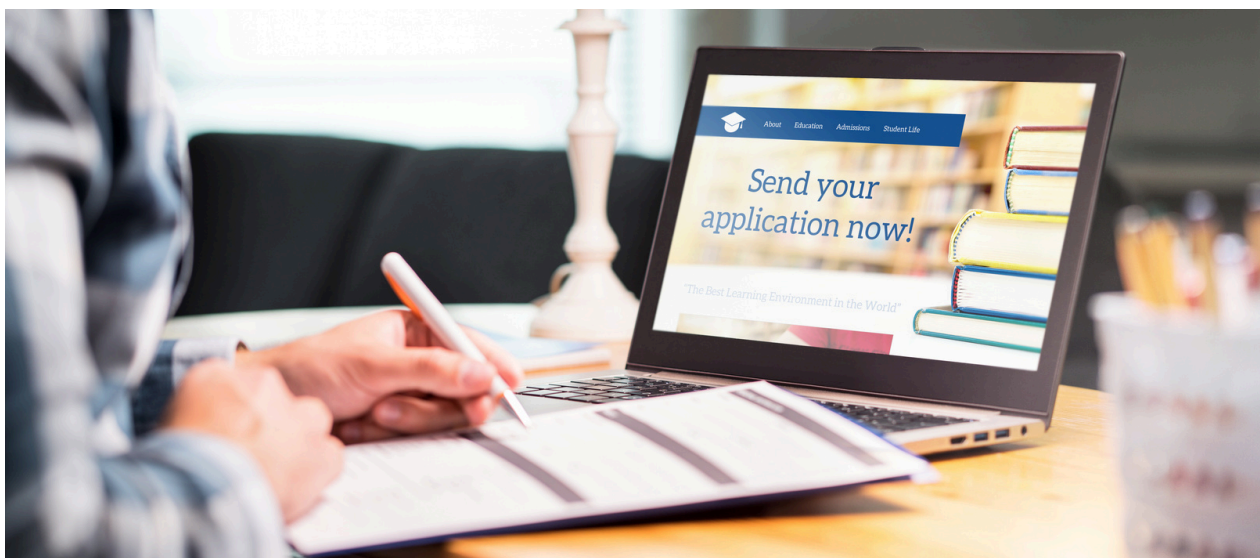
**Get the inside scoop - written by a parent!  
Order your copy of  
From High School to Uni  
TODAY**

**Buy Now**



# STEP 2: UNDERSTANDING THE APPLICATION PROCESS

As universities may have different application processes, it's important to understand the requirements and deadlines for each one.



## How can you help?

**A)**

Make sure your student has gathered all the necessary documents and information ready to submit their application before or by the deadline.

**B)**

Documents may include:

- Personal statement
- Academic transcripts
- References
- Entrance exams or interviews

**C)**

You can help your student by proofreading their personal statement, providing feedback, and helping them prepare for exams or interviews.

# STARTING UNI?

PARENT'S PASSPORT TO UNIVERSITY PREP!



## YOUR ULTIMATE STUDENT GUIDE!

### Why Should You Get This?

- ✓ Step-by step guidance
- ✓ Packing checklists
- ✓ Student Budget Planning Tool
- ✓ Moving tips, How to find accommodation, Paying bills
- ✓ And much more!



CHECK US OUT!

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



# STEP 3: FINANCIAL PLANNING

University can be expensive, so it's important to start planning early.



**How to:**

## Make a Budget Plan for Students

- 1 Write down your monthly income
- 2 Figure out your expenses
- 3 Subtract expenses from income
- 4 Track your spending
- 5 read on to find out..

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## How can you help?

**A)**

- Research the different funding options available, such as:
- Student loans
  - Scholarships
  - Bursaries
  - Grants

**B)**

Encourage your student to apply for as many funding opportunities as possible to help ease the financial burden, if relevant.

**C)**

You can also help them by [creating a budget](#), setting up a bank account, and teaching them how to manage their money and pay bills. Check our [budgeting blogs](#) for more information.

## STEP 4: FINDING ACCOMMODATION

Many universities offer on-campus accommodation, and it's important to research options based on your budget and needs.

Campus universities are convenient, with everything in one location — lectures, accommodation, and amenities, which creates a safe, student-oriented environment. City universities may have facilities spread across the town, requiring travel between locations but offering a more immersive city experience.

While campus living is common in the first year, students will likely need to find their own housing for their second year. It's important to research options, depending on your budget and requirements.

Key factors to consider are:

- Rent
- Bills
- Security
- Transport
- Amenities



## How can you help?

- A)** Look for suitable and safe locations near to the university, to avoid additional transport costs.
- B)** Encourage your student to visit the accommodation in person, if possible, to get a better idea of the facilities & area.
- C)** You can also help them by helping them move using our checklists and helpful guides, organising transportation, and providing them with essentials such as bedding, kitchenware and toiletries.

# STEP 5: PREPARE FOR THE MOVE



Moving away from home can be a daunting experience for your student and may be their first taste of independence living away from home.

## How can you help?

- A)** Making a list of things to take. We provide precise packing and [checklists](#) to help you get organised in no time and without taking non-essential items.
- B)** Organising travel and transport arrangements. You can access our travel planner and checklist in our [Ultimate Student Bundle](#) to guide you.
- C)** Encouraging your student to network with future class or housemates on social media groups to get to know their new community in advance.



**STEP-BY-STEP GUIDANCE  
FOR STUDENTS AND PARENTS  
TO NAVIGATE THE JOURNEY  
FROM HIGH SCHOOL TO UNI**

+ Resources for Schools to help them achieve the Gatsby Benchmarks



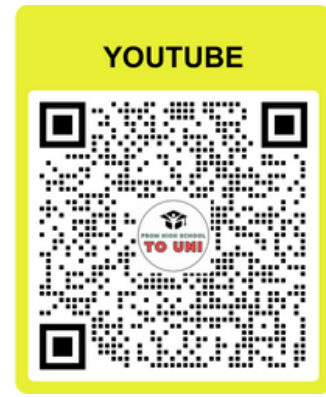
# **FROMHIGHSCHOOLTOUNI.COM**

Helping you move to Uni step-by-step with checklists to guide you through the transition.

Order your book and Student Bundles today!



 **fromhighschooltouni**



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Subscribe to our newsletter and get 10% off  
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