Family Expectations Worksheet

You and your student are about to embark on an exciting journey! Along the way there could be potential challenges during the adjustment to life at Saint Mary's. There are many items to discuss and to-dos to take care of before your student leaves. This worksheet serves as a starting point to help you and your student to set expectations as you prepare for their first semester at Saint Mary's.

Communication

We plan to talk _____ (number of times) per _____.

We plan to communicate using the following methods:

It is important to discuss the following when we speak:

During an emergency we plan to communicate by:

The following is considered an emergency:

Transportation

The student will get around campus & the Lamorinda/Bay Area in the following ways:

___ Car
___ Lyft/Uber
___ Bike
___ Scooter
___ Walk
___ Bus System
___ Other

Access to Information

The student will provide the following access to family members:
____ eBill (Electronic Billing system)
____ MySMC
____ Transcripts
____ Grades
____ Disciplinary Record

Does your student have their important documents?

___ Social Security Card
___ Passport
___ Copy of Birth Certificate
___ Insurance Documents
___ Banking Information

Visits

The family would like if the student planned to visit:

The student would prefer the family visit:

Money & Budgeting

We agree that the student will get money in the following ways:

___ Job ___ Weekly/Monthly/Semester Allowance (amount: $_____)

___ Financial Aid ___ Private Loans

And spend it in the following ways:

___ Meal Plan/Groceries ___ Spending Money ___ Rent ___ Bills
Other: _____
Limitations for spending money are:

We plan to handle financial emergencies in the following ways:

A financial emergency could include:

Other Things to Consider

Does your student know how to:

___ Grocery shop/meal plan ___ Cook simple meals

___ Maintain a budget ___ Do laundry ___ Make appointments

Have you talked to your student about utilizing medical services and health insurance?

How will your student stay safe on campus?

Saint Mary's Family Advice: Dealing with the Unexpected

We know there are times in which your student may have to navigate an unexpected circumstance. Whether your student is not excelling the way they hoped or their car breaks down, we came up with some pieces of advice for how your family can navigate the unexpected alongside your student.

- Before their first day of class, discuss and define your student's definition of a crisis versus your definition of a crisis. Reiterate how you know they are capable of handling a crisis, but they may be faced with challenges they have not dealt with before and you are there to help.
- Set expectations for what your student will communicate with you and ask for there to be no surprises. Some families have found success in setting aside time every week or month to talk about logistical items (such as grades, bills, routine items, etc.).
- Recognize that every student is different and therefore your support will be different. Every semester and year may look different for your student so throughout their time in college, check in to see what support they need and revisit this worksheet as needed.

Saint Mary's Family Checklists

These checklists were created by Saint Mary's Family Programs as recommendations of items to complete as a Saint Mary's College of California family member of an incoming student before the start of your student's first semester.

Health & Safety

- ☐ **Download the Gael Safe Mobile App.** The app has several safety tools, allowing the SMC Community to get GaelSafe notifications. For more information about Gael Safe emergency texts, emails, and computer alerts, visit www.stmarys-ca.edu/saint-marys-gael-safe-app.
- ☐ **Ensure your student lists you as their emergency contact in the StarRez** if they are living on campus.
- ☐ **Prepare a basic first aid kit to send off with your student.** Consider packing items such as a thermometer, antibiotic cream, band aids, gauze, over-the-counter medications, alcohol wipes, gloves, etc.
- ☐ **Send a copy of your health insurance plan card and pharmacy card (if applicable) with your student.** Consider providing your student with a list of medical providers that your insurance covers in the event of an emergency. Additionally, ensure your student knows their general physician's name and contact information for medical history forms.

Finances

- ☐ **Discuss personal finances and expectations with your student.**
- ☐ **Your student may set up direct deposit information** in their GaelExpress 2.0 to receive refunds/ reimbursements. Otherwise a physical check will be issued. More information can be found on the Business Office website.
- ☐ **Discuss bill payment access.** Students can grant family members authorized user access to their Student Account through GaelExpress 2.0. This will allow access to view billing history and make payments
- ☐ **Discuss Scholarship and/or Financial Aid requirements** and expectations with your student. Many scholarships and grants require your student to be complete a minimum number of units per year.

Logistics

- ☐ **Stay up to date on Housing Information, including room selection and move-in details** by checking the SMC Housing website at www.stmarys-ca.edu/resources-references/important dates.
- ☐ **Discuss transportation options for your student for the year.** Whether they plan to purchase a parking permit, take the public bus, or bike around the area, SMC is not walking distance to most stores, so it is important for your student to have a plan for getting around town.
- ☐ **Even if your student will live off-campus, decide if they will purchase a meal plan or make their own food.** Learn more about on-campus dining plans at www.stmarys-ca.edu/student-life/housing-dining

ADDITIONAL FAMILY TASKS

- **Save the Date for Family Weekend 2025 (October 3-5th).** Families are encouraged to make overnight accommodations early for Family Weekend as hotels fill up quickly. Find more information at: student-life/parents-families/family weekend
- **Purchase your official SMC Gael Gear** Purchase SMC logo wear at the on-campus SMC Bookstore, located in Ferragario Quad
- **Bookmark the SMC Parent-Family Page** Stay informed by regulalry looking at the SMC Parent-Family website at stmarys-ca.edu/student-life/parents-families

Get in touch with us!

Saint Mary's Family Programs
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SCAN ME

SAINT MARY'S COLLEGE OF CALIFORNIA