



THE COLLEGE
WOMAN'S CLUB
OF WESTFIELD



Prepping for College in the COVID Landscape:

Zoom Series #1

Prepping for College - from shower totes to HIPAA and things to know in between

July 22, 2020



Introductions

We will record this meeting.

Speakers tonight:

- **Anne Wargo**, President, College Woman's Club of Westfield
- **Susana MacLean**, President, MacLean College Counseling
- **Rafael Betancourt**, Partner, Triarsi Betancourt Wukovits & Dugan LLC
- **Jill Dispenza**, Jewish Family Services and Mom of two college kids
- **Peggy Oster**, President of Westfield Board of Education and Mom of FIVE kids



Legal: Topics

- Academic Access FERPA
- Medical Information Access HIPAA
- Legal Forms
 - HIPAA
 - Medical Power of Attorney/Healthcare Proxy
 - Durable Power of Attorney
 - Living Will



Legal: Academic Access FERPA

- FERPA is the Family Educational Rights and Privacy Act.
- Your child's college **cannot** talk to you about your child's academic status once they are 18 years old.
- You **cannot** have access to your child's course schedule or grades.
- If you call the Dean or the professor to ask questions, they **cannot** answer without your child's written consent.
- In general, parental calls are discouraged. Your child should advocate for themselves.



Legal: Medical Information Access HIPAA

- HIPAA is the Health Insurance Portability and Accountability Act.
- Your child's medical providers **cannot** talk to you once your child is 18 years old.
- Procedures and documents to waive HIPAA privacy vary by college:
 - Some college health services will accept a blanket HIPAA release form, some will not.
 - Some colleges provide their own HIPAA release forms, so check before you hire an attorney.
 - Some colleges have your child explicitly give or withhold permission to discuss every specific ailment, injury or issue with parents. So you might have permission to discuss an ankle injury but not their birth control or substance abuse issues.



Legal: Documents

Have copies of documents as hard copies and PDFs, also on your phone

- HIPAA waiver for home state **and** college state
- Medical Power of Attorney/Healthcare Proxy
- Durable Power of Attorney (can include the Healthcare Proxy)
- Living Will that spells out end of life preferences

Cost can range \$200-\$500



Legal and Personal: Have “the Talk”

- Powers of Attorney and Health Proxies are “living” documents. The student can revoke them at any time.
- Why and when you would access your student’s academic information.
- How and when you would access medical and mental health information.
- Academic expectations: Go to class!
- Financing and budgeting.
- Safe behaviors: alcohol, drugs, sex, sexual consent.
- Fake IDs and their perils. FINRA (Financial Industry Regulatory Authority) can prevent a person from working in financial services for their entire career.



Personal: Topics

- COVID-19 Preparedness
- Tips for the Dorm Room
- Toolbox
- Moving into the Dorm
- Things you might not have thought of
- Reflections on First Semester Freshman Year
- Additional Thoughts



Personal: COVID-19 Preparedness

- For kids either starting or returning to college: Encourage them to put together a "Bug Out Bag" in case of hospitalization, quarantine or isolation
- Just think how much more comfortable they'll be if they can asks a roommate to drop off "The red Nike tote in my closet".
 - Sweats/shorts/t-shirt
 - A few days worth of underwear
 - Fuzzy socks
 - A fleece throw
 - Tylenol
 - Advil
 - Vicks Vap-o-Rub
 - Cough syrup
 - Cough drops
 - Masks
 - Basic toiletries
 - Phone charger
 - Something to do-- books, even a coloring book and crayons



Personal: Tips for the Dorm room

- Call Bed Bath and Beyond and ask for a 20% off coupon for your entire order or register your child via SheerID on the BBB website.
- Find out if a BBB near the college participates in the “Pack and Hold” program, allowing you to order items and pick them up before move-in.
- Save all receipts.
 - Infrared disinfecting wand
 - Lysol spray+ cleaning supplies
 - Disinfectant wipes
 - Tide pods
 - Hamper that stands on its own
 - Mattress pad and/or topper
 - Bed bug protector for mattress*
 - Door stop
 - Mesh or plastic shower caddy
 - For girls: battery-operated lighted mirror
 - Command hooks and strips
 - Step stool to reach high closet shelves
 - Laundry drying rack
 - Full length mirror
 - Surge protector power strip
 - Risers to lift the bed for under bed storage*



Personal: Toolbox

- Thermometer
- Benadryl
- Sudafed
- Tylenol
- Advil
- Cough medicine
- Hydrocortisone
- Dayquil
- Nyquil
- Cough drops
- Imodium
- Advil PM
- Eye drops
- GasX
- Neosporin
- Band aids
- Hand wipes
- Hand sanitizer
- Extra cloth masks and a box of disposable masks



Personal: Moving Into the Dorm

- Unpack large boxes **before** you take to the room. There is not a lot of space for extra boxes as you are moving in
- Bring hanging clothes on hangers with a garbage bag around them to easily hang in closet. Rubber band the hangers together.
- Depending on climate of college area, store out-of-season items in duffels or large bins under the bed or in closet.
- Pay attention to the list of things you “can’t bring” -- every school has them! Examples: extension cords, hot plates, space heaters.
- Rolling plastic drawer storage unit can be useful.
- Make sure to leave a duffel for travel home.



Personal: Things you might not have thought of

- Send your child with one interview outfit.
 - Even though most interviews for jobs/internships will probably be by zoom
- Get the roommate's phone number for emergencies.
- Make sure your student has medical and pharmacy insurance cards and knows how to use them. (ID vs member # vs group # etc.)
- If your child takes medication, find a pharmacy NOW, make sure they carry your child's meds and honor your insurance, and transfer prescriptions.
- Opt in or out of the health insurance offered by your child's university based on your circumstances and family coverage.
- Self defense classes: Prepare, Inc. (<https://prepareinc.com/>)



Personal: Reflections on First Semester Freshman Year

“Don’t underestimate the power of an old-fashioned card or care package in the mail. In these days of texting and social media, kids still feel special when they get a surprise card or goodie-filled box from home. It’s a tangible sign of their parents’ love.”

“She is famous for making to-do lists, so to remind her of our conversation, I wrote three things on a Post-It note and put it in her dorm room. It said, ‘1. Be safe. 2. Work hard. 3. Have fun.’ She gradually lightened up and had an incredible four years at school. What struck me most, though, was when she moved back home after graduation last year. One of the first things I noticed in her room at home was the Post-It I had given her, now stuck to her bedroom mirror.”

“Our daughter was always a highly disciplined, straight-A student, so she got into an amazing university. But she was putting a lot of pressure on herself for college performance. We finally sat her down and explained she had already won the top prize by getting into the college she wanted; now she was competing only against herself. She didn’t need to worry anymore about how anyone else was doing.”

“Keep it together emotionally in front of your child. You don’t want to give the impression you’re not affected at all, but if you have a complete breakdown you are shifting a lot of burden onto your child. You need to try as best you can to be ‘the rock.’”



Personal: Additional Thoughts

PROFOUND CHANGE IN PARENT-CHILD RELATIONSHIP	While your child will always be your child, and will need you now as much as ever, you should appreciate that your role is transitioning from “management” to “guide.”
HAVE “A TALK”	Do not leave your “talk” (and you should have it) about serious issues like safety, responsible behavior, finances and communication expectations for your child’s drop-off. Not only will it rush a conversation that deserves time and mutual interaction, but it will ruin a moment rich with the potential for real warmth. + SLEEP, EXERCISE, NUTRITION
KEEP THE MOVE SIMPLE	If you need a van, you may be overdoing things; dorm rooms don’t have that much space. Consider bringing only seasonally appropriate clothing and pre-ordering essentials (soap, small appliances, etc.) for pick-up at a store located close to school. This can help save on packing and shipping, which is especially important if your child is getting to college by plane.
DISCUSS FINANCES BEFORE SCHOOL STARTS	How you decide to handle spending arrangements with your child is a function of your personal values and economic resources. You may want to consider providing a debit card attached to an account that has a set sum for the full semester, or one that’s refreshed with monthly deposits. Either way, college offers a young adult the perfect laboratory for learning the art of budgeting.
LET YOUR CHILD MAKE FINAL DECISIONS ON WHAT TO BRING	He or she will make mistakes, but it will be a learning experience that he or she will survive. Allowing your child this room will not only provide small lessons, but it’ll serve to reinforce how smart you really are.
KNOW WHEN TO MAKE YOUR EXIT	You will know when your child is sending the signal that it’s time to go. The “good-bye” is hard, and you may prefer to delay it, but it’s now time for him or her to begin connecting with new roommates. Prepare yourself for the possibility that your goodbye dinner might be canceled in lieu of an impromptu dinner with new friends.



A List from one of our Experts

Bedding:

- Buy one nice/expensive set of sheets instead of two - my kids never used the second sets - they washed their sheets and put them right back on (I would rather buy a really good comfy quality for one set)
- Each of my kids also liked having a body pillow (remember to buy the pillow case) to put against the wall of their bed
- Sheets – 2 sets XL Long (check what size beds w/ your

- school)
- Blanket
- Comforter
- 2 Pillows with pillow protectors and extra pillowcases
- Egg carton or feather bed topper (check to see what your school allows)
- Thick mattress pad
- Plastic anti-bedbug zippered mattress cover * this goes on first!!
- Extra blanket

Miscellaneous:

- 3 Bath towels 3 washcloths
- Shower caddy for shampoo
- Hangers (buy the slim ones)

- Shoe bin or hanging bag
- Laundry bag
- Tower fan (if your school does not have AC)
- Trashcan
- Desk lamp
- Small bedside table
- Power strip
- Clock
- Assorted plastic 3M hooks
- Over the door hooks (to use for damp towel/bathrobe)
- Dust buster
- Wipe board or cork board
- Bed risers
- Plastic bins to put under the bed (bins or drawers)

- Robe
- Shower flip-flops
- Brita water pitcher w filters

CVS/Wal-Mart:

- Water bottle
- Gallon ziploc bags
- Plastic forks/spoons/cups
- Snack clips
- Paper towels
- Tissues
- Hand soap
- 3 hole punch, stapler, and paper clips. Post its, scissors, envelopes, stamps, pens for desk
- Snacks (plastic bin to put snacks in)
- Bounce, stain spray



Contact Us

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To join the College Woman's Club of Westfield, go to:

<https://cwclubwestfield.org/join/#myaccount>