

Send Money, Get Discounts

Venmo: <https://venmo.com>

Send money instantly through a credit/debit card or bank account. When you send your student money through Venmo, they will have automatic access to the funds without having to wait for transactions to clear.

Amazon: <https://www.amazon.com/Amazon-Student/b?ie=UTF8&node=668781011>

Students are eligible for discounted subscription rates by using their school email addresses.

Self-Care and Safety

Circle of 6

A personal safety app for college-aged students and their friends and family to stay close, stay safe, and prevent violence before it happens. Check your phone's app store for this app.

Headspace: <https://www.headspace.com/headspace-meditation-app>

Meditation, mindfulness, and self-care app.

Preparation and Studying

Understanding GPA:

Ninth grade may seem early to focus on GPA, but the reality is that high schoolers who do well freshman year are more likely to graduate and attend college, according to this report in U.S. News: <https://www.usnews.com/high-schools/blogs/high-school-notes/articles/2017-11-13/parents-ninth-grade-high-school-gpas-matter>

Follow U.S. News High School Notes series: <https://www.usnews.com/education/blogs/high-school-notes>

to stay caught up on the latest news, ideas, and policy debates affecting America's high school classrooms.

Khan Academy: <https://www.khanacademy.org>

Helps students with coursework.

College Parent Central: <https://www.collegeparentcentral.com>

If you have a question and don't know who to ask, or don't feel comfortable asking, College Parent Central is the place to find the answer. Resources on the site include a glossary of college terms, suggestions about how to assist students struggling academically and emotionally, and a whole section dedicated to helping understand the college world. The blog also offers a podcast that parents can listen to on the go.

Career Exploration

Illinois WorkNet: <https://www.illinoisworknet.com/>

Students can take skill and interest inventory surveys to gain insight into which careers may be a good fit for them. Short videos explaining the education required and specific tasks associated with a variety of jobs are also provided.

U.S. Bureau of Labor Statistics: <https://www.bls.gov/k12/students/careers/career-exploration.htm>

Students can explore a variety of careers based on their interests. They can learn about the education and skills necessary for various careers as well as pay, job outlook, work environment, and more.

More Resources and Social Media Recommendations

Grown and Flown Website

10 Ways Parents Can Support College Freshmen <https://grownandflown.com/10-ways-parents-can-support-college-freshman/>

College Students Still Need Parenting in 7 Ways <https://grownandflown.com/college-students-need-parenting/>

Family Action Network (FAN) Website: <https://www.familyactionnetwork.net/> <https://www.khanacademy.org>

The Family Action Network curates a high-quality speaker series to present fresh ideas that elevate minds, expand hearts, and make the world a better place.

GPS Parent Series: Navigating Healthy Families <https://gpsparentseries.org/>

World-renowned authors and clinicians present relevant, research-based teaching to empower and strengthen families, individuals and communities by sharing practical strategies to help humans of every age thrive. GPS is *free* and open to all. English and some Spanish sessions are available.

College Parents of America <https://collegeparents.org/tools-and-resources>

College Parents of America offers free resources and tools for parents including a college glossary, an application tracker, a college calculator and a few other free tools to use.

Books

Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults <https://a.co/d/cQOc1JU>

The Disengaged Teen: Helping Kids Learn Better, Feel Better, and Live Better <https://www.amazon.com/Disengaged-Teen-Helping-Learn-Better/dp/059372707X>

Social Media

We recommend that parents follow the social media accounts (Facebook/X) of the institution their student attends. Social media posts might include important information and updates about everything from housing, admissions, student jobs, tutoring centers, all campus events, scholarships, and a lot of other campus happenings and university news releases that will keep parents well-informed.

Student Aid: <https://studentaid.gov/>

For detailed information on the FAFSA process, student loans, and repayment options for students and parents.

ISAC Tools and Resources

Illinois High School 2 Career tool <https://www.ilhighschool2career.com/>