

EFF UNIVERSITY TAKE-WITH-YOU TOOLKIT

Parent & Family College Support Guide

Help your student prepare, advocate, persist, and grow while keeping the student in charge.

USE THIS TOOLKIT TO

replace panic and pressure with listening, clear questions, financial planning, and a shared support plan.

1. Listen before solving

Start with the student's experience and desired outcome.

- ☐ What happened, in your own words?
- ☐ What feels most urgent right now?
- ☐ What deadline comes next?
- ☐ What have you already tried?
- ☐ How would you like me to support you?

2. Agree on roles and communication

College students increasingly manage their own records and decisions. Discuss boundaries before a crisis.

- ☐ Choose a check-in schedule.
- ☐ Let the student lead emails and meetings when possible.
- ☐ Help organize questions and documents without impersonating the student.
- ☐ Decide which financial decisions require a family conversation.

Student's preferred support

Family budget limit

Emergency contact plan

3. Review cost and readiness together

Compare fit and affordability across the whole education journey.

- ☐ Review grants, scholarships, work-study, loans, and the remaining gap separately.
- ☐ Discuss housing, meals, transportation, books, technology, insurance, and travel.

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- ☐ Identify tutoring, accessibility, advising, counseling, basic-needs, and career support.
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- ☐ Ask how aid and housing work during breaks, reduced enrollment, or withdrawal.
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4. Coach the next step during a crisis

Use calm questions instead of shame or ultimatums.

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- ☐ Which office owns this issue?
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- ☐ What policy or document applies?
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- ☐ What specific outcome should be requested?
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- ☐ When will the student follow up?
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- ☐ What support protects safety and enrollment today?
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Current concern

Next action

Who owns it

Follow-up date

FAMILIES ARE PART OF THE SUPPORT TEAM. For EFF resources, student advocacy, and next steps, visit estherfundsfoundation.org and portal.estherfundsfoundation.org.