

PARENT CHECKLIST

Achieve more.



As a parent, you have a front row seat to your child's personality and skills. You can help your child successfully launch to the next step after high school, whether that is going straight into the workforce, joining the military, or attending trade school or college.

One of the most important things you can do is help your child realize their career will evolve. It is overwhelming to think, "Will I enjoy this career the rest of my life?" The reality is that many people pivot successfully from their original choice to other options as doors open for them. Instead, help your child think more in terms of the next five or 10 years when making their first career decisions.

The following summarizes activities to help your child prepare for life after high school. More detailed information is found in Bank of North Dakota's College Handbook at **bnd.nd.gov**.

Research

- ☐ Follow Bank of North Dakota on Facebook to receive updates with the latest in planning for life after high school.
- ☐ Help your child explore careers and offer to connect them to people who work in their fields of interest. If you do not know someone in a career they're interested in, ask your school, friends or relatives.
- ☐ Introduce your child to **RUReady.ND.gov**, a website that provides excellent information on career choices, high school coursework, practice tests and career preparation.
- ☐ Educate yourself as a parent about the career fields of the future and what educational programs or experience is needed for those fields.
- ☐ Visit with parents of juniors and seniors, and those of children who graduated last year, to glean from their lessons learned.

Classes and grades

- ☐ Ask your child if they have a high school class plan that meets technical school or college entrance requirements if that is their goal.
- ☐ Help your child foster good study habits and consider a tutor to get them on the right track if needed.
- ☐ Research dual credit and Advanced Placement (AP) courses so your child can take college courses and earn college credit during high school and cut down the amount of time in college later. If needed, they can apply for a student loan or, if eligible, dual credit assistance offered by BND.

Outside-of-school activities

- ☐ Recommend your child document extracurricular activities, volunteer work, honors and awards in their North Dakota Dollars for Scholars profile.
- ☐ Encourage your child to work and volunteer.
- ☐ Teach your child how to manage money and live on a budget as well as other life skills like cooking, laundry and basic car maintenance.
- ☐ Discuss these financial needs that need to be covered after high school graduation: health care, transportation, cellphone bills and other budget items.
- ☐ Remind your child to register with Selective Service by age 18 if required.
- ☐ Talk with your child about using social media responsibly. A misguided post could affect their ability to qualify for a job or be accepted into a future professional program.



Special considerations if your child is trade school or college bound

Choosing a school

- ☐ Have your child create an email account for college correspondence. The new address should be suitable and reflect professionalism.
- ☐ Visit two or three colleges with your child. If you aren't able to go in person, see if there is a virtual option.

Paying for education

- ☐ Start a College SAVE account if you have not already. If your child has not yet turned 16 years of age, you may qualify for a \$300 BND Match which is based on your income. The plan also allows student loans as a qualified expense up to \$10,000.
- ☐ Help them research how much college costs. Look at the Regional College Cost Sheet in BND's College Handbook to compare.
- ☐ Have your child start looking at scholarship options early and often.
- ☐ Encourage your child, if they are getting good grades, to visit with their school counselor about the North Dakota Academic/Career & Technical Education (CTE) Scholarship.
- ☐ Determine the maximum amount of student loans that are financially reasonable to incur based on the chosen profession for your child. Check out the calculators on BND's website to assist you.

Senior year tasks

- ☐ Complete the FAFSA any time after October 1 of your child's senior year. Some financial aid opportunities are first-come, first-served so it is best to complete it early.
- ☐ Attend school sponsored FAFSA and career events and watch the videos on Bank of North Dakota's YouTube channel for assistance.
- ☐ Have your child participate in College Application Month in the fall to assist with paying the application fee for one North Dakota school.
- ☐ Encourage your child to apply for at least two scholarships per month.
- ☐ Complete the enrollment process at the college your child wants to attend.
 - Review financial aid offers from colleges.
 - Have your child inform the colleges they're declining that they won't be attending.
 - Submit the required paperwork for college enrollment and housing.
- ☐ Suggest your child take CLEP and DSST exams to test out of introductory college courses.
- ☐ Help your child submit the North Dakota Dollars for Scholars application at **northdakota.dollarsforscholars.org** by April 1.



Point your phone or
tablet camera at
QR Code to
access more helpful
information

