



RESOURCES FOR PARENTS

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 with no waiting 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

Umergecy App: <https://umergencyapp.com>

Provides tools and resources to navigate any emergency. Does not use tracking, works wherever and whenever it's needed most. Securely linked parents, family members, and close friends can be notified with just one click in an emergency using the 'Urgent Alert' or 'I am Safe' button.

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

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.

Virtual Reality (VR) application

For college tours in various languages. Universities and colleges may even offer virtual tours on their home websites, or on YouTube!

More Resources and Social Media Recommendations

Grown and Flown Website

10 Ways Parent 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/>

College Family Weekend: Best Tips for Parents and Students <https://grownandflown.com/college-family-weekend-tips/>

Things to Never Do as the Parent of a College Student <https://grownandflown.com/parent-college-student-do-not-do/>

Books

Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults <https://a.co/d/cQ0c1JU>

Social Media

It's recommended that parents follow the social media accounts (Facebook/X) of the institution their student attends. Some, if not all, the most vital information a college sends out is through a social media platform, among other channels. Social media posts might include important info 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

ISAC Services for Parents - Video and Webpage <https://www.isac.org/students/parents>

ISAC Student Portal <https://studentportal.isac.org>

IL Postsecondary Profiles tool

Cappex app for scholarships

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

ISAC College Q&A free text messaging service <https://www.isac.org/collegeqa>

ISAC College Minute™ videos on YouTube <https://www.youtube.com/user/ISACvid>