



# 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?node=668781011>

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

## Self-Care and Safety

**Umergency 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

**Understanding GPA:**

9th grade may seem early to focus on GPA, but the reality is that high schoolers who do well freshmen 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 educations 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 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/>

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

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.

**Books**

Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults <https://a.co/d/c00c1JU>

**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 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.



# RESOURCES FOR PARENTS

**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
- Apply 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>