

Parent/Carer Checklist: Supporting Your Young Person at College

Use this checklist to stay informed, involved and supportive throughout your young person's time at college.

Before They Start

- ☐ Help your young person explore courses that match their interests and goals
- ☐ Attend Open Days together
- ☐ Support them in completing their application and preparing any documents
- ☐ Encourage them to plan their travel route and understand their timetable

Once They've Started

- ☐ Talk regularly about how they're settling in
- ☐ Check they're attending classes and managing their workload
- ☐ Remind them to reach out to tutors or support staff if they're struggling
- ☐ Help them create a quiet space to study at home
- ☐ Encourage good time management and rest

Staying Involved

- ☐ Sign up for access to the college ePortal (for students aged 16–18)
- ☐ Stay in contact with tutors if there are concerns about progress or attendance
- ☐ Encourage them to use college support services (Support & Achievement Mentors, Learner Support Zone, Careers Team)
- ☐ Avoid booking holidays during term time
- ☐ Celebrate progress and achievements, no matter how small

Planning Ahead

- ☐ Help them explore next steps – Higher Education, Apprenticeships or Work
- ☐ Encourage them to book a careers advice appointment if unsure
- ☐ Talk about CV building, part-time work or volunteering opportunities
- ☐ Support them with applications for university or apprenticeships (if applicable)