



Dear Parents of Seniors:

Congratulations to the Class of 2020! Both you and your child are to be commended for your hard work and achievement! Your child has accomplished much in his/her years at Christian Brothers High School, and is well prepared for college. As parents, you have been a tremendous support and encouragement to your child, and we share in your pride at this important milestone in his/her life – high school graduation.

Please mark your calendars for the following dates:

- **April 3** – deadline to report all scholarships, awards, honors, or financial aid merit awards before the Senior Family Liturgy on April 26<sup>th</sup>
  
- **Thursday, April 30 at 6:00 pm in the George Cunningham '40 Performing Arts Center ~ Transition to College Night.** General information on practical issues related to going off to college. Parents of current college freshman will talk about what that first year is really like!
  
- **May 1** – deadline to update all colleges your child has been admitted to and the final choice of where he/she will attend in your “Family Connection” account.

In our continuing efforts to keep you well informed and up to date regarding college and your child’s future, we are including information regarding meningitis and its prevention. We hope you will read it and decide whether you should have your child vaccinated for this disease. Along with consulting your family doctor you may also want to visit the website listed on the flyer.

Additional information on financial aid tips, graduation trips and advice on “letting go” can also be found below.

Thank you for allowing us the privilege to partner with you in the education of your child. We wish you and your son/daughter God’s blessings and all the best for the future.

Sincerely,

Melissa McClellan  
Counseling Department Coordinator  
Director of College Counseling

Armando Diaz  
Senior Class Counselor

## Tips for “Letting Go”

Here’s some advice to help you and your child survive the freshman transition:

### For Parents:

- **Discuss academic expectations ahead of time.** Encourage your son/daughter to set his/her own academic goals.
- **Be prepared** for your child’s (and your own) conflicting emotions as the day of departure approaches.
- **Discuss expectations** about communication/phone calls, emails, and letters.
- If you take your child to school, **don’t expect to spend a lot of time together.** Orientation is designed to foster separation.
- **Don’t make major changes at home** without informing your child.
- **Make a financial plan** and openly discuss expectations with your child.
- **Discuss the use of alcohol and other lifestyle choices** your son/daughter will have to make, but don’t give lectures.
- **Be a coach rather than a rescuer;** encourage your son or daughter to use the resources at college.
- **Be an anchor.** Listen with an open mind and be supportive.
- **Keep in touch;** write and send care packages.

### For students:

- **Fill out roommate and housing questionnaires carefully.** Open and answer all mail from your college.
- **Leave time during the summer to be with friends** – to say goodbye.
- **Bring part of home with you** – pictures of friends and family, yearbook, posters.
- **Get to know the physical environment** of the campus and campus services.
- **Remember, new friends can’t immediately fill the gap** left by separation from long-standing friendships.
- **Explore academic options.** Most college freshmen do not know what they want to major in. Most will change ideas about majors; not to know is normal.

## More Resources on “Letting Go”

If you would like to read more about “letting go” (especially if this is your first child off to college), you may enjoy the following books:

- *Letting Go: A Parent’s Guide to Understanding the College Years* by Karen Coburn & Madge Treeger
- *Almost Grown: Launching Your Child from High School to College* by Patrick Pasick
- *When Your Kid Goes to College: A Parent’s Survival Guide* by Carol Barkin

## Senior Trips

*A word to the wise!*

Each year a number of companies approach our seniors and their parents regarding a “Senior Trip” following graduation. We want you to know that these trips (to destinations such as Cancun, Puerto Vallarta, Disney World, etc.) **are in no way connected to Christian Brothers High School.** We do not allow these “for profit” companies to solicit our students or meet on our campus. Parents often ask our opinions about such “adventures” and, while not making a decision or judgment for you as parents, we have strong concerns about the degree of supervision and control given to student participants. Suffice it to say we do not think the supervision provided matches what we require of our faculty on field trips. Students are often given much more freedom in foreign countries than they are allowed legally in the United States regarding curfew, drinking, adult entertainment, etc.



# OFF TO COLLEGE?



MEDICINE

MODERN ART

LAW

## Before you start college,

make sure you are up-to-date on all your shots.

### College Immunization Checklist:

- MMR** (measles, mumps, rubella) – 2 doses
- Tdap** (tetanus, diphtheria, pertussis)
- Varicella** (chickenpox) – 2 doses
- Hepatitis B** – 3 doses
- HPV** (human papillomavirus) – 3 doses
- Meningococcal**  
Check with your health care provider

Some of these are recommended and others are required for enrollment. Check with your school.

### I have reviewed this information and...

- I received** meningococcal vaccines on

#### Men ACWY (MCV4) Vaccine:

Date: / /

Date: / /

#### Men B Vaccine:

Date: / /

Date: / /

Date: / /

- I intend** to receive meningococcal vaccine(s).
- I do not** intend to receive meningococcal vaccine(s).

Printed Name

Birthdate / /

Signature

Date / /

Return signed form to:

## What you should know about meningococcal disease:

- Meningococcal (me-nin-je-kok-ul) disease is a serious illness caused by bacteria that can infect the blood or areas around the brain and spinal cord. Infection can lead to brain damage, disability, and rapid death.
- Meningitis is the most common form of meningococcal disease. Common **symptoms of meningitis** include stiff neck, headache, and high fever.
- Meningococcal vaccines can help prevent meningococcal disease.
- Check with your health care provider about which meningococcal vaccines you need.

**College freshman in dorms are at higher risk of catching meningococcal disease.**



## How Many People Get the Disease? Who Is Likely To Get It?

Meningococcal disease is rare but serious. About 1,000 people in the U.S. get meningococcal disease each year. After infancy, older adolescents and young adults have the highest rate of meningococcal disease. College freshmen living in dorms are particularly at risk.

## How Serious Is It?

About one in ten people who get meningococcal disease will die from it even if treated. Up to one in five survivors will lose a limb, become deaf, suffer brain damage, or have other complications.

## How Are Meningococcal Bacteria Spread?

The bacteria are spread from person to person through air droplets. Close contact such as kissing, coughing, smoking, and living in crowded conditions (like dorms) can increase your risk of getting the disease.

Overall, 5–10% of the U.S. population has the meningococcal bacteria in their throat, but only a few of them get sick. No one knows why some people get sick and others don't.

## How Can I Protect Myself?

You can protect yourself by:

- not sharing items that have touched someone else's mouth, such as cups, bottles, cigarettes, lip balm, and eating utensils;
- not smoking; and
- getting vaccinated against meningococcal disease.

Check with your health care provider about which meningococcal vaccines you need.

## What Meningococcal Vaccines Should I Get?

- MCV4 vaccine protects against four deadly types of meningitis. If you have not received a dose since your 16th birthday, make sure to get it now.
- MenB vaccine protects against the most common cause of bacterial meningitis among teens and young adults. In recent years, Men B outbreaks have occurred at UC Santa Barbara, the University of Oregon, and Princeton University. Ask your doctor if you should get it.



**“It could happen to anyone. Get immunized.”**

—Jonathan Deguzman (*meningococcal disease survivor*)

### For more information:

California Department of Public Health,  
Immunization Branch: [shotsforschool.org/college](http://shotsforschool.org/college)

Centers for Disease Control and Prevention: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

American College Health Association: [www.acha.org](http://www.acha.org)

**Ask your healthcare provider or student health service!**

This publication was supported by Grant Number H23/CCH922507 from the Centers for Disease Control and Prevention (CDC).