



THE COLLEGE PARENT



College Crisis Checklist

(NAPSA)—It happens to every college student. Unexpected situations will occur. A computer network might go down the night before an exam or a flat tire could happen on a road trip. Parents can't be there, but they can help prepare students for the unexpected. Send these items in a care package during the semester or when students leave for school to lessen the stress of sudden situations.

□ **Stain Remover**—A stick of stain remover is a must-have when students can't do laundry immediately after spilling something on a favorite shirt.

□ **Cold and Sinus Medicine**—Being sick is bad enough, but being away from mom will make any bad cold worse. Make sure your child has over-the-counter medicine that will ease cold and flu symptoms.

□ **Medical Information**—By the time students go to college, they should know their healthcare plans and have copies of their insurance cards and vaccination records. Research the doctors in the college town and make sure your student has a list of doctors' phone numbers in case one is needed quickly.

□ **Prepaid Phone Cards**—Keeping in touch with friends and family can be easy with prepaid phone cards. These are great to have in a wallet in case of an emergency or as a prepaid alternative to phone bills or dead mobile phone batteries. Although there are many cards on the market, Sprint offers competitive rates and no weekly or monthly fees. You can purchase them at RadioShack, many gro-



cery stores and online at www.sprintprepaidstore.com.

□ **Prepaid Internet**—"Internet access on campuses is moving from a luxury to a necessity," says Robin Raskin, Internet Mom and former editor of *Family PC Magazine*. "Prepaid Internet can provide your kids with access from the dorm, fraternity, or apartment—without needing to rely on the university Internet system." Sprint Prepaid Internet can offer dial-up access from most computers with a modem and is sold in college bookstores across the nation in a variety of denominations.

□ **Duct Tape**—This is an instant fix for anything that could break. Whether it is the leg of a computer desk or the closet door, duct tape will temporarily solve the inconveniences of broken furniture.

□ **Flat Tire Instructions**—These should be in every car. Drivers should know how to change tires and be prepared with the necessary tools. Every car should have a spare tire, tools to change one and an instruction manual to ensure that flat tires don't put drivers in harm's way.