

IF-THEN CHART

You may want to create an If-Then Chart to help you and your student decide **how** to communicate and **with whom** they should communicate in specific situations. Here is a sample If-Then Chart you can use and add items your family believes are important.

| IF THIS HAPPENS... (TO THE STUDENT) | THEN TALK TO... | USE TEXT, CALL, VISIT, OR OTHER |
|---|--|---|
| <p>You have trouble finding places on campus.</p> <p>For example: You can't find your classroom on campus</p> | <p>People in your postsecondary education program</p> <p>Your mentor</p> | <p>Text or call</p> |
| <p>You are having problems with where you live.</p> <p>For example: Your roommate leaves dirty towels in the bathroom</p> | <p>Your roommate.</p> <p>If that doesn't help, your RA</p> <p>Your housing mentor.</p> | <p>Visit with roommate</p> <p>Visit with RA or housing mentor</p> |
| <p>You are having problems with your class.</p> <p>For example: You forgot to bring an assignment to class</p> | <p>Professor of class</p> <p>People in your postsecondary education program</p> <p>Your mentor</p> | <p>Visit to professor during office hours if needed, text to mentor after class</p> |
| <p>You have questions about money</p> <p>For example: You need money for school supplies</p> | <p>Your family</p> | <p>Text or call</p> |
| <p>You don't feel well.</p> <p>For example: You ate too much pizza for lunch and your stomach hurts.</p> <p>For example: You are really sick and throwing up a lot.</p> | <p>Your mentor</p> <p>Your family</p> <p>People in your postsecondary education program</p> | <p>Text or call</p> <p>Text or call</p> |
| <p>You feel sad or lonely</p> | <p>Your mentor</p> <p>People in your postsecondary education program</p> <p>Counselor in the Counseling Center</p> <p>Family members</p> | <p>Text or call</p> <p>Text, call, or visit</p> <p>Text, call, or visit</p> <p>Text, call, or visit</p> |
| <p>Your ideas</p> | | |