

Summer Re-Entry Agreement

UNIVERSITYPARENT.COM

Summer 2026

PART 1 OF 2 | FILL OUT TOGETHER BEFORE THE FIRST NIGHT HOME

How to use this: Fill out each section together -- parent and student, same table, same time. The goal isn't rules. It's making the implicit explicit before the first blowup. Both parties sign at the bottom.

SECTION 1 / HOUSE BASICS

Curfew / Late-Night Communication

PARENT'S STARTING POINT

e.g. Text me if you'll be home after midnight

STUDENT'S STARTING POINT

e.g. I'll text when I'm on my way home

WE AGREED:

Write the agreed version here

Kitchen / Shared Space

PARENT'S STARTING POINT

e.g. Clean up same day, no dishes in sink overnight

STUDENT'S STARTING POINT

e.g. I'll clean up before bed

WE AGREED:

Write the agreed version here

Overnight Guests

PARENT'S STARTING POINT

e.g. 24 hrs notice, one guest at a time

STUDENT'S STARTING POINT

e.g. I'll ask in advance, no revolving door

WE AGREED:

Write the agreed version here

Noise / Sleep Schedule

PARENT'S STARTING POINT

e.g. Quiet by 11pm on weeknights

STUDENT'S STARTING POINT

e.g. I'll use headphones after 11, willing to try 11:30pm

WE AGREED:

Write the agreed version here

SECTION 2 / CONTRIBUTION

"Help around the house" is not an agreement. Specific tasks with specific timing are. Fill in at least three rows.

TASK	HOW OFTEN / WHEN	WHO OWNS IT
e.g. Take out recycling	e.g. Tuesday nights	Student
e.g. Grocery run	e.g. Thursday afternoon	Student
e.g. Lawn mowing	e.g. Every 10 days	Student

Financial contribution (if any): e.g. \$200/month toward groceries, or none

SECTION 3 / INDEPENDENCE MILESTONES

These aren't conditions -- they're markers of launch readiness. Check each one off as it happens and add a target date.

- | | |
|--|------------------|
| ☐ Books own appointments (doctor, dentist, etc.) independently | Target: by _____ |
| ☐ Manages own laundry from start to finish | Target: by _____ |
| ☐ Handles own social schedule without daily check-ins | Target: by _____ |
| ☐ Initiates a conversation about fall semester plans (housing, schedule, goals) | Target: by _____ |

SECTION 4 / LAUNCH TIMELINE

What does each month need to accomplish? Write one or two sentences. Review together at the midpoint (week 5).

JUNE

e.g. Settle in, agree on routines,
find summer work

JULY

e.g. Build the independence
milestones, midpoint check-in

AUGUST

e.g. Prepare for return, finalize fall
plans, send-off ritual

SIGNATURES

Signing this creates psychological commitment, even without legal weight. Print it. Put it somewhere you both see it.

PARENT / GUARDIAN

STUDENT

Date: _____

Date: _____

This agreement is a communication tool, not a legal document. From UniversityParent.com. Permission to print and share freely for personal, family, and educational use.

Weekly Summer Check-In

UNIVERSITYPARENT.COM

Summer 2026

PART 2 OF 2 | 15 MINUTES, SAME DAY EVERY WEEK

Five questions. No interrogation. The phrasing here is intentional -- non-accusatory, forward-looking, designed to surface what's actually going on before it becomes conflict. Pick a consistent time (Sunday afternoon works well for most families). 15 minutes max. Both parties answer each question.

Week of: e.g. June 16, 2026

Check-in #: e.g. Week 3

1 "What worked well this week?"

Start with what went right. It sets the tone and is rarely asked.

PARENT'S ANSWER

STUDENT'S ANSWER

2 "What do I need more of from you right now?"

Both answer. This often surfaces things neither party knew the other was carrying.

PARENT'S ANSWER

STUDENT'S ANSWER

3 "What's one thing I want to do differently next week?"

Forward-looking, not backward. Each person names something in themselves, not the other person.

PARENT'S ANSWER

STUDENT'S ANSWER

4 "Is there anything in the Re-Entry Agreement that isn't working and needs adjusting?"

The agreement is a living document. Anything can be renegotiated. Asking this prevents resentment from hardening into conflict.

NOTES

List any adjustments agreed to this week

5

"How are you feeling about fall semester right now?"

Ask it as a check-in, not an interrogation. One-word answers are fine. "I don't know" counts. The point is to keep the channel open.

STUDENT'S ANSWER

ANYTHING THE PARENT WANTS TO FOLLOW UP ON

How to use this well: Same time, same place, every week. Put it in the calendar now so it doesn't get skipped. If a check-in starts going sideways, pause and agree to come back to it in 30 minutes, not never. The families who get through summer intact are the ones who kept talking even when it was uncomfortable.