

# Readiness for College Checklist

Transitioning to college is a significant event for students. The post secondary world is new and exciting, yet also full of challenges and new experiences for which students must be prepared.

As staff members working with college aged students on a daily basis, we have come to identify some key skills that all students should possess by the time they enter a college environment.

This checklist is meant to guide both parents and students about the skills necessary to begin the college process.

Each entering first year student should be able to:

- Have a strong understanding of their disability, its name, and how it may impact them
- Know what accommodations they are seeking and why these are necessary for success
- Be able to compose an email to or have a conversation with a teacher about their strengths or challenges in the classroom
- Be able to wake themselves for classes, use of modified alarms, multiple alarms, etc
- Have solid grasp on activities of daily living, i.e. hygiene. Check list, computer prompts acceptable
- Know how to wash their own laundry
- Have a system in place for writing down assignments and tracking due dates, exams, etc
- Verbalize his/her parents expectations of them as a college student, i.e. consequences of failing grades, policy violations, etc
- Manage their bank account and have a budget in place to adhere to while living on campus
- Be able to manage their medications; know how to refill at a pharmacy, know how to store medications to maintain safety, have prompts in place to remember medication
- Able to call a facility to schedule appointments on their own; i.e. health center, counseling
- Have basic communication skills necessary to live with others in a residence hall