

## College Readiness Checklist

Attending college is exciting and stressful. The checklist below was created to help prepare students for this major transition.

- I set my own alarm in the morning.
- I arrive to places on time.
- I am responsible for my own meals.
- I clean up after myself.
- I do my own laundry.
- I start my homework on my own.
- I keep up with my assignment due dates.
- I manage my own calendar/appointments.
- I am responsible for my own medications.
- I am responsible for my own funds (ex: paying off my credit card monthly).
- I am comfortable communicating my concerns with authority figures.
- I think through my decisions before acting on them.
- I am good at effective conflict resolution.
- I recognize when I am getting stressed out/overwhelmed.
- I set short-term and long-term goals for myself.
- I seek out assistance when needed.

For any of the items that you did not put a check mark beside, you need to start working on them immediately prior to your first semester in college.