COLLEGE READINESS SKILLS CHECKLIST

The items on this checklist are not specific requirements from any university but are to be thought of as a guideline for what may be expected of you as a new college student.

Please note that if there are boxes left unchecked, this does NOT mean you are not ready for college. It just helps you understand some of the areas you may need to work on to feel comfortable during your college experience.

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INDEPENDENT LIVING SKILLS

Students may be required to live on campus the first semester or year of their college experience. Check the box below for each statement that describes you accurately:

|  |
| --- |
|[ ]  I get myself up and out of bed each day. |
|[ ]  I take care of my hygiene needs regularly.(i.e., brush my teeth, wash my face, shower, and get dressed in clean clothes) |
|[ ]  I eat when I am hungry and know how to obtain or prepare my meals. |
|[ ]  I do my own laundry. |
|[ ]  I clean my living space and keep it organized. |
|[ ]  I manage my money and use it wisely. |
|[ ]  I know how to use public transit (bus/train/rideshare) or use my own form of transit (bike/car/walking). |
|[ ]  I know how to navigate from one place to the next by using a map or navigation app. |
|[ ]  I know how to look up the information I need to know by using the internet or other resources. |
|[ ]  I know what to do and who to call in case of an emergency. |
|[ ]  I prioritize my time in a way that allows me to do important things first, before having fun or leisure time. |
|[ ]  I accomplish my own tasks when I need something without my parents intervening for me. |
|[ ]  I typically complete required tasks, even when they are boring and/or I do not want to. |
|[ ]  I consider the good things and the bad things that might happen before I make decisions. |

Total number of checks in the INDEPENDENCE SKILLS section: \_\_\_\_/14

ACADEMIC SKILLS

Students may have to complete additional testing to determine college level academic readiness. Check the box below for each statement that describes you accurately:

|  |
| --- |
|[ ]  I know how to study on my own and/or with a group. |
|[ ]  I take quality notes during class and while I am reading a textbook. |
|[ ]  I am willing to read 200 pages or more from my textbooks each week. |
|[ ]  I know the basic structure of writing an essay and typically write essays and papers independently both by hand and by typing on a computer.  |
|[ ]  I communicate with my teachers and classmates when I have questions or need help. |
|[ ]  I complete and submit homework, projects, and tests/quizzes on time without someone having to remind me. |
|[ ]  I have experience using a computer and online learning tools such as Canvas, Skyward, or Blackboard. |
|[ ]  I follow a class schedule and attend my classes on time without someone having to tell me when it is time for class. |
|[ ]  I seek out tutoring if I need extra help outside of class. |
|[ ]  I typically collaborate during group work without excessive conflicts or getting upset. |
|[ ]  I do not procrastinate or wait to work on things until the last minute. |
|[ ]  I know how to prepare for a quiz or exam and give myself enough time to prepare. |
|[ ]  I focus on my harder classes more often or as the first class I study for because I know they take me longer to learn from than my easier classes. |
|[ ]  I prioritize my time so that my homework and studying gets done well before the due date. |
|[ ]  I am not afraid to disagree with someone verbally and respectfully if I do not agree with them. |

Total number of checks in the ACADEMIC SKILLS section: \_\_\_\_/15

SOCIAL SKILLS

Students may have to attend required events before or during their first semester. Check the box below for each statement that describes you accurately:

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| --- |
|[ ]  I am willing to initiate and/or participate in conversations with people I do not know well. |
|[ ]  I am willing to initiate and/or participate in conversations with people I am familiar with. |
|[ ]  I easily communicate over email, text, phone call, and verbally. |
|[ ]  I regulate my emotions and keep myself calm in stressful situations or when I am angry. |
|[ ]  I work well with multiple group members and actively participate alongside them. |
|[ ]  I seek services when I need them (tutoring, accommodations, financial aid, etc.). |
|[ ]  I am willing to tell someone when I do not feel like myself or when I feel sick. |

Total number of checks in the SOCIAL SKILLS section: \_\_\_\_/7

PROFESSIONALISM SKILLS

Students may be expected to meet a certain level of professionalism by their college professors. Check the box below for each statement that describes you accurately:

|  |
| --- |
|[ ]  I check my emails at least once per day. |
|[ ]  I reply to emails that warrant a response within 1-2 days. |
|[ ]  I communicate well in advance if I will not be able to attend a scheduled class or event. |
|[ ]  I use some kind of calendar or planner to keep important dates and events organized. |
|[ ]  I update my calendar or planner any time a new plan is made, or an existing plan is changed. |
|[ ]  I have experience writing a respectful, comprehensive, and professional email. |
|[ ]  I know the difference between what my communication should look like when communicating with my friends versus with my professors or other professional staff. |
|[ ]  I typically put my phone on silent and put it away in my bag during class or meetings. |

Total number of checks in the PROFESSIONALISM SKILLS section: \_\_\_\_/8

MOTIVATION FOR COLLEGE

Students may struggle in college if it is not their idea to attend or if they are not willing to put forth the necessary amount of effort to be successful in college. Check the box below for each statement that describes you accurately:

|  |
| --- |
|[ ]  I researched various colleges and their offered programs to find one that fits me well. |
|[ ]  I chose a college with a degree that will let me reach my career goals or that has career path options I am interested in exploring. |
|[ ]  I want to go to college for myself and not because my parents told me I have to. |
|[ ]  I want to go to college to further my academic knowledge and expand my opportunities, not just to have fun and make new friends. |
|[ ]  I see many benefits in attending college, and those benefits are important to me. |
|[ ]  I do not feel pushed or pressured into going to college by my family, friends, school staff, or societal expectations. |
|[ ]  I am willing to do hard things in order to attend college and try my hardest to prioritize passing my classes. |
|[ ]  I am willing to study for multiple hours each day. |

Total number of checks in the MOTIVATION FOR COLLEGE section: \_\_\_\_/8