**College Readiness Checklist for Traditional 4-Year Colleges and Universities**

College is a time where students learn many skills related to independence and self-regulation. However, it is still important for students to be as prepared as possible to facilitate a successful transition. The following list outlines skills that will set up students for a successful college experience.

**Academics**

* Study independently
* Prepare study materials (e.g. notes, flashcards)
* Use an online course management system
* Sit through classes without distracting self and others with talking or behavior outbursts
* Understand rules and policies
* Set up meetings with professors for additional support as needed

**Time Management**

* Create and follow a schedule for class, leisure activities, and meetings
* Balance all priorities
* Identify scheduling priorities (i.e. class has a greater level of importance than video games)
* Arrive to classes and meetings on time
* Create and follow a study schedule
* Make and monitor a calendar of coursework due dates

**Independent Living**

* Prepare basic meals and/or order food from campus dining
* Analyze a nutrition label
* Manage a budget
* Maintain a personal hygiene routine (e.g., brush teeth, brush hair, shower, and use deodorant daily)
* Recognize danger and seek assistance when needed

**Social Skills**

* Interact appropriately with peers and college staff
* Advocate for self
* Communicate within group work settings (e.g. negotiating work and staying on topic)
* Generate professional e-mails to send to professors, academic advisors, financial officers, etc.

**Other**

* Navigate campus independently with a map or phone application
* Ask for help when needed

**Admissions Requirements**

Admissions requirements depend on the specific school, but here are some common requirements:

* Regular high school diploma
* Acceptable GPA
* Acceptable SAT or ACT score
* Application essays

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