



College Readiness Checklist for Traditional FOUR 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 for this environment in order to facilitate a successful transition. The following list outlines skills that students who tend to find success in college possess.

Academics:

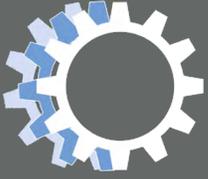
1. Study independently
2. Prepare study materials (e.g. notes, flashcards)
3. Use an online course management system
4. Create a task list of the homework that needs to be completed
5. Sit through classes without distracting self and others with talking or behavioral outbursts
6. Understanding of rules and policies
7. Set up meetings with professors if he or she needs additional support

Time Management:

1. Create and follow a schedule for class, leisure activities, and meetings (Not to mention sleep!)
2. Students must be able to balance all of their priorities
3. Identify scheduling priorities (i.e. class has a greater level of importance than video games)
4. Arrive to classes and meetings on time
5. Create and follow a study schedule
6. Make and monitor a calendar of homework due dates

Independent Living:

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



Transition

T E N N E S S E E

Social Skills:

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

Other:

1. Navigate campus independently with a map or phone application

Admissions Requirements

Admissions requirements depend on the specific college or university.

1. All traditional 4-year colleges and universities require that students have earned a regular high school diploma (special education and occupational diplomas are not accepted)
2. Acceptable GPA
3. Acceptable SAT or ACT score