



# 30 TIPS TO GET READY FOR COLLEGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Find an organizational system for papers & binders that works for you	Practice waking yourself up in the morning	Identify 3 coping strategies you use if things get hard	Talk about money management while at college - what is your budget?	Buy multiples of important charging cords for your devices	If you have a disability, contact the Accessibility Office after acceptance to register with the office.	Connect with your college's social media channels
Talk to your roommate about who is bringing shared items for your room	Look into white noise apps or headphones to eliminate noise while you sleep	Think about a small lock box to securely store important items or medication	Role play conversations with a professor asking them for help	Practice doing laundry	Make a plan to get exercise and stay physically healthy in college	Know your Orientation Day/Time
Identify your ideal environment to do homework	Check your college email daily for important information	Think about your privacy expectations at college. Make a plan for privacy.	Find a system to organize your homework assignments	Keep your medical insurance information in a safe place	Know the name of your academic advisor	Find your college's tutoring / writing center
Practice using a debit card	Practice leaving a tip at a restaurant or food delivery	Know your social security number	Talk with physicians and mental health professionals about your college transition plan	Identify your distractions and make a plan to reduce them at college	Complete the <i>Sharing the Transition to College Workbook</i>	Make a communication plan with family (when, how often, etc.)

