

College Transition CHECKLIST

Transitioning to college life is a big change for most high schoolers. There are skills you can learn at home that will prepare you for your new responsibilities. After all, the less time you have to spend figuring out how laundry works, the more time you can spend enjoying the full university experience.

Living With Others

- Declutter & tidy your room
- Take care of dishes after eating
- Respect privacy & quiet time
- Do your own laundry
- Learn how to iron & steam clothes
- Learn to organize small spaces

Managing Money

- Open a savings account
- Create a budget
- Reflect on your budget monthly
- Consider opening a student credit card
- Practice paying monthly bills
- Learn more about your credit score

Staying Healthy

- Create a weekly menu
- Shop for ingredients
- Master making a couple of meals
- Balance indulgences & healthy choices
- Set a daily water intake goal
- Incorporate exercise into your routine

Navigating Adulthood

- Mail a letter or package
- Make & keep appointments
- Get familiar with public transportation
- Navigate without the aid of phones
- Learn to employ basic first aid
- Practice asking for help



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Generally, once you choose a school and pay your deposit, there are only a few months before classes start, so it's a good time to start some concrete planning. In addition to the actions we've outlined here, there are bound to be some school-specific tasks to help you plan for your individual campus and goals.

School Administration

- Confirm receipt of final transcripts
- Confirm AP credits were applied
- Select your housing option
- Fill out roommate survey, if applicable
- Select your meal plan
- Access your school email & portal
- Make copies of important documents
- Sign paperwork to accept financial aid package & scholarship, if applicable

Academic Success

- Send an email introducing yourself to your advisor
- Review required courses
- Register for classes after meeting with your advisor
- Locate key supports on campus

Calendar

- Add dates for summer academic advising to your calendar
- Mark other important dates from your school to your calendar
- Schedule a haircut
- Schedule a physical
- Sign up for orientations & summer experiences
- Schedule placement exams, if needed

Packing

- Set your budget
- Check computer requirements
- Make your packing list, keeping it as light as possible
- Coordinate purchase of large items with your roommate(s)
- Research stores that are close to campus for easy last-minute purchases



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A little bit of time invested at the start of your first semester will have big payoffs over the course of your college career. Know that you can always adjust the recommended routines and structures over time, but it's very hard to set a regular sleep or study schedule mid-way through the semester.

Before Classes Start

- Set boundaries with your roommates
- Identify at least 5 study spots outside of your dorm room
- Check campus safety procedures
- Locate the nearest on-campus printer
- Find out where your classes are held and how long it takes to walk to each one
- Attend student activities fairs & information sessions

First Week of Classes

- Establish a daily routine for studying, homework, sleep, and meals
- Keep class syllabi handy for easy reference
- Buy textbooks
- Put key due dates & exam dates on your calendar
- Make a plan for studying
 - Where will you study?
 - When will you do daily homework?
 - When will you work on long-term projects?

