

MAKING THE TRANSITION FROM HIGH SCHOOL TO COLLEGE

Goals:

1. Prepare to enter college
2. Identify resources on a college campus to help you

Questions:

- Have I completed all necessary forms and steps to enroll in college?
- What am I most excited about in attending college?
- What am I most concerned about in attending college?
- How does your family feel about your transition to college?
- Do you have all of your shots and health needs updated?
- Do you know your health/dental/vision insurance information?
- If necessary, do you have any documentation for learning differences updated?
- Do you have medical or mental health needs that need ongoing care in college? Have you found those service providers at your college?
- When do I attend orientation? What's involved, and who comes with me?
- When do I register for classes?
- Who can help me choose classes?
- Where will I live? Will I have a roommate? How do I choose a roommate?
- What do I need for my dorm room?
- Do I need to bring a computer or other technology? Does the college offer discounts for tech needs?
- How often am I expected to talk to my family?
- How often am I expected to visit home?
- How do I know when I am stressed out? How do I deal with stress?
- How can I develop healthy stress management tools?
- Who is my support team at college? Who is my support team at home?
- Who can help me if I'm challenged by a class?

Resources:

Family

Friends

Mentor

Counselor

Resident Advisor

Academic Advisor

Taking Care Of Yourself (Who Do I Ask for Help When... document attached)

Campus Resources (Who Do I Ask For Help When... document attached)

College orientation program

Communication from college

Chaplain/Newman Center/Interfaith Center

College Health Center

College Learning Services Center