



COLLEGE BOUND, BUT COLLEGE READY?

1. EMOTIONALLY: DOES YOUR TEEN....?

- Get overly anxious about change?
- Handle disappointments and setbacks well?
- Exhibit self-control and self-discipline?
- Know how to problem solve?
- Have self-confidence?
- Make impulsive decisions and not learn from mistakes?
- Understand potential consequences for mistakes?
- Effectively communicate their emotional needs?
- Have healthy coping methods for stressors?
- Know when and how to ask for support?
- Take responsibility for their own care? (Taking medicine, getting proper sleep, going to the doctor?)
- Struggle with separation from family and comforts of home?
- Is their mental health properly managed (ex: depression, anxiety, etc.)

2. SOCIALLY: DOES YOUR TEEN...?

- Know how to make friends?
- Know how to interact with a variety of people?
- Feel comfortable trying new things?
- Know how to reject peer pressure?
- Always looking for the next opportunity to party?
- Only study and seem to be a perfectionist?

3. ACADEMICALLY: DOES YOUR TEEN...?

- Have good time management of activities and school work?
- Turn in assignments without constant monitoring?
- Have good work ethic?
- Show active interest in going to college?
- Know how to motivate themselves?