PREPARING FOR THE COLLEGE TRANSITION

THIS HANDOUT IS A GUIDE WITH QUESTIONS TO CONSIDER FOR MULTIPLE AREAS OF TRANSITION. PERHAPS IT WOULD BE WISE FOR YOUT TO ANSWER THESE WITH A TRUSTED FAMILY MEMBER OR FRIEND BEFORE ARRIVING ON CAMPUS.

| Medication PlanWhat medications do you take regularly? What and how will you store them? How will you remember to take then? What is your plan for refills? | Communication PlanWho will you check in with, and how often? Will you call, text, email, etc.? What if there is an emergency? | Support PlanWho is available to you when you have a problem and need support? Who or what has a calming influence who can advocate for you? | Study PlanWhen and where will you study? Where are additional study spaces if your usual ones are not available? What are the best times of day for you to study?  |
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| Safety PlanWhat things will you do to keep yourself and your things safe? What are times when you will need to be extra-careful and cautious? What do you do if you feel unsafe? | Wellness PlanHow much sleep do you need? What foods do and will you eat? What stressors will you avoid? Where will you go if you are sick? Is exercise part of your health plan? What does your "crisis mode" look like?Who is that one person you can call or get in touch with when you are in crisis? What is the first step you will take to get out of "crisis mode?" What are your hot buttons? | Financial PlanHow will you pay for needs like supplies, snacks, pleasure items? | Stress ManagementWhat are your stressors and triggers? How will you know if you are stressed? How will you manage and relieve your stress? Are exercise and recreational activities part of your stress management plan? |
| Time ManagementHow will you structure time when you don't have classes? What type of calendar or system will help you manage your time? What are your best study and class times? Who, on campus, will keep you accountable to your plan? | Communal LivingWhat needs do you have in your residence hall? How will you navigate a shared space? What is the appropriate way to address problems that arise within your room, your suite, or shared spaces? |