

Are You Ready for College?

It's finally time to head off to college. You've got your boxes packed, your supplies ready, and your route mapped. But do you have the most important things you'll need to successfully make the transition from high school to college? Do you have the self-knowledge, self-discipline and self-confidence to meet the challenges of college?

A college student must have an array of skills to help meet the many academic, social, and emotional demands of campus life. To assess your readiness for college (or that of someone close to you), check each skill that you believe you have.

Will you be able to...

- analyze course demands and plan your study time accordingly?
- take accurate and clear notes on a lecture in your own words?
- read actively so that you remember what you read?
- study on your own for at least 15-20 hours per week?
- express yourself clearly on paper?
- take an essay exam successfully?
- think critically about a topic and express your opinions in writing?

IF SO, YOU'RE READY FOR THE ACADEMIC DEMANDS OF COLLEGE.

Will you be able to...

- get yourself out of bed and to class on your own?
- balance study time with socializing and time alone?
- stay calm and focused during an exam?
- talk to your professors about your needs?
- ask for the appropriate classroom accommodations if you are a student with a disability?
- stay motivated when you are frustrated or have failed?
- find ways to relax when you're stressed?

IF SO, YOU'RE READY TO MANAGE YOURSELF IN COLLEGE.

Will you be able to...

- ask questions when you don't know or understand something?
- introduce yourself to someone and initiate a conversation?
- disagree with someone and negotiate a compromise?

- say no when you don't want to do something? (e.g., drugs, sex)
- get close to someone without becoming too dependent or losing yourself?

IF SO, YOU'RE READY FOR THE INTERPERSONAL DEMANDS OF COLLEGE.

Will you be able to...

- identify your own reasons for attending college?
- list activities that you like and skills that you can utilize?
- recognize what is important to you in life?

IF SO, YOU'RE READY TO SET GOALS IN COLLEGE AND CHOOSE A MAJOR.

Will you be able to...

- recognize when you have a problem?
- ask for assistance?
- make mistakes without losing confidence in yourself?
- make appointments with different faculty and administrators to receive the assistance you need?
- identify resources where you can get assistance?

IF SO, YOU'RE READY TO TACKLE THE PROBLEMS OF COLLEGE.

If you identify areas where your skills are not as highly developed, consider using the services of Kenyon College's Student Accessibility and Support Services Office. SASS can help you develop the academic skills (i.e. time management, study skills, note-taking) to help you manage the transition to college.

*Adapted from the University of Maryland at College Park Counseling Center,
Academic Support Unit, and the Learning Assistance Service.*