

# Is She Ready?

## ASSESSMENT FOR PARENTS OF RISING COLLEGE FRESHMEN

While colleges do their best to help students navigate the transition to college, the data suggests that incoming students are experiencing significant social, emotional, and mental health challenges that can prevent them from a successful transition to college.

Taking the time for this DIY Assessment of your daughter's readiness for college will help you identify any areas of concern and enlist help if you see a need for it.

As you go through this DIY Assessment, remember that while a YES to each question is ideal, it is not realistic. You're looking for patterns and overall readiness.

- IS SHE ABLE TO ADVOCATE FOR HERSELF WHEN SHE NEEDS HELP, BOTH WITH ADULTS AND PEERS?
- DOES SHE MANAGE HER OWN FINANCES?
- DOES SHE MANAGE HER OWN NUTRITION?
- DOES SHE MANAGE HER OWN SLEEP SCHEDULE?
- DOES SHE MANAGE HER OWN WORK AND STUDY SCHEDULE?
- DOES SHE KNOW HOW TO DO HER OWN LAUNDRY?
- DOES SHE KNOW HOW TO SCHEDULE DOCTOR'S APPOINTMENTS AND REFILL PRESCRIPTIONS?
- HAS SHE DEVELOPED HEALTHY AND EFFECTIVE COPING STRATEGIES FOR THE CHALLENGES SHE HAS FACED IN THE PAST?

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- DOES SHE GENERALLY MAKE GOOD DECISIONS ABOUT SUBSTANCE USE AND SEXUAL ACTIVITY?
- DOES SHE GENERALLY KNOW WHAT SHE IS FEELING AND THE REASON BEHIND HER FEELINGS?
- IS SHE AWARE OF AVOIDANCE PATTERNS, LIKE PROCRASTINATION?
- HAS SHE DEVELOPED A HEALTHY BALANCE BETWEEN HER SOCIAL LIFE AND ACADEMIC RESPONSIBILITIES?
- IS SHE ABLE TO MANAGE HER FEELINGS IN HEALTHY WAYS?
- HAS SHE DEVELOPED STRATEGIES THAT ENABLE HER TO BOUNCE BACK WHEN SHE GETS OVERWHELMED?
- IS SHE ABLE TO BE EMPATHIC TO OTHERS?
- DOES SHE UNDERSTAND AND RESPECT THAT OTHERS MAY FEEL DIFFERENTLY THAN HER AND MAY HAVE BELIEFS THAT ARE DIFFERENT FROM HERS?
- DOES SHE GENERALLY HAVE POSITIVE RELATIONSHIPS WITH HER PEERS AND FAMILY MEMBERS?
- DOES SHE UNDERSTAND THE CONNECTION BETWEEN MANAGING HER FEELINGS IN WAYS THAT ENABLE HER TO MOVE TOWARDS HER GOALS IN SPITE OF CHALLENGES AND SETBACKS?

## What is College Transition Coaching?

Through one-on-one sessions, specifically tailored to each individual's needs, we help girls navigate every aspect of the college transition: from academic planning and time management to social integration and personal development.

We empower young women with the skills they need to approach college with confidence and resilience.

College Transition Coaching supports your daughter so that her journey to higher education becomes a transformative experience where she can thrive both academically and personally. Together we can make the connections that matter most, so that she gets more of what she WANTS and less of what she doesn't.

Visit us at [willseyconnections.com](http://willseyconnections.com) to connect with a coach today.