



**PAUSE
LIFE COACHING**
COACH·GROW·SUCCEED

Is Your Student Ready For College?

Their academics got them accepted into college but it's not enough to keep them there. A lack of life skills is the number one reason students struggle and come home. Answer the questions below to find out if your student is more likely to thrive or barely survive in their first semester.

*Please circle the number next to each of the following statements on the 1-4 scale as follows:
1 = not at all true, 2 = somewhat true, 3 = true, 4 = very true.*

NT	ST	T	VT	
1	2	3	4	My student independently manages their self-care including going to bed at a reasonable time and waking on time, eating healthy, and getting adequate exercise.
1	2	3	4	My student manages money well and is currently using a debit card successfully.
1	2	3	4	My student has good coping skills and makes good decisions about how to handle stress and anxiety.
1	2	3	4	My student consistently uses a planner or other time management tools and knows how to balance fun, academics, and self-care.
1	2	3	4	My student consistently takes and refills their medications without reminders and has a plan in place for doing so in college.
1	2	3	4	My student does their own laundry and has shopped for groceries.
1	2	3	4	My student is confident in meeting new people and making and keeping friends.
1	2	3	4	My student communicates clearly and can easily advocate for their academic, personal and health needs.
1	2	3	4	My student is organized and can find important possessions when needed.
1	2	3	4	Living with someone else, respecting boundaries and resolving differences will come easily for my student.
1	2	3	4	My student wants to go to college.

Add total score of all numbers circled

Scoring key:

11-17: Your student may not be ready to head off to college just yet.

18-26: Your student may be ready, but will benefit from working with a coach to learn and develop several key skills.

27-35: Your student has many of the skills needed to succeed in college...let's talk about how coaching can help them develop skills and strategies for the rest!

36-44: Your student is ready!

Find out more about how coaching can help you be ready for college! Email support@coachcarlene.com to schedule a 20-30 minute phone conversation with Certified ADHD Life Coach, Carlene Bauwens and learn about how Coaching can help you thrive!