

Am I Ready for College?-- Reprinted with permission from [Effective College Planning](#)
by the WNY Collegiate Consortium of Disability Advocates.

The following is a checklist of skills and behaviors. You would get very good information about yourself by asking a parent or teacher to fill one out about you, then sit down and discuss your answers. Pick 2-4 that need work and check your progress on them in 6 months.

STUDENT INFORMATION	YES	NO	WORKING ON	DON'T KNOW
1. Can I name and describe my disability?				
2. Can I describe my strengths?				
3. Do I know what accommodative services I need? (e.g., extended time, separate location, use of a word processor, notetaker, books on tape)				
4. Do I know what adaptive and/or assistive equipment I need to use? (e.g., screen reader, screen enlarger)				
ACADEMIC PREPARATION SKILLS	YES	NO	WORKING ON	DON'T KNOW
1. Do I have at least basic keyboarding skills?				
2. Have I had at least one year of high school mathematics, including algebra?				
3. Have I had at least three years of high school science, including at least one lab science?				
4. Do I comprehend what I read?				
5. Can I write a well-developed essay?				
STUDY SKILLS	YES	NO	WORKING ON	DON'T KNOW
1. Do I know how to use a library?				
2. Do I know when to seek assistance?				
3. Can I take notes from a lecture?				
4. Do I know how to take notes from a book?				
5. Do I know how to study?				
6. Do I know how to take different kinds of tests?				
7. Am I usually prepared for class?				
8. Am I usually on-time for classes?				
9. Do I skip classes often?				
10. Are my school work and notes neat?				
STUDY SKILLS--continued	YES	NO	WORKING ON	DON'T KNOW
11. Am I good at organizing my work? (e.g. folders)				
12. Are my assignments completed on time?				
13. Do I stay in my seat during class?				
14. Do I behave appropriately in class?				
15. Do I work in groups ?				
SOCIAL SKILLS	YES	NO	WORKING ON	DON'T KNOW
1. Do I communicate appropriately with teachers?				

2. Do I interact appropriately with peers?				
3. Do I know how to interact appropriately with different kinds of people in social situations?				
4. Do I know how to let someone know I like them? (dating etiquette)				
5. Can I handle rejection appropriately?				
6. Do I know how to use the telephone effectively?				
7. Do I know when a conversation or discussion is over?				
8. Can I demonstrate problems-solving and decision-making skills?				
BASIC LIFE SKILLS	YES	NO	WORKING ON	DON'T KNOW
1. Do I know how to use transportation to go to and from campus, job, internships?				
2. Do I use leisure time effectively?				
3. Do I know how to locate appropriate assistance when needed?				
4. Do I have adequate knowledge of my medical needs in regard to medications and health problems and am I able to express these needs to others?				
5. Can I manage money appropriately?				
6. Do I have basic cooking skills?				
7. Can I do my own laundry?				
8. Can I do my own food and clothes shopping?				