

## Preparedness Check List

### Are You Prepared for the Challenges of University?

Research has shown that students who are well prepared for Post-Secondary studies are more likely to experience success. In order to assess your preparedness, complete the following checklist. This is a reflective tool for your discussion and exploration as you choose.

<b>Academic</b>	<b>Yes</b>	<b>No</b>	<b>Unsure</b>
I have good study skills			
I have good writing skills			
I am fully aware of the workload expectations of my chosen courses and/or program			
I have good time management skills			
I have the necessary prerequisites to enter my chosen courses and/or program			
I have good note taking skills			
I have good test writing skills			
I know how to read textbook material effectively			
<b>Career/Life Planning</b>	<b>Yes</b>	<b>No</b>	<b>Unsure</b>
I am clear on my interests			
I have a clear career goal/path developed			
I have a specific educational goal			
I need help setting my career goals			
I am aware of the changes in the work world that will influence my career path			
I could use some information regarding labour market trends			



<b>Financial</b>	<b>Yes</b>	<b>No</b>	<b>Unsure</b>
I know the "realistic" costs of the following:			
· tuition			
· textbooks			
· transportation			
· accommodation			
· living expenses (food, utilities, entertainment, clothing)			
I have the necessary funds to cover the above expenses			
My funds will be in place prior to beginning university			
I could use some help setting up a personal budget to ensure that I use my funds to cover my costs as outlined above			
<b>Psychological / Emotional Factor and Time Commitments</b>	<b>Yes</b>	<b>No</b>	<b>Unsure</b>
I plan to work less than 10 hours a week in addition to attending university			
I plan to work between 10 and 30 hours a week in addition to university full time (not recommended – part time studies recommended if more than 10 hours per week of work)			
I balance work and study with social and recreational activities			
I am satisfied with how I manage stress			
I adapt effectively to change			
I do not place excessive pressure on myself to do well			
I have reflected on my past challenges and have found workable solutions			
Overall, I am confident of my ability to meet the challenges of University life			
I could use some help learning how to cope with stress, challenge and changes			