

College Transition Checklist



High School juniors and seniors with learning differences and/or mental health challenges should use this College Transition Checklist to prepare for applying to and attending college.

- **When you are applying to colleges, check out the Disability Services Office or Resource Center** and ask lots of questions, including what kind of documentation of your disability is required.
- **Make sure your testing and documentation are up-to-date** and accepted by the college.
- **Register with the Disability Services Office.**
- **Make a medication management plan** for when you are away from home.
- **Come up with a time management plan** that works for you.
- **Determine what assistive technology** you might need.
- **Investigate campus resources** you may use: writing center, tutors, scanners, mental health writing center, tutors, scanners, mental health center, etc.
- **Practice asking for accommodations** from your instructor.
- **Practice talking to your friends** about how you learn differently.
- **Find your community!** Make time to find a group of people at your college that really get you and you feel safe with.
- **Know your mind! Learn the strategies and tips that work best for you.**
This is an important and difficult skill to master and will likely take your whole life.

Find this checklist online at: chconline.org/college-transition-checklist

