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