

College Checklist #1: Emotional Preparation

Here's how to get yourself emotionally ready for college:

- Identify your goals (academic, social, personal).
- List your personal beliefs and morals so you ensure that the choices you make in college align with who you are.
- Know what activities recharge you and make plans to continue those at school by looking into groups and activities on or near campus. Check out student life pages on the college website and meetup groups in the local area.
- Build your confidence by making a list of all your accomplishments. Get your friends and family to tell you something that think is exceptional about you.
- Spend one-on-one time with family members.
- Spend one-on-one time with good friends.
- Decide on how you'll communicate with friends and family while you're at school.
- Take a spontaneous trip and experience what it's like to do something unexpected.
- Plan how you'll continue to practice your religion/faith/spirituality away from home.
- Know that you'll change because of your new experiences. Remember, sometimes change can feel uncomfortable, but that doesn't mean it's bad.