

Are you ready for college?

Directions: For each of the foundation areas, you will find five questions. If your answer is yes, mark the yes box adjacent to the question with a check. Count checks marked in the yes boxes in each foundation area and record the number in the box marked total.

Academic Skills

	YES
1. Can you read up to 200 textbook pages in a week?	
2. Do you have a system for taking notes?	
3. Can you write a paper of 10 or more organized pages that refers to two or more sources?	
4. Do you have a system for preparing for tests and exams?	
5. Can you clearly summarize a college-level reading assignment?	
Total from this section	

Self-Understanding

	YES
1. Do you know your academic strengths?	
2. Do you know your academic weaknesses?	
3. Do you know which academic tasks give you the most difficulty?	
4. Can you identify the academic supports you need to be successful?	
5. Can you identify where you went wrong on a test?	
Total from this section	

Self-Advocacy

	YES
1. Do you know your rights as a student, or where to look for that information?	
2. When you run into difficulty, do you ask for help?	
3. Do you schedule your own appointments with doctors, advisers and instructors?	
4. Do you know what resources are available for you to get help?	
5. Would you ask questions in class when you don't understand the professor?	
Total from this section	

Executive Function

	YES
1. Do you have a system for keeping track of your projects, books and papers?	
2. Do you have a system for scheduling and managing your time?	
3. Are you able to ignore difficulties and focus on the task at hand?	
4. Are you able to complete all the steps of a project in a timely manner?	
5. Do you have a strategy for completing tasks that you find boring?	
6. BONUS: Do you get yourself up in the morning?	
Total from this section	

Motivation and Confidence

	YES
1. Do you have an academic subject you find interesting?	
2. Do you know what you want to get out of your first year of college?	
3. Do you know that you can succeed?	
4. When you think about what you have to do in college are you excited?	
5. Can you imagine your life in 10 years?	
Total from this section	

How to Score:

1. Write the total for each foundation area in the spaces below. You may have significant strengths in some areas and yet struggle in others.
2. Add these totals together and record that number in the “Skills Total” box.
3. Multiply the total number of answers marked “yes” by 4 to get the overall foundation percentile.

Foundation Area	Indications	Score
Academic Skills A student must be able to read and write with a high level of independence.	Scoring below three in this area indicates that you would benefit from gaining new academic skills and changing some things about the way you study and learn.	
Self-Understanding (Metacognition) A student must be intimately aware of his or her strengths and challenges in learning.	A score below 3 suggests that you would benefit by better awareness and understanding of your own learning profile.	
Self-Advocacy A student must independently ask for – and at times even fight for – services and support.	Scoring less than 3 indicates that you could benefit from knowing your rights and benefits as a student, and becoming comfortable with advocating for yourself.	
Executive Function A student must be able to keep track of assignments, organize books/materials and manage time independently.	A score below 3 suggest that you could benefit from focusing on improving your organizational and time-management strategies and habits.	
Motivation and Confidence A student must have clear set goals and believe that he or she can succeed.	Scoring below 3 suggests that you cannot clearly visualize successfully completing a college education. First, you should ask yourself if you truly want to be in college. If the answer is yes, you will need lots of encouragement and coaching to visualize success, establish goals and create a plan to achieve those goals.	
Skills Total – Total number of questions marked “yes”		
Foundation Percentile – Multiply the above Skills Total by four (4) to get the overall percentile.		

This guide is a starting point for your thinking and discussion. Understanding the areas where you might struggle can help you know what kind of support to ask for. The score for each Foundation Area is more important and informative than the overall percentile. However, scoring 80 percent or higher suggests that you are likely to succeed in a traditional college environment. Scoring below 50 percent suggests that you are likely to struggle. Be strategic and focus on improving in the Foundation Areas with the lowest scores.