

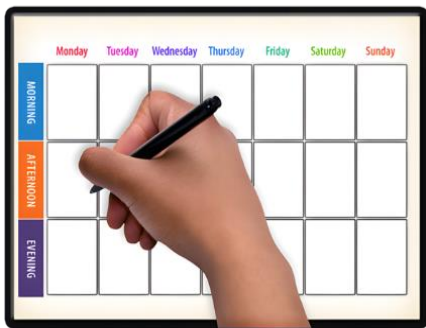


Preparing for College

What is in this booklet?



What does it mean to be a college student?



What is a good daily routine for college?



How is college different from school?



What are some ways to stay healthy while you are in college?

Reasons to go to college



In college, you can learn to be more independent.



You can learn skills that can help you to get a job.



You can make new friends.

Daily routine



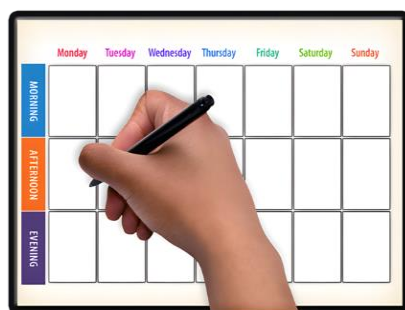
Having a good routine means choosing daily habits that help you succeed, like:



- having an evening routine



- having a morning routine



- using a daily schedule

The evening before a college day



Pick out your clothes.



Take a shower or bath.



Set an alarm to wake up.



Pack your bag.

Things you might need in your bag



Food and drink



Phone, charger, laptop



Pencil case, notebook, folder



Travel card, bank card, keys



The morning of your college day



Get up early enough so that you don't need to rush.



Have a healthy breakfast.



Check that you have everything you need.



Give yourself plenty of time to travel there.

A daily schedule can help you plan your day.

DAILY SCHEDULE

SCHEDULE

6:00

7:00

8:00

9:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

TOP PRIORITIES

TO DO

NOTES

Templates ©calendarlabs.com

Visual Schedule

		
Breakfast	Bath	Oralcare
		
Dressing gown	Grooming kit	Grooming
		
Personal appearance	Meals & Snacks	Toiletries
		
Brush hair	Visual work	Media
		
Hydrate	Smartphone	Shower shoes

Daily schedule		routine	

Product of **ABA Visualized**

<https://www.teacherspayteachers.com/Product/Free-Visual-Schedule-Printable-5492871>



<https://www.goodkarmaapplications.com/visual-schedule-planner1.html>

Things you are in charge of in college



Bringing what you need
with you every day



Being on time for class
and ready to work



Asking your teachers
if you need any help

Things to think about in your college day



What time does your course start and finish each day?



How will you travel to and from your college?



How many breaks will you have during your college day?



Will you bring food and drink from home or will you buy it in a canteen or shop?

Staying Healthy in College



Make a few healthy changes to your diet so you can stay well and fit.



Make sure that you get some exercise and movement every day.



Find some things that help manage stress, like mindfulness or listening to music.



To sleep well, stick to a regular bedtime and turn off your phone an hour before it's time to sleep.