

THE 6 AREAS OF COLLEGE READINESS



Self Advocacy

As students approach high school graduation, it is crucial for them to be able to serve as their own advocate.

How can students improve this area?

- Explain their diagnosis
- Participate in IEP process
- Communicate directly with their teachers



Executive Function

Success in college is fueled by a student's organization and personal responsibility.

How can students improve this area?

- Shift responsibilities to student
- Walk back parental role
- Take an AP or self-directed course



Social Communication

Students who find their social niche in college are more likely to enjoy a smooth transition.

How can students improve this area?

- Cultivate friend groups
- Develop hobbies and interests
- Initiate social outings



Life Skills

College is not just an academic endeavor. Students will grow their life skills as well.

How can students improve this area?

- Do their own laundry
- Schedule their own appointments
- Manage a meal plan and grocery shopping



Self Awareness

Different from self advocacy, self awareness is awareness of your strengths and challenges, emotions, physical health and motivations.

How can students improve this area?

- Work with mental health professionals
- Learn to recognize what stress feels like
- Test their skills



Emotional Regulation

Emotions are a natural and important part of life. We work towards the ability to recognize and manage emotions in various situations.

How can students improve this area?

- Experiment with stress reduction techniques
- Keep a journal
- Communication with parents and team members

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**At Spectrum Transition Coaching,
we prepare autistic young adults
for success in college, career, and life.**

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