



College Transition Checklist

1. Administrative Tasks

- Complete and submit the roommate questionnaire.
- Set up and verify your student login credentials for college portals.
- Identify how and when you will receive an academic advisor.
- Register for fall semester classes.
- Transfer any college credits earned in high school to your college (APs and SAT IIs).
- Finalize and submit all financial aid paperwork.
- Use the college's online checklists to ensure you complete all necessary tasks.
- Understand when Orientation is, and what is covered in it.
- Research the services colleges offer students with a disability.
- Identify any additional support services offered on campus.
- Get all paperwork needed to receive accommodations.
- Confirm your residency status if applicable.
- Investigate voting laws in your state to see if you are eligible to register to vote.

2. Social and Orientation Activities

- Join college social media groups to connect with fellow incoming students.
- Participate in any virtual or in-person orientation sessions offered by your college.
- Reach out to future professors to introduce yourself.
- During open house or orientation, join clubs offering virtual membership for incoming freshmen.
- Attend any welcome events or activities organized by your college.

3. Health and Wellness

- Confirm health insurance coverage or enroll in the school's health insurance plan.
- Schedule and attend any necessary medical, dental, or vision appointments.
- Ensure all required immunizations are up-to-date and submit health forms.



- Establish existing supports (e.g., therapy, psychiatrist) for when you are in college.
- Prepare a basic first aid kit for your dorm room.
- Plan where you will incorporate fitness into your routine.
- Develop a “game plan” for when you are sick – medicine, health center, food.
- Ensure you have necessary prescriptions and know how to get refills.

4. Financial Planning

- Create a budget for the semester, including tuition, books, supplies, and personal expenses.
- Search for and apply to additional scholarships.
- Apply for or confirm any work-study applications.
- Open a student-friendly bank account.
- Track your expenses and practice sticking to a budget.
- Understand your financial aid package and loan requirements.

5. Housing and Move-In Preparation

- Make a list of dorm essentials and purchase items like bedding, storage, and decorations.
- Ensure sheets are Twin XL; consider a king comforter or quilt if you plan on lofting your bed.
- Reach out to your future roommates to discuss what each person will bring for the room.
- Organize move-in day logistics, including travel arrangements and move-in help.
- Pack clothes, toiletries, and personal items needed for college.
- Know if/where there are local stores for last-minute items.
- Review your dorm's policies on items you can and cannot bring.

6. Academic Preparation

- Find out which textbooks you'll need and purchase or rent them.
- Complete any required summer reading or assignments given by your college.
- Establish a study routine (build out a calendar based on your schedule that includes study time – rule of thumb: for every hour in class, you should approximate 2 hours outside of class).



- Confirm your counselor or department if you need special accommodations for testing, class notes, etc.
- Review the academic calendar for important dates (drop/add deadlines, exam periods, etc.).

7. Daily Living Skills

- Learn how to do laundry if you don't know already.
- Learn to cook a few simple, healthy meals.
- Plan ahead for any dietary restrictions by identifying available food on or near campus.
- Practice managing your time effectively with a planner or calendar.
- Ensure your current phone plan will meet your needs.
- Develop a “game plan” for when you are sick – medicine, health center, food.
- Understand basic cleaning and room maintenance tasks.

8. Technology Preparation

- Ensure you have a reliable laptop, charger, and any other necessary tech.
- Backup important documents and files to a cloud service or external drive.
- Download any apps or software recommended by your college.
- Remove any apps that may become detrimental distractions.
- Verify that your tech meets the college's specifications (e.g., antivirus software).

9. Campus Familiarization

- Familiarize yourself with the campus and surrounding area.
- Research and make a list of campus organizations and clubs to join.
- Sign-up for a campus meal plan.
- Walk your schedule to ensure you can get from dorm-to-class-to-class on time (do this during orientation if possible).
- Know where the campus mail-room is located.
- Know where campus health is located.
- Locate key buildings such as the library, student center, and academic advising offices.



10. Other

- Establish a plan for managing and securing your medications.
- Develop logistics of returning home – when will you first come back, how will you get back.
- Make sure your car, if bringing one, is registered and you have parking arrangements.
- Update your address with banks, subscriptions, and other necessary services.
- Set up emergency contacts in your phone and know the campus emergency procedures.
- Establish an understanding of communication between you and your family (frequency, preferred methods, times, etc.).