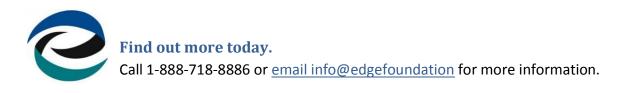
## Are you ready for college?

Take this quiz to see if you could benefit from an ADHD coach.

Yes	No	
		I get myself up on time every day.
		I do my own laundry.
		I eat healthy meals daily.
		I exercise regularly.
		I manage my money well.
		I make good decisions about balancing time between fun, chores and schoolwork.
		I manage my stress well.
		I set up my own study schedules.
		I organize ideas, write and edit my own papers.
		I can motivate myself to do projects and assignments that I don't really enjoy.
		I know what my strengths and weaknesses are and can explain them to other people.
		I take my medication without being reminded.
		My room and backpack are organized.
		I stay on top of schoolwork without reminders.
		I seek out and find resources on my own when I need help figuring something out.
		I admit it when I don't understand something.
		I am comfortable asking for help.

## How'd you do? Did you answer "yes" a lot?

These 17 items are life skills that every student needs to be successful when they are out on their own. Good news: if you have more "no's" than you'd like to admit, an ADHD coach can help you learn these skills and achieve your dreams!



Quiz Source: <u>Ready for Take-Off: Preparing Your Teen with ADHD or LD for College</u>, Dr. Patricia Quinn and Theresa Maitland, Ph.D. Edge Foundation is a nonprofit, 501 (c) 3 organization providing coaches to students with ADHD throughout the United States and Canada.