

## Are you ready for college?

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



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



**Find out more today.**

Call 1-888-718-8886 or [email info@edgefoundation](mailto:info@edgefoundation) for more information.