

Transition Tips: Enhancing College Skills

Developing skills for college or other training opportunities are critical to success in education after high school. Review the activities and tips below to learn about how you can enhance skills needed in college while you are at home.

1. Connect Career Goals to College Requirements

Discover what education and training is required for your desired career by researching online, scheduling a virtual meeting with your school counselor, or interviewing someone in that career on what training was required to get their job.

2. Research Options

Make a list of what is important to you in a college. This could be: close or far from home, large or small, private or public, or specific academic programs. You can use [Virginia Wizard](#) to research college options that fit your requirements. Then pick your top 3 schools that you want to find more information on.

3. Explore Campuses Virtually

If you can't visit a campus in-person, many colleges offer virtual tours. Go to specific colleges' websites or review the [State Council of Higher Education for Virginia's](#) website to see which colleges offer virtual tours. Write a list of the pros and cons for each campus you tour.

4. Review the Differences

Look up information on differences between high school and college. Interview a teacher, family member, or friend on what they felt were the biggest differences. Review [CTI's](#) and [Think College's](#) Difference Between High School and College resources to gather more information.

5. Make a List of Accommodation Needs

Make a list of potential accommodations that you need for college success. You can do this by looking over your IEP, talking with family, and reviewing [potential accommodations](#). To build the advocacy skills needed to receive college accommodations, practice by requesting what you need at home.

6. Keep Track of Important Documents

Start keeping track of your own important documents, such as your IEP, financial records, coursework, and medical information. With help (if needed), create an organizational system that you can use while enrolled in college or other training opportunities.

7. Enhance Technology Skills

Technology lets you keep in touch with friends, contact professors, and keep track of your responsibilities. Start using a smartphone, tablet and/or a laptop now to practice using video conferencing, writing professional emails, and using social media responsibly.

8. Practice Independence

College requires more independence and management of your daily schedule. Practice these skills by using a calendar to track events and appointments, setting and following a daily schedule, and establishing personal goals. These are all skills that are necessary for staying on track in college.

9. Improve Navigation Skills

College campuses are often large. Practice using apps and other technology to get to new places, practice crosswalk and street safety, and request transportation like ride shares to improve navigation skills. Many of these can be done right in your own neighborhood!

10. Write out a Plan

Write out a plan of activities to complete while still in high school to prepare you for college. The plan can include extracurricular activities, high school coursework, and other items that will set you up for success.