

TEEN AND YOUNG ADULT READINESS ASSESSMENT

Evaluate-Collaborate-Prepare



*For Taking
Next Steps...* 2023

CENTER FOR LIVING WELL WITH ADHD

TEEN AND YOUNG ADULT READINESS ASSESSMENT

Step 1: Take The Survey:

Below are a series of questions to get you thinking about your launch to college and/or independent living.

Read each statement below and circle the answer that best describes you:

1. I have explored my post-secondary options, considered the pros/cons of each and feel confident about the direction I am taking.

- a) Yes
- b) Currently In Progress
- c) Not yet

2. I know my learning strengths and areas of intelligence and understand how to use them to my advantage in college or a career.

- a) Yes, Definitely!
- b) Sort of?
- c) Not sure about my learning strengths or areas of intelligence

3. My level of motivation to pursue a college education or live and work on my own is:

- a) High
- b) Moderate
- c) Low

4. I know what I am passionate about and wish to pursue in college studies or a career.

- a) True
- b) I have some ideas but still not sure
- c) False

5. I am able to get up and get to school or other commitments on my own and on time.

- a) Mostly
- b) Sometimes
- c) Rarely

6. I have demonstrated the ability to recognize when I need help and the willingness to reach out and advocate for support as I need it.

- a) With ease
- b) Sometimes, depending on situation
- c) Struggle with this

7. I have done very well my last 1 or 2 years in high school staying organized, completing assignments, preparing for and taking tests, writing papers, project work and remembering to turn homework in on time. My grades reflect my ability to do so.

- a) Very True
- b) Sometimes True
- c) Not True

8. I am able to manage and balance my time with studies, responsibilities, self-care, spending time with friends, technology and relaxation time.

- a) Mostly
- b) Sometimes
- c) Rarely

9. How many of these life skill activities do you handle well independently: Keeping track of my own schedule, doing laundry, cleaning my room, managing money within budget, preparing my food, scheduling my own appointments.

- a) 5-6
- b) 3-4
- c) 1-2

10. How many of these self-care activities do you manage well independently: healthy eating, enough sleep, routine exercise, managing stress, coping strategies, taking medications.

- a) 5-6
- b) 3-4
- c) 1-2

Step 2: Review your answers:

Our assessment serves as a reflective activity to help you pin-point your strengths and identify your opportunities for growth before transitioning to college or living on your own. Everyone, whether they have challenges related to ADHD or not, will have answers they rate as A, B or C's.

Count and write in the total number of:

How many A's How many B's How many C's

Step 3: Consider your readiness based on the number of A's using the guide below.

If 8-10, Great!

You are starting off in a really good place with a strong capability to manage your needs and experiences as you transition to a more independent environment. Your mission, if you choose to accept it, is to pick one area that peaks your interest to build on over the summer and before you transition to college.

If 5-7, Good Start!

You have a few areas you can focus on to build new habits and strategies that can reduce your vulnerability when you transition to living live and going to school on your own. Your mission if you choose to accept it is to explore the items rated B's and C's. Pick one or two to work on over the summer months to build up more consistency and capabilities before you transition to college. An ADHD Coach can help you get ready for the next step over the summer months.

If 1-4, Caution!

There are several areas in this survey you will want to focus on to minimize your struggles with this transition. Don't be discouraged. You can still make this work for you. Your mission if you choose to accept it will be prioritizing the time now to work with a coach, parent or mentor to develop the skill sets and strategies to support your transition. Most importantly, don't give up! You have options to help you bridge the gaps and be on your way. Consider working with an ADHD Coach to help you with the transition.

Step 4: Your next steps are to brainstorm ideas and identify opportunities to help you prepare.

Need Help Now?

[Click here to meet our coaches and Schedule a Complimentary Get Acquainted Session.](#)

Or reach out to us as LiveWell@ADHDCoach.life.

