



Transitioning from High School to College

This tool serves as a handy timeline and checklist to keep track of the things you can prepare for to have a smooth transition into college.

WHO SHOULD USE THIS TOOL?

This tool is meant to be used by high school students who will be entering college.

HOW SHOULD IT BE USED?

This tool is a general timeline showing the end of your last year of high school, summer break, and the first few weeks of college. The timeline is marked throughout with general suggestions on when to take certain steps that can help you manage your ADHD as it relates to school. Some of these steps include learning about campus health resources and locating the college's Office of Disabilities.

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