



Lionheart College Readiness Checklist™

ARE YOU READY FOR COLLEGE?

College is about more than academics. It is about learning how to faithfully steward every area of life God has entrusted to you. Use this checklist to take an honest look at where you are now so you can prepare wisely for the semester ahead. **This is not a test.** It is a tool for understanding. Check every statement that is currently true for you.

ACADEMIC READINESS

- ☐ I know how to access every syllabus.
- ☐ I know where professors post assignments.
- ☐ I have one system for tracking due dates.
- ☐ I know how to contact every professor.
- ☐ I know where tutoring is available.
- ☐ I know how to study best.
- ☐ I know what classes will probably require the most time.
- ☐ I know how to request accommodations if I need them.

EXECUTIVE FUNCTION READINESS

- ☐ I consistently use one calendar.
- ☐ I know how I will plan my week.
- ☐ I rarely lose important papers or digital files.
- ☐ I usually begin assignments before they become urgent.
- ☐ I have a strategy when I don't know where to start.
- ☐ I have a plan for staying focused while studying.
- ☐ I know how I will recover after falling behind.
- ☐ I have realistic routines instead of waiting to feel motivated.

DAILY LIVING READINESS

- ☐ I manage my medications (if I take any).
- ☐ I know how to do my laundry start to finish.
- ☐ I eat regular meals.
- ☐ I have a realistic bedtime.
- ☐ I manage my money well, including spending.
- ☐ I know how I will grocery shop.
- ☐ I can keep my room reasonably organized and tidy.
- ☐ I can wake up without someone reminding me.

RELATIONSHIPS & COMMUNITY READINESS

- ☐ I know how to resolve conflict in a healthy way.
- ☐ I have healthy boundaries.
- ☐ I know how to ask for help.
- ☐ I know how to receive help without resistance.
- ☐ I have a plan for building Christian friendships.
- ☐ I know how I will handle romantic relationships.
- ☐ I know how to communicate respectfully with roommates.
- ☐ I know who I will call when I am overwhelmed.

SPIRITUAL READINESS

- ☐ I have a plan for worship after I move in.
- ☐ I know where I will attend church.
- ☐ I have a realistic devotional routine.
- ☐ I have a Christian community.
- ☐ I understand the dangers of self-isolation.
- ☐ I know what usually pulls me away from Christ.
- ☐ I have trusted believers who can encourage me and give me caring, constructive criticism.
- ☐ I understand that faithful stewardship matters more than perfect performance.

EMOTIONAL READINESS

- ☐ I know what usually overwhelms me.
- ☐ I have healthy ways to manage stress.
- ☐ I can recognize perfectionism.
- ☐ I know when I need support.
- ☐ I talk to myself kindly-I'm not harsh with myself.
- ☐ I know what helps me rest & reset after a difficult week.
- ☐ I know how to respond after a disappointing grade.
- ☐ I know how to respond after a disappointing exchange with a friend or other person.

HOW TO SCORE

This is a checklist, not a test. Answers don't need to be perfect. Count the number of statements you checked in each section, divide by 8 & multiply by 100 to get your percentage.

Academic Readiness ____/8x100=____%
 Exec. Fxn. Readiness ____/8x100=____%
 Daily Living Readiness ____/8x100=____%
 Relationships & Community ____/8x100=____%
 Spiritual Readiness ____/8x100=____%
 Emotional Readiness ____/8x100=____%

WHAT YOUR SCORE MEANS

If you checked 80% or more in a section:

Great foundation! Keep building!

If you checked 70-79% in a section:

Strengthen these areas before the semester begins.

If you checked 69% or less in a section:

This area needs intentional support as soon as possible.

REFLECTION

Take a few minutes to reflect.

What excites you most about college?

What concerns you most?

What is one area you want to steward more faithfully this semester?

You Don't Have to Figure It Out Alone.

If this Readiness Checklist revealed areas where you'd like additional support, I'd love to meet with you for a complimentary Discovery Session.

Together, we'll determine whether the Lionheart College Focus Plan is the right fit for this season.