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www.Laszlo4therapy.com

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After nearly 30 years of counseling college students, teaching college classes, and guiding my own three children through college, I've learned that success is rarely determined by intelligence alone. The students who thrive build systems before they need them.

THE COLLEGE LAUNCH CHECKLIST

**15 Skills That Predict College Success
More Than GPA**



**Evidence-Based Advice
from a Therapist,
College Instructor &
Mom of Three who
attended college**

15 Skills That Matter Most

1. Use One Calendar

Enter all commitments into one calendar.

First-week action: Set reminders and review it daily.

2. Create a Weekly Routine

Schedule life, not just classes.

First-week action: Include meals, sleep, studying, exercise, and laundry.

3. Follow the 2-Hour Rule

Expect two study hours per class hour.

First-week action: Block study time immediately after class.

4. Master Due Dates

Transfer every deadline from all syllabi into one semester calendar.

First-week action: Use a paper semester-at-a-glance calendar if possible. Seeing the big picture rocks!

5. Check Email Daily

Most important communication happens through email.

First-week action: Check every morning.

6. Meet Professors Early

Relationships improve outcomes.

First-week action: Attend office hours within the first month.

7. Master Adulting Skills

Laundry, appointments, and prescriptions matter.

First-week action: Know where resources are located.

8. Create a Budget

Financial stress impacts academic performance.

First-week action: Track spending for 30 days.

9. Build a Morning Routine

Attendance predicts success.

First-week action: Create a reliable wake-up system.

10. Know Where Help Lives

Strong students seek help early.

First-week action: Locate tutoring and counseling services.

College Readiness

Scorecard:

Rate your student on each skill
1 (Needs Work) to 5 (Ready) :

- ☐ Time Management
- ☐ Organization
- ☐ Asking for Help
- ☐ Budgeting
- ☐ Stress Management
- ☐ Sleep Habits
- ☐ Self-Advocacy
- ☐ Life Skills
- ☐ Problem Solving
- ☐ Independence

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11. Expect Homesickness

It's normal and temporary.

First-week action: Stay connected and engaged.

12. Practice Stress Management

Healthy coping prevents burnout.

First-week action: Choose three go-to coping skills.

13. Get Involved

Connection supports well-being.

First-week action: Join one club within the first month.

14. Handle Problems Yourself

Confidence grows through action.

First-week action: Make the call, send the email.

15. Parents Become Coaches

Independence is the goal.

First-week action: Ask questions instead of solving problems.