



## A. CAREER DIRECTION AND PREPAREDNESS

1. Am I clear about what I enjoy (personality, interests, values) and what I'm good at (abilities, talents)?  Y  N
2. Am I doing a course that suits me?  Y  N
3. Was it my own decision to do this course?  Y  N
4. Have I discussed the course with a trustworthy person who knows about careers and respects my need to make my own decision?  Y  N
5. Have I considered alternatives if I find that this course doesn't suit me?  Y  N
6. Do I know how I'll use the degree when I graduate?  Y  N

## B. FAMILY RELATIONSHIPS

1. Is everyone in my family happy with the course I'm doing?  Y  N
2. Does my family really understand what my course involves?  Y  N
3. If this is the first time I'll be living away from home, will I find it easy to be away from my family?  Y  N
4. Do my parents trust me to live responsibly and make my own decisions?  Y  N
5. If I'm staying at home, will my family support my need to study and work on assignments at home?  Y  N
6. If there's conflict at home, is it possible for me to stay out of it and keep my mind on my work?  Y  N

## C. ACCOMMODATION

1. Will I spend less than 90 minutes travelling to and from campus each day?  Y  N
2. Do I have my own desk/table and chair for studying?  Y  N
3. Is it easy to study and concentrate where I live?  Y  N
4. Will I be able to stay where I'm staying now for the whole academic year?  Y  N

## D. FINANCE

1. Have I read and understood the information given to me on the cost of my education?  Y  N
2. Do I have enough money to pay for tuition fees, books, recreation, accommodation, food, transport and clothing for the whole year?  Y  N
3. Do I know how to use a bank account?  Y  N
4. Do I know how to draw up and stick to a weekly or monthly budget?  Y  N
5. Does my family have enough money to manage without my help?  Y  N
6. If I don't yet have enough money for my studies, have I tried to apply for a scholarship, bursary or loan?  Y  N
7. Have I made a plan to get enough money each year to finish my course?  Y  N

## E. INTERPERSONAL INTEGRATION

1. Do I have friends studying with me?  Y  N
2. Do I easily make friends with others?  Y  N

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- 3. Is there someone I can really trust and talk to?  Y  N
- 4. Will I enjoy being on campus?  Y  N

## F. ACADEMIC INTEGRATION

- 1. Will I feel comfortable going to speak to lecturers/tutors if I don't understand what I'm expected to do or have difficulty with my studies?  Y  N
- 2. Do I know which libraries to go to for research purposes?  Y  N
- 3. Do I know how to use a library effectively?  Y  N
- 4. Can I easily find journal articles in a library?  Y  N
- 5. Will I draw up a study timetable to help me stay up-to-date with my work?  Y  N
- 6. Will I work through past papers to prepare for tests and exams?  Y  N
- 7. Are my reading speed and comprehension skills above average?  Y  N
- 8. Is my knowledge and use of the English language quite good?  Y  N
- 9. Do I know what academic support is about?  Y  N
- 10. Are my exam results usually as good as my coursework marks?  Y  N

## G. HEALTH AND LIFESTYLE

- 1. Do I know which foods to eat to keep me healthy?  Y  N
- 2. Do I have regular, healthy eating habits?  Y  N
- 3. Do I try to avoid eating junk food?  Y  N
- 4. Do I usually sleep well?  Y  N
- 5. Do I try to exercise regularly?  Y  N
- 6. Do I know how much stress I can tolerate without reducing my thinking powers or my memory?  Y  N
- 7. Do I have my own stress management techniques, like meditation, walking or listening to music?  Y  N
- 8. Do I know how AIDS and sexually transmitted infections are passed from person to person?  Y  N
- 9. Do I know enough about contraception to keep myself safe?  Y  N
- 10. Do I or would I use contraceptives?  Y  N

## H. LIFE PHILOSOPHY AND SELF-MANAGEMENT

- 1. If someone wants me to do something I don't want to do, can I refuse without being embarrassed, frightened or angry?  Y  N
- 2. If I have a difficulty, do I usually try to overcome it myself – instead of waiting for someone else to solve it for me, or worrying about it, or blaming it on others or procrastinating?  Y  N
- 3. If I can't find my own way to solve a problem, can I easily ask someone else for advice or help?  Y  N
- 4. Is it easy for me to make decisions about my life without upsetting other people?  Y  N
- 5. On the whole, do I like and respect myself and the way I am?  Y  N
- 6. On the whole, do I like and respect other people?  Y  N
- 7. Do I usually take responsibility for my own decisions, even if they turn out to be the wrong ones?  Y  N
- 8. Do I rarely get depressed?  Y  N

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### Scoring Guide

1. Add up your "Yes" responses in each section and write the sub-totals in the spaces provided.
2. Add these sub-totals together to get a grand total score.
3. The maximum grand total score is 55 "Yes" responses. The higher your score, the better! It means that you're ready for, and worthy of, student life.
4. Your grand total score shouldn't be less than 35 "Yes" responses. If it is, re-examine your goals openly and honestly to find out whether studying is what you really want and are able to do.

Checklist courtesy of the University of the Witwatersrand (Wits)

**Bottom line: The career you wish to have will determine the abilities and skills you need. And the kind of qualification you'll choose will determine the type of study and institution you decide on.**

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