

Name: _____

Date: _____

SKILLS FOR SUCCESS

	I need to develop this skill	I'm developing this skill	I have this skill	I'm excelling with this skill
<p>Time-Management <i>This includes setting aside enough time for each part of the application, such as filling out forms, writing essays, and gathering necessary documents, while also balancing schoolwork and other responsibilities.</i></p>				
<p>Organization <i>Keeping track of deadlines, requirements for applications, and materials (such as transcripts, test scores, letters of recommendation).</i></p>				



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<p>Goal Setting <i>Setting clear, achievable goals for completing parts of the application can help students make consistent progress.</i></p>				
<p>Stress Management <i>The application process can be stressful. Developing healthy coping mechanisms, such as regular exercise, adequate sleep, and time for relaxation or hobbies, is vital.</i></p>				
<p>Communication <i>Effective communication skills are necessary for requesting letters of recommendation, asking for help or clarification, and potentially interviewing.</i></p>				

