



Check Your Skills

First, let's check how you feel about returning to school by reflecting on the statements below. We'll then come back to these statements and see how you feel at the end of the module. Read each of the statements below and select the response that best describes you today.

Statements	I can do this	I would like to do this better	I can't do this
I know how going to college is different than going to high school			
I can identify strategies to get ready to return to learning			
I know why returning to school can be stressful			
I can identify strategies to reduce stress			
I am familiar with study skills			
I know how to manage my time effectively			
I know how to motivate myself			